



Moccasin Trail

OHIARIHKO:WA / JULY 2021

Points of Interest:

- Parking Lot Bingo Dates
- Best Wishes from Brenda
- Farmer's Market Info!
- July Craft Kit
- Cook Leona Retirement
- Wisdom Warriors Program
- Healthy Earing on a Budget
- Father's Day
- Summer Safety Tips
- Easy & Healthy Recipe



July is Social Wellness Month

What is Social Wellness?

Social wellness, or well-being, can be defined as one's ability to effectively interact with those around him/herself and to create a support system that includes friends, family, neighbors, co-workers, etc.

Maintaining an optimal level of social wellness allows one to build healthy relationships with others. Social wellness also fosters a connection with those individuals, while contributing to one's sense of belonging – which is important for optimal wellness.

Krista Lauzon from Saint Regis Mohawk Health Services will be at our Parking Lot Bingo to educate us more on wellness and bring some prizes on July 12th.



Parking Lot BINGO

Monday's starting at 1:30 p.m.
(ends by 3:00 p.m.)

July 12, 2021

July 19, 2021

July 26, 2021

10 games for \$20 a packet. First come first serve. No Bingo if temperature is over 90°. Senior center is Closed July 5th.



Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton is back taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior center twice a month, the second and fourth Thursday of the month.

Thursday, July 8, 2021

Thursday, July 22, 2021



June Coloring Contest Winners

Congratulations Catherine Cook and Lilly Swamp on winning the June coloring contest!

Our next contest will start July 1st and end July 13th at 12:00 p.m. If you would like to participate, we can mail or drop off coloring pages to you, just call Katie at 358-2963.



Best Wishes From Brenda

"Thank you to everyone for your kind words, gifts and mementos for my retirement. You never know what the Lord has for you in the future. We all have tribulation in this life but he does promise to never leave or forsake you. It does my heart good to know that everyone had a good time and enjoyed themselves. I will miss you all and it has been an honor to serve the elders of the community. Hope to see you when the Senior Center reopens.

Blessings to you, Brenda Hathaway"





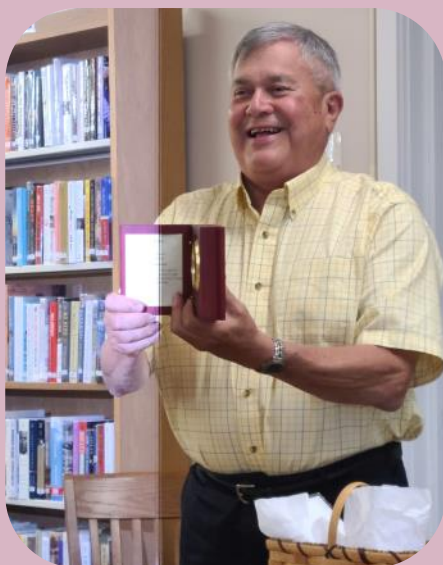
It's finally time for farmer's market coupons! We will be distributing differently this year. Senior center staff members have scheduled times to be in our parking lot with the big white van for your convenience. Please stop in at one of the following times to sign up:

Tuesday, June 29th 1:00 p.m.-4:00 p.m.	Wednesday, June 30th 11:00 a.m.– 2:00 p.m. <i>First Day of Farmer's Market</i>	Thursday, July 1st 1:00 p.m.– 4:00 p.m.	Friday, July 2nd 1:00 p.m.– 4:00 p.m.
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**Same schedule for the following weeks. No Monday distribution due to Parking Lot Bingo. No exceptions.*

The eligible income guidelines have changed a little for 2021. They are as follows:




\$1,986 - 1 person household
 \$2,686 - 2 person household
 \$3,386 - 3 person household
 (+700 for each additional person.)



Congratulations Irving!

Irving Papineau was recognized on June 17, 2021 by the Akwesasne Library and Cultural Center for 50 years of dedicated service. He started serving as a library board member in 1971 while he was a student in college. He credits Minerva White with encouraging him to get involved. He recently retired from the board after serving as President for several years. Nia:wen/Thank You Irving for your many years of community service.

Ohiairihko:wa/July 2021

<i>Kiokierénhton</i>	<i>Tekeníhaton</i>	<i>Ahsénhaton</i>	<i>Kaieríhaton</i>	<i>Wískhaton</i>
	<p>NOTE: Salads available, limited to 15 callers, first come, first serve.</p> <p>Call the Center if you will not be home for your Home Delivered Meal at 518-358-2963</p>		<p>1</p> <p>Caesar Salad with Chicken Garlic Bread Banana Pudding with Banana Slices</p>	<p>2</p> <p>Cold Cut Buffet Chips Pickle Macaroni Salad</p>
<p>5</p> <p>CLOSED Independence Day</p> 	<p>6</p> <p>Spaghetti with Sausage Italian Bread Cauliflower Fresh Apple</p>	<p>7</p> <p>Fish Sticks Potato Wedges Wheat Roll Pineapple Chunks</p>	<p>8</p> <p>Chicken Corn Chowder Biscuits Peaches</p> <p>Legal Aid</p>	<p>9</p> <p>BBQ: Hot dogs & Hamburgers Toss Salad Macaroni Salad Chips, Pickle Ice Cream Cup</p>
<p>12</p> <p>Taco Salad Wheat Roll Apple</p>	<p>13</p> <p>Sweet-n-Sour Pork over Rice Broccoli Wheat Roll Melon Cup</p>	<p>14</p> <p>Sliced Turkey With Gravy Brown Rice Pacific Blend Veggie Wheat Roll Fruited Jell-O</p>	<p>15</p> <p>Meatloaf Mashed Potatoes Mixed Beans Wheat Roll Fruit Cup</p>	<p>16</p> <p>Stuffed Peppers Black Bean & Corn Relish Wheat Roll Pears</p>
<p>19</p> <p>Fish on a Bun Potato Wedges Toss Salad Orange</p>	<p>20</p> <p>BBQ Ribs Coleslaw Wheat Roll Chocolate Pudding with Strawberry Slices</p>	<p>21</p> <p>Pancakes with Blueberries Scrambled Eggs Bacon Cranberry Juice Fruit Cup</p>	<p>22</p> <p>Mac-n-Cheese Stewed Tomatoes Broccoli Wheat Roll Watermelon Chunks</p> <p>Legal Aid</p>	<p>23</p> <p>CLOSED PLANNING DAY? Hamburger Gravy Roasted Potatoes Mix Veg, Roll Cantaloupe Chunks</p>
<p>26</p> <p>Goulash Caesar Salad Wheat Roll Mixed Berries with Whipped Cream</p>	<p>27</p> <p>Chef Salad Garlic Bread with Cheese Peaches</p>	<p>28</p> <p>Turkey Dinner: Mashed Potatoes Gravy, Green Beans, Wheat Roll, Cake with Fruit Topping</p> 	<p>29</p> <p>Shake-n-Bake Pork Chops Rice Pilaf Green Beans Wheat Roll Orange Cranberry Muffin</p>	<p>30</p> <p>CLOSED Planning Day</p> 

Sponsor by: NYS OFA Title III, Title VI Native American Funding, Tribal General Funding



July Craft Kit

"Memories from the Beach"



Do you have any precious memories from the beach? Here is a little candy container that can be used to display a picture or anything you would like.



Using popsicles sticks you will build your own chair and paint it. The sand, shells and mini tree will be included in your kit. There will also be a vinyl transfer you can apply.

Please call Katie or Joy in the Activity Department to request your kit. 518-358-2963. Kits will be available after July 5th. Don't forget to submit a picture of your finished project to katie.boots@srmt-nsn.gov for the Newsletter.



June Craft Kits



Dorothy Cole



Sarah Benedict



Dorothy Shatlaw

The LEGEND is Retiring!



I remember when Nona (Leona) first came to the Seniors Center. I had told her that we were looking for a kitchen sub. I had already spoke to Doris Thomas, our cook, and she said to have her come in on Tuesday and see what it was about. So, Nona came in that first day and never left. Now almost 15 years later, Nona is getting ready to leave us and retire.

There are many stories we could tell you about Nona in the kitchen. I think my favorite was when Nona was making tuna casserole. She worked all morning and the casserole looked beautiful, like a picture in a cookbook. That was until Nona looked down and noticed the tuna fish packets sitting on the table. She forgot to put the tuna fish in the casserole! There were some choice words coming out of the kitchen that day. The casserole didn't look as pretty after the tuna fish was mixed in, but it was tasty.



It won't be the same in building without hearing Nona laugh... or sneeze. We are going to miss you. Nona, we wish you all the best and don't be a stranger!

let the
ADVENTURE
begin



Wisdom Warriors Workshop

Learn how to Live a Healthy Life with Chronic Conditions

Do you struggle making commitments to improve your health issues? Get the tools to meet your goals. 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!

Classes will be held on Microsoft Teams virtual classrooms. Once a week for 6 weeks. If you are interested in the class we can help you with getting connected.

How do you join? Call instructors Helen Gray or Katie Boots-Lazore at (518)358-2963. We are looking to host the workshops on Wednesday's at 10:00 a.m. but if that time doesn't work for you, we are willing to adjust, just let us know.



More Tools You will Gain!

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



Healthy Eating on a Budget

Spend Less and Live Healthier

Eating more fruits and veggies, whole grains and other healthy foods doesn't have to break your budget. Here are tips to make your food dollars go further without giving up the healthy foods that you and your family need.

Planning can help keep money in your wallet.

- ✓ Plan your main meals for the week.
- ✓ Cook enough for leftovers for lunch or another meal.
- ✓ A healthy diet includes whole grains, fruits and vegetables. Plan your meals around these foods.
- ✓ Red meat can be expensive. Try beans and rice, tofu, chicken and turkey. They cost less and are healthier.

Use what's on your shelves.

- ✓ Plan meals around foods that you already have on hand.
- ✓ Plan ways to use leftovers and other foods before they spoil. Throwing away food that has gone bad is like throwing your money in the garbage can.

Before you shop, look for coupons and sale items.

- ✓ Look in the paper for weekly specials and coupons for the healthy foods on your list.
- ✓ When there is a sale for an item that you regularly use, stock up.
- ✓ Don't drive to lots of stores to get the deals: What you spend on gas may cancel any savings you could gain.
- ✓ Don't buy things you may not eat or that aren't healthy just because they cost less.

Will eating more vegetables, whole grains and other healthy choices break your budget?

It doesn't have to.

Look inside for ways you and your family can have a healthier diet for less. Your health and your budget will both benefit.



Take your list and these shopping tips:

- ☐ Don't shop when you are hungry; you may be more likely to buy things you don't need.
- ☐ Look for generic or store labels; they often cost less.
- ☐ Buy in bulk if you will use the larger amounts.
- ☐ Avoid junk food, processed food and pre-prepared foods (like chips, cookies, and frozen pizzas). They often cost more and may be high in fat, sodium, sugar and extra calories.
- ☐ Remember, food at convenience stores cost more than at regular markets.
- ☐ Buy produce in season.
- ☐ Buy locally grown food if possible. Shipping produce from far away adds to its cost.
- ☐ Can't get fresh produce? Frozen fruits and veggies are a good option.

Home cooked meals can be healthier and cheaper.

- ✓ Cook simple meals from scratch.
- ✓ Simple, healthy ingredients will boost your nutrition and save you money.
- ✓ Use recipes that include whole grains, fruits, vegetables and lean protein.
- ✓ Pack your lunches, snacks and drinks to take with you.

A little planning can go a long way toward stretching your food dollars- and helping you feed your family healthy meals.

The senior center has a program called Home Delivered Meals for elders who have great difficulty leaving their homes. Our nurse/nutrition coordinator can visit you in your home to figure out what type of meals you would benefit from and see if you need any other services. Our services are overseen by a registered dietitian. Arrangements can be made for you to meet privately with a dietitian to answer any of your questions about food and health.

The Office for the aging also has Farmer's Market Coupons available (see page 3 for upcoming dates). The eligible guidelines for 2021 are as follows:

\$1,986 - 1 person household
 \$2,686 - 2 person household
 \$3,386 - 3 person household
 (+700 for each additional person.)

*If you have any questions or requests,
 please call us at (518)358-2963.
 We'd love to hear from you!*

FATHER'S Day

We celebrated all of our local father's on Friday the 18th. We had a wall-eye fry, potato wedges, coleslaw, and ice cream sandwiches to celebrate them. We also gave treat bags that had a travel size measuring tape, cool towel, OFA logo mask, and a cracker jack box. We had great feedback that they loved the meal and appreciated the gifts.

Pictured left to right: Ben Kelly, Peter Back Sr, Donnie White & Gilbert Terrance



Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool

Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

Have a list of people to call in case of emergency



Know the Weather Forecast

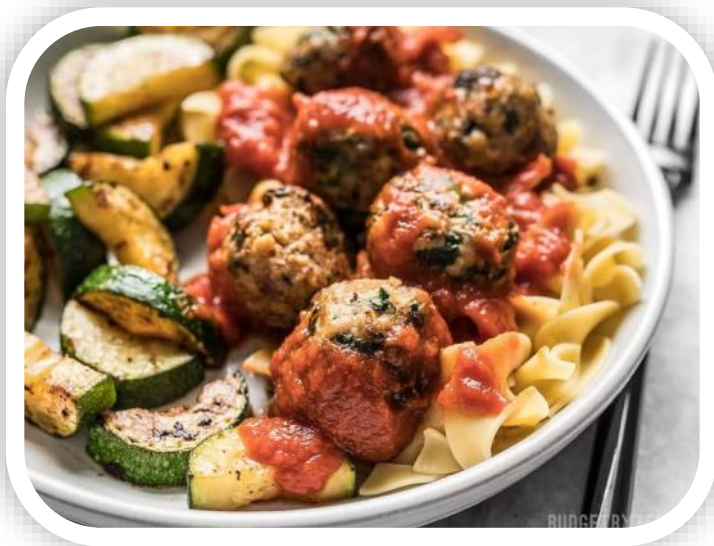
Plan your days accordingly depending on the weather

Satonhá:ren tsi Saksiëríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|---|--|--|
| 1- Clara Margosian
Richard Phillips | 11- Elaine Cook
Geraldine Jacobs
Caroline Bigtree | 24- Carol K. White
Mary Frego
Louis Conners |
| 2- Freida Schmenkle
Gerald McElwain | 12- Katherine White
Angie Sunday | 26- Agnes Terrance
Karen White |
| 3- Anna Boots
Mona Via | 14- Joan Carvel | 28- Debbie Thomas
Betty Ransom |
| 5- Gloria Arquette | 16- Mike Oakes | 29- Stella Jesmer
Grace Barnes |
| 6- Sidney Armstrong
Dennis White
Adam White | 18- Gary Burnham
Hubert Jock
Timothy Jock | 31- Carole Ross
James Montour |
| 7- Karilyn Phillips | 19- Jack Leaf
Barbara LaDue | |
| 8- Leslie Thompson
Dorothy Benedict | 20- Ella Louise Cook
Doris Benedict | |
| 9- Shirley Gray | 23- Joanne Jackson | Bold are Saint Regis Mohawk
Senior Club Members |

Easy & Healthy Summer Party Recipe



Ingredients:

- ⇒ 1 lb ground chicken
- ⇒ 1 Egg
- ⇒ 3/4 cup Bread Crumbs
- ⇒ 1/4 cup Feta Cheese
- ⇒ 2 cups Spinach— wilted
- ⇒ 2 Cloves of Garlic

Directions:

1. Start oven at 450°
2. Wilt Spinach

3. Mix all ingredients and roll into 12 meatballs
4. Bake for 20 minutes
5. Enjoy! (easy to x2)



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..**