



# Moccasin Trail

KENTENHKÓ:WA / NOVEMBER 2022

## Points of Interest:

- Senior Club Ace to King Tournament 11/5/2022
- Employee Spotlight
- Christmas Enchantment
- Medicare Annual Enrollment
- Thanksgiving Meal 11/16/22
- Painting Class with Tracy Gray 11/17/2022
- Scrabble Tournament 11/9/22 at 11:30 a.m.



October 26th we had a great turn out for coffee with cops. The SRM Tribal Police brought the elders Tim Hortons coffee and donuts. They played pool, virtual bowling and exercised with them!



Maintenance Supervisor Andrew Person with the Senior Centers new 2021 Dodge Ram truck for plowing and lawn care for our elders. Funding from NYS and Title VI

## Inside this Issue:

Senior Club Page	2
Coloring Contest	3
National Holidays	4
Food Box Giveaway	5
Calendar	6 & 7
Red Ribbon Week	8
Cold Weather Prep.	9
Thanksgiving Turkey Tips	10
Birthday's	11

**We will be Closed on:**

Friday, November 11th: Veterans Day  
 Friday, November 18th: Planning Day  
 Thursday, November 24th: Thanksgiving Day  
 Friday, November 25th: American Indian Heritage Day



# Saint Regis Mohawk Senior Citizens Club



## Now Accepting Membership Renewal or Registration for 2023!

Annual fee is \$5.00 US. Call (518) 358-2963 between 11:00 am– 1:00 pm

### ACE TO KING TOURNAMENT!

Saturday, November 5, 2022 at Seniors. Doors open at 4:00 p.m.

Bring a dish to share, we'll break to eat at 5:00 p.m.

Tournament starts at 6:00 p.m.

\$25.00 Tournament and a 50/50 raffle

## 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

**Senior Club Meeting** Wednesday, November 9th **10:00 a.m.**  
in the Sunroom at the Senior Center. All club members welcome!

## Attention Local Mohawk Artists!

The Akwesasne Senior Club is having a Logo Contest with a \$500 US Prize! Contest runs from October 4- December 1, 2022. All local Mohawk Artists are eligible to participate. One entry per artist. Submissions after deadline are disqualified. All entries become the property of the Akwesasne Senior Club and will not be returned. Akwesasne Senior Club decision is final and will be made by December 31, 2022. Submissions can be dropped off at the Akwesasne Senior Club at the Tribal Senior Center on Margaret Terrance Memorial Way or emailed to SrClubSecretary@gmail.com prior to deadline. If submitting via email, the original artwork will be required when decision is made.

For more information contact the Senior Club at (518) 358-2963 from 11:00 am- 1:00 pm Monday- Friday. Or email SrClubSecretary@gmail.com

Logo Must Include: Name "Akwesasne Senior Club", Reflect Mohawk Culture, Original Mohawk Specific Design.

Deadline is December 1, 2022 Before 4:00 pm

## Nia:wen Kowa

The Akwesasne Senior Club extends appreciation to all those who helped make the Akwesasne Senior Club Craft Fair a successful event. This includes those that donated food, the pie makers, the vendors, and the volunteers that assisted in serving up the food, those selling tickets, selling bake sale items, those that donated items to the Mohawk auction, and those individuals that set-up the venue and took it down. If we forgot to mention anybody, please accept our apologies, and know that we appreciate your efforts. Without the assistance of these generous individuals the Craft Fair would not have the remarkable success that it was. Nia:wen Kowa to all.

## Volunteer Bingo Schedule

### November 7th

Nancy Jacobs

Debbie Thomas

Darlene Chubb

Theresa Martin

Rosie LaFrance

Calling: Derrick King

### November 14th

Dorothy Shatlaw

Iona Castagnier

Lynn LaFrance

Theresa Martin

Rosie LaFrance

Calling: Katie Boots

### November 21st

Vicky Phillips

Barbara Lazore

Debbie Thomas

Theresa Martin

Rosie LaFrance

Calling: Ben Herne

### November 28th

Leona Delormier

Dorothy Shatlaw

Lynn LaFrance

Theresa Martin

Rosie LaFrance

Calling: Iris Herne



# October Coloring Contest

Congratulations Bea White, Dorothy Cole and Caroline Bigtree on winning our October coloring contest! Our November coloring contest will be starting November 1st finishes November 10th. We need them by 10:00 a.m. to be displayed for voting. Please call Katie or Joy before then if you need it picked up at 518-358-2963.



*Beatrice White*



*Dorothy Cole*



*Caroline Bigtree*



November Coloring Contest starts Monday, Nov. 1st and  
Ends Thursday, Nov. 10th by 10:00 a.m.



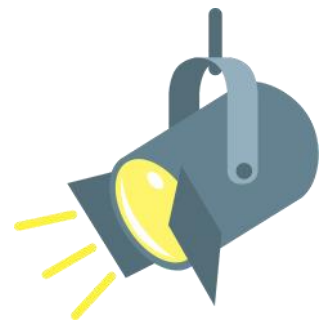
## Employee Spotlight

### Meet Our New Caregiver Support Worker: Jonilee Toulouse

She:kon! Aanii! My name is JoniLee Toulouse and I am the new Caregiver Support Counselor. I am anishnawbek (Ojibwe) and am a registered member of Sagamok First Nation. I am a wife and mother to 4 beautiful girls. My husband and daughters are registered members of Akwesasne. I love spending time with my family and we enjoy spending time outdoors. I am excited to join the team at the Office for the Aging and I look forward to getting acquainted with everyone.

### Meet Our New COVID Care Support Worker : Arlene LaFrance

She:kon! Arlene Kahsennaha:wi ionkiats. I am the new Covid Care Support Worker at Tsi Tetewatkins Office for the Aging. This is a new position, I will be able to answer your Covid questions and deliver essentials to your home if you test positive with Covid or become sick with pneumonia or the flu. I was born and raised here in Akwesasne. My Ista is Cynthia Chubb and My Rakeni is Newton LaFrance Jr. My Grandmother on my mothers side is Helen Chubb and my Grandfather was the late Joe Chubb. My Grandmother on my father's side was the late Anne Taylor and my Grandfather was the late Newton LaFrance Sr. I have 3 Brothers and 1 Sister, as well as 2 Nephews and 1 Niece. I am happy to be here and to start this new chapter serving my community and more importantly our elders. I enjoy helping the people I care about and now I have a lot of new friends here to meet and offer my assistance to. My time is spent with family and friends making jokes, walking, traveling, taking photos and discovering new music. Any chance that I have to be creative I enjoy. Please feel free to contact me with any questions or stop by to chat, I look forward to meeting everybody!



## November 2022 National Holidays

Date	Holiday
Wednesday Nov. 2nd	National Deviled Egg Day: We will be serving deviled eggs at 11:00 a.m. snack time.
Wednesday Nov. 9th	National Scrabble Day: We will be having a Scrabble Tournament, beginning at 11:30 a.m.
Monday Nov. 21st	National Gingerbread Cookie Day: We will be serving gingerbread cookies at 11:00 a.m. snack time.



National Chocolate Cup Cake Day on Oct. 18th. Cupcakes made by Activity Coordinator Katie.



National Pumpkin Cheesecake Day on Oct. 21st. Pumpkin drizzle made by Activity Assistant Joy.



*Nia:wen Akwesasne  
Mohawk Casino for your  
donation of  
New Years Party Hats!*

## SCRABBLE *Tournament!*

**Wednesday, November 9, 2022  
Starts at 11:30 a.m.**

We only have 5 boards; we will need you to call Katie or Joy and reserve your seat at (518) 358-2963  
Single elimination style  
Snacks will be provided  
1st and 2nd prize giveaway

## Christmas Enchantment 2022

It will be In Person this year!

This year's enchantment will be viewing tree's only. There will be no concession, vendors or mohawk auction.

Tickets cost \$5.00

You will receive: 5 tree tickets, 1 door prize ticket, 1 grand prize ticket

The Activities Department will be taking 8 seniors to the Snye Rec for the Elders lunch on Thursday, November 10th at 10:00 a.m.

Feel free to drive there on your own if you can.

Reserve your seat with Katie or Joy  
(518) 358-2963



### October Pool Tournament Winners:

1st Place Dennis Lazore  
2nd Place Emily Tarbell

# SRMT Senior Food Box Giveaway!

Date: Thursday, November 17, 2022

Time Start: 1:00 p.m. until all gone



The Saint Regis Mohawk Tribe is pleased to announce that food box giveaway will be held for Akwesasne elders on Thursday, Kentenhkó:wa/November 17, 2022. The food distribution will take place in the parking lot of the SRMT Office for the Aging (Senior Center). We will have boxes available. First come, first serve.

Please adhere to the following requirements:

Must be 55 years or older;

Food giveaway for Akwesasne residents only;

Bring tribal enrollment card or other form of Akwesasne ID;

Family members can pick up a box for you, they will just need Your Tribal ID

For any questions or more information, please call the senior center at (518) 358-2963

**Their will be NO  
Congregate  
or Grab-n-Go on  
This Day!**

## Medicare Update:

# 2022 Annual Enrollment

## Free Educational Event

November 9, 2022 from 10:00 a.m.– 6:00 p.m.

At the Saint Regis Mohawk Tribe Office for the Aging

Please bring a list of your medications and dosage.

- Are you Medicare Eligible?
- Do you have Medicare Parts A and B?
- Do you need prescription drug coverage or would you like to see other plans?

We can take a look at all of your health plan choices for 2022-2023.

As your health needs change, so do Medicare plan costs and coverage. Use this event to compare all of our Part D offerings and see what's best for you.

The 2022 Medicare Annual Enrollment period began October 15, 2022 and ends December 7, 2022.



For private consultation, call (518) 358-2834 to set up an appointment. Our HIICAP and NY Connects Counselors will be happy to answer any questions you may have.





Funded by: Title VI, MIPPA, HIICAP and NY Connects





# Kentenhkó:wa/ November 2022

Tsia't'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahí:khaton
		<b>1</b> Chicken Stir Fry Wild Rice Roll Orange <b>Activity:</b> 10:00 Chair Yoga	<b>2</b> Cheese Manicotti Caesar Salad Garlic Bread Peaches <b>Activity:</b> 10:00 Exercise DVD  <i>National Deviled Egg Day</i>	<b>3</b> Greek Salad Bread Stick Fresh Apple Chocolate Pudding <b>Activity:</b> 10:00 Chair Yoga	<b>4</b> Baked Fish Boiled Potato Peas and Carrots Ambrosia <b>Activity:</b> Pool Tournament	<b>5</b> Ace to King Tournament! Doors open at 4:00 p.m. 
<b>6</b> 6:00 Ace to King	<b>7</b> Chicken Tenders Potato Wedges Mixed Veggies Roll Fresh Apple <b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo	<b>8</b> Sweet-n-Sour Pork Over Rice Broccoli Wheat Roll Melon Cup <b>Activity:</b> 10:00 Chair Yoga	<b>9</b> Open Face Roast Beef Sweet Potato Fries Cauliflower & Broccoli Mandarin Oranges <b>Activity:</b> 10:00 Senior Club Mt 10:00 Exercise DVD 11:30 Scrabble Tournament	<b>10</b> Sweet Potato Soup Turkey Sandwich Banana Nut Muffin <b>Activity:</b> 10:00 Chair Yoga 10:00 Christmas Enchantment at Snye Recreation	<b>11</b>  <b>CLOSED</b> <b>Veterans Day</b> 	<b>12</b> 6:00 Ace to King
<b>13</b> 6:00 Ace to King	<b>14</b> Ravioli with Meat Sauce	<b>15</b> Cheesy Chicken Casserole	<b>16</b> Turkey Stuffing	<b>17 Senior Food Box Giveaway!</b>	<b>18</b>	<b>19</b> 6:00 Ace to King

	Broccoli Italian Bread Peaches <b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo	Mixed Veggies Roll Fig Newton <b>Activity:</b> 10:00 Chair Yoga	Mashed Potatoes Butternut Squash Cranberries Roll Pumpkin Pie <b>Activity:</b> 10:00 Exercise DVD 1:00 Craft Class	Starts at 1:00 p.m. No Congregate or Grab-n-Go lunch <b>Activity:</b> 10:00 Chair Yoga 12:30 Painting Class	<div>CLOSED</div> <div>Planning Day</div> 	<div>20</div> 6:00 Ace to King	<div>21</div> Tomato Macaroni Soup Tuna Fish Sandwich Butterscotch Pudding Fresh Fruit <b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo <i>National Ginger Bread          Cookie Day</i>	<div>22</div> French Toast Sausage Links Boiled Egg Fruit Cup Fruit Juice <b>Activity:</b> 10:00 Chair Yoga	<div>23</div> Potato Soup Ham Sandwich Mixed Berries with Whipped Cream <b>Activity:</b> 10:00 Exercise Class with DVD	<div>24</div> <div>CLOSED</div> <div>Thanksgiving Day</div> 	<div>25</div> <div>CLOSED</div> <div>Indigenous Peoples Day</div> 	<div>26</div> 6:00 Ace to King	<div>27</div> 6:00 Ace to King	<div>28</div> Fish on a Bun Fries Carrots Pineapple Chunks <b>Activity:</b> 10:00 Exercise Class 1:00 Bingo	<div>29</div> Turkey Rice Soup Cheese Sandwich Mandarin Oranges <b>Activity:</b> 10:00 Chair Yoga	<div>30</div> <div>Birthday Meal</div> Ham Mashed Potato Broccoli Roll Cake with Fruit Topping <b>Activity:</b> 10:00 Exercise DVD	<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 but encouraged if you are not feeling well or are unvaccinated.</p> 
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# Red Ribbon Week 2022



**Wear Red Day Staff:**

Back: Joy Lazore-Gibson, Doris Burns, Janet Terrance, Judy Laffin, Ceely King. Front: Katie Boots-Lazore, Tracy Holcomb, Jonilee Toulouse



**Wear Red Day Winner:**  
Leona Delormier  
She won a hand warmer,  
dish drying mat and a  
mini griddle.



**Wear Camo/Safari Day Staff:**

Back: Joy Lazore-Gibson, Judy Laffin, Tootsie Boots, Giselle Cook, Ceely King, Jonilee Toulouse, Arlene LaFrance. Front: Katie Boots-Lazore, Helen Grey, Tracy Holcomb, LoraLee LaFrance



**Jersey Day Winner:** Diane Boots  
Rubbermaid ice cube tray and a  
Faberware electric can opener



**Camo/Safari Day Winner:** Barbara Lazore, She won a microflush heated throw



**Jersey Day Staff:**

Back: Joy Lazore-Gibson, Doris Burns, Judy Laffin, Alison Cooke, Joni Toulouse, Katie Boots-Lazore, Janet Terrance, Giselle Cook, Helen Grey. Front: Barbara Lazore, LoraLee LaFrance, Pam Brown



**Neon Day Staff:**

Helen Gray, Giselle Cook, Arlene LaFrance, Judy Laffin, Janet Terrance, Joni Toulouse, Ceely King, Katie Boots-Lazore



**Neon Day Winner:**  
Donnie White  
He won a  
Starbucks mug  
and a travel  
mug with hot  
chocolate mix





# Are You Ready for the Cold Weather?

*Now is the perfect time to start getting ready for the colder weather.  
Here are helpful tips to keep you toasty and safe.*



**Call early for a handyman appointment.** It's much easier for our handyman to remove an air conditioner or help put plastic on the windows when the snow isn't falling.

**Have your furnace cleaned and inspected.** You don't want to find out on the first cold day that your furnace doesn't work!

**Every home needs** to have a working smoke detector and carbon monoxide or CO monitor. Now is a good time to test the unit and replace the batteries.

**Reverse your ceiling fan.** To keep warm air near the floor, your fan should be spinning in a clockwise direction.

**Get your lawn mower ready for storage.** Don't forget to put away your gardening tools and weed eater.

**Get ready for the snow.** Stock up on ice melt, find your snow shovel, and get the number of a plow driver.

*Have any questions or need any help? Call the Senior Center at (518) 358-2963 and our maintenance workers Andrew or Don can help!*

## HEATING ASSISTANCE 2022-2023

### HEAP and LIHEAP

### Heating assistance Begins November 1, 2022

To book an appointment or for more information, please call (518) 358-2834.

No walk-ins, by appointment only.

Home visits are available for local community members who are elderly and homebound.

#### You will need the following documents to apply:

- Social Security Card
- Tribal Identification Card
- Recent Fuel Bill
- Recent Electric Bill
- Proof of Income

If you currently receive SNAP or temporary assistance, please contact your local HEAP department as you may already be enrolled:

Franklin County HEAP Department- (518) 481-1807  
St. Lawrence County HEAP Department- (315) 379-2303



**Saint Regis Mohawk Tribe**  
**Office for the Aging**  
**HIICAP and NY Connects**  
**(518) 358-2834 or (518) 358-2963**



If you have any questions, feel free to call SRMT Office for the Aging at 518-358-2963 Lisa Keys, RDN

## Thanksgiving Turkey Tips

As Thanksgiving approaches, planning and preparing for the holiday dinner can result in questions. What kind of turkey should you buy? Should you buy frozen or fresh turkey? How do you store the turkey? A few simple steps will ease holiday fears and ensure a delicious and a safe meal for family and friends. The following tips may help you prepare a successful holiday meal.

### Thanksgiving Turkey Tips:

- **Plan ahead.** Cut down on holiday anxiety and stress by planning ahead. Plan the menu two to three weeks before the holiday. Shopping early for your Thanksgiving meal will ease the countdown tension.
- **Fresh or Frozen?** That is one of the Thanksgiving turkey questions. There is no difference in quality between a fresh or frozen turkey. You can buy a frozen turkey in advance and take advantage of special sales. Fresh turkeys provide convenience because they don't require thawing, but they have shorter shelf lives. Before buying, make sure there is enough space in the refrigerator or freezer.
- **When to buy the bird.** A whole frozen turkey takes about 24 hours per four to five pounds to thaw in the refrigerator. Purchase a frozen turkey as far in advance as necessary to safely thaw it in the refrigerator. If buying fresh, purchase it only one or two days before the meal and keep it refrigerated.
- **Carving and food safety.** Worried about food safety when carving and serving turkey? It's best to let the turkey rest for 20 minutes before carving to allow juices to set, and it will carve easier. Use a clean cutting board that has a well to catch juices. Make sure the knife is sharp before you start carving.
- **Storing leftovers.** It's important to store leftover turkey (cut into smaller pieces) in shallow containers and put them in the refrigerator or freezer within two hours of cooking. Use refrigerated left over turkey, stuffing, and gravy within three to four days. If freezing leftovers, use within 2 to 6 months for best quality. Reheat leftovers thoroughly to 165°F.

## No-Crust Pumpkin Pie

### Ingredients:

- 2 large eggs
- 1/4 teaspoon salt
- 1 (15 ounce) can pumpkin
- 1 3/4 teaspoon pumpkin pie spice\*
- 1 cup non-fat dry milk
- 1/4 cup all-purpose flour
- 2/3 cup sugar
- 1 cup water



### Directions:

Preheat oven to 350°F. Spray a 9-inch pie plate with non-stick cooking spray. Set aside.

Crack eggs into a large bowl. Add remaining ingredients except water and mix together. Slowly stir in water until well mixed. Pour into prepared pie plate. Bake for 45 to 55 minutes or until a knife inserted 1-inch from the center comes out clean.

\*Substitute 1 teaspoon cinnamon, 1/2 teaspoon ginger, and 1/4 teaspoon nutmeg for pumpkin pie spice if desired.



# Satonhá:ren tsi Sahsiéríte

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

- 1- Alice Jacobs
- 2- **Michael Garrow**  
**Lola Arquette**  
**Linda LaBaff**  
Linda Jordan
- 3- **Dolores Thompson**
- 5- Lena Lamb
- 6- **Bonnie Fray**
- 7- **Vicki Phillips**
- 9- **Ramona Hudson**  
**Leona Cook**  
**Elaine Thompson**
- 10- **Dwight Bero**
- 11- **Jeb Beeson**  
**Leona Delormier**  
**Doris Cook**
- 12- **Daniel (Alex) McDonald**

- Jamie Ross
- Dan Jacobs
- 13- **Edward Tarbell**
- 14- **Sylvia Bero**  
**Shirley Swamp Oakes**
- 17- Gerald W. Rubado
- 18- Joseph Calcagno
- 19- Sharon Thompson  
Lorraine Swamp
- 22- **Sharon Loran**  
Carol C. White
- 23- **Millie Cook**  
**Nancy J. Samphier**

- 24- **Terry Garrow**  
**Katherine Thompson**  
**Alice Cook**  
**Emily Tarbell**  
Jane Jordan  
Sharon Jackson
- 25- James Arquette
- 28- **Florence Cook**  
**Larry David**  
Kamala Swamp  
Loretta Thomas  
Marianne Bero
- 29- Gloria Lazore
- 30- James Hemlock

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



## YOU ARE INVITED TO OUR THANKSGIVING MEAL

Wednesday, November 16, 2022  
12:00 p.m.

Menu:  
Turkey  
Stuffing  
Mashed Potato  
Butternut Squash  
Cranberries  
Roll  
Pumpkin Pie



Find us on Facebook  
for any updates and  
weekly lunch menu.



Office for the Aging  
Saint Regis Mohawk  
Senior Center



## PAINTING CLASS IS BACK!

The Senior Club has hired Tracy Grey to instruct an acrylic painting class! We are only accepting 5 seniors due to space and supplies. First call, first serve. Please call (518) 358-2963 and sign up with Katie or Joy. (They will be painting the scarecrow on the left)

**THURSDAY, NOVEMBER 17, 2022 from 12:30 p.m.-3:30 p.m.**



**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..**