



Moccasin Trail

OHIAIRIHKO:WA/JULY 2019

Points of Interest:

- Home Safety Article
- Upcoming Craft Class
- Ride to Nowhere!
(no sandals allowed!)
- Minor Ways to Save Bees Article
- Father's Day Article
- Farewell Tina Tarbell



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Thursday, July 4th
Independence Day
Friday, July 19th
Planning Day
Friday, July 26th
Staff Appreciation

Senior Club Page

Any mail for the Saint Regis Mohawk
Senior Club can be sent to:

P.O. Box 1106
Hogansburg
NY 13655

Senior Club Hours:

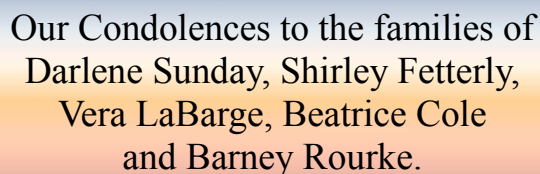
Monday-Friday
10:00am-12:30pm



New Member:
Jane Jordan

Upcoming Events:

July 9th– Club Meeting
July 12 & 13– Lawn Sale
August 12– Seniorama



Our Condolences to the families of
Darlene Sunday, Shirley Fetterly,
Vera LaBarge, Beatrice Cole
and Barney Rourke.



Volunteer BINGO Schedule:

July 1st

Barbara Lazore
Lou Ann Paquin

July 8th

Betty Kelly
Dorothy Shatlaw
Debbie Thomas

July 15th

Melanie Jacobs
(Need Volunteer)

July 22nd

Vicki Phillips
Lucille Peters

July 29th

Judy Cole
Rosemary Bonaparte

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

Our Senior Club is having a really big lawn sale on Friday, July 12 and Saturday, July 13, 2019 at 9:00 am at the Senior Center in Hogansburg, New York. We have some terrific donations from our very generous members. So far it is a wonderful assortment of interesting, lovely, useful and unusual items, and we know there will be more coming. It will be a lot of fun so bring your children, your grandchildren and your largest shopping bags to pick up some great bargains. Hot dogs and Drinks will also be available.



³ Minor Ways to Save



- Plant bee safe plants in your gardens. Make sure not to use chemicals, they can negatively affect bees.
- Some good bee plants are: Lilacs, Penstemon, Lavender, Sage, Verbena, and Wisteria. You can also check out sites online that have information about pollinator safe plants.
- Clover and dandelions are havens for your little bee friends, let your lawn, garden, live a little.
- Bees can actually become thirsty too! Leave out bird bath sized containers for them to drink out of. A nice touch is put little stones that they can crawl onto. The bees will most likely appreciate it!

Fun Fact: Honey Bees can't see the color white! This is why beekeepers suits are commonly white. Some bee enthusiasts will also encourage people to dress in white during the summer to avoid getting stung!

Monthly Coloring Contests:

June Contest Winners are:

Florence Patterson

Roger Caldwell

Lynn LaFrance

Next Contest is July 3-10th

Prize is Speedway Gift Card,
Participate to win by draw!

Green Food Bag

Deadline to order is

Friday, July 5th by 2:00 pm

Please mark your calendars to
pick up your orders between

12:00 pm and 4:45 pm on

Tuesday, July 16th

Cost is \$10.00 per bag in

American or Canadian funds!

Niawen:kowa

Thank you Ramona Hudson for your donation of puzzles!

Akwesasne Wellness

Week 2019

Elders Horseshoe Tournament

Monday, July 8, 2019

10:30 am— 12:00 pm

At the Office for the Aging



At Home for Life

Qualities of a Livable and Safe Home



Keep these tips in mind for any renovations for your entrance and exits:

Your front door should be 36 inches wide with a maximum 1/2 inch high threshold, flat if possible.
The steps should be in good repair.

Secure railings on both sides that go past the top and bottom step.

Lever door knobs are easier to use.

Peek window on the side or door for better security, it allows you to see visitors before letting them in.

Entryway should be well lit with illuminated high visibility address numbers.

Doormats should be safe with non-slip bottoms.

June Ride to Nowhere



Our June Ride to Nowhere we ended up in Malone at an art gallery. It was called Downtown Artist Cellar located off of Main Street (in front of IBC). The exhibit was called 'Paint the Town' inspired by Malone's landscapes, rivers, lakes and historic sites while supporting children's art programming. It was a beautiful hidden little gallery that was very homey. After the exhibit we found ourselves at the Market Barn to do a little



shopping and then an ice cream stop at Bokie's Drive-in of course! While we were getting our ice cream, we ran into a familiar face: Clark Lazore! He was just as surprised to see us as we were to see him. We were so busy almost everyone fell asleep on the ride home. It was a great way to spend a beautiful Friday afternoon. Look out for our next Ride to Nowhere on July 12th! Our only request or hint is that sandals are Not allowed! Call Katie or Joy to reserve your seat 358-2963.



Happy Retirement Tina!



On Wednesday June 19th, we gathered to give our Thanks and Best Wishes to Tina Tarbell. Tina is retiring after 25 years of service to the Tribe. Tina started her career with the Early Childhood Development Program before coming to the Seniors Center. The dining room was full of elders, Tina's family, current and former co-workers and representatives from Tribal Administration and Tribal Council. Everyone enjoyed cake and coffee and a few laughs.



For family caregivers, the day to day responsibilities are often no laughing matter. Caregivers often feel more like crying than laughing.

But many experts say that laughing in even the grimmest situations is good for both our mental and physical health. A case of the giggles can release stress and boost “happy chemistry” within the body. Most caregivers desperately need to decompress and lift their spirits, and one way to go about meeting these needs is to teach yourself how to laugh despite the challenges you face every day.

The Science Behind Laughter

Numerous scientific studies suggest that laughter is a powerful form of complementary therapeutic medicine that yields the following benefits.

- **Improves blood flow:** Laughter causes the tissue that lines the insides of blood vessels to dilate or expand to increase blood flow to bodily tissues. (University of Maryland School of Medicine)
- **Strengthens immune responses:** Humor raises the level of infection-fighting antibodies and immune cells in the body. (Robert Provine, professor of psychology, author of *Laughter: A Scientific Investigation*)

Reduces blood pressure: Laughter lowers blood pressure just as much as cutting salt out of your diet. (Osaka University Graduate School of Medicine)

- **Provides pain relief:** Ten minutes of laughing can provide up to two hours of pain relief. In a study of patients in a rehabilitation center, 74 percent agreed with the statement, “Sometimes, laughter works as well as a pain pill.” (*New England Journal of Medicine*)

Counts as aerobic exercise: One minute of laughter is equal to about 10 minutes exercising on a rowing machine. (Dr. William Fry, Stanford University)

The benefits of laughter may be tied to human physiology. “Babies laugh long before they learn how to talk,” psychologist and laughter coach Annette Goodheart explains. “Laughing is a wonderful, cathartic process. I’ve worked with Auschwitz survivors who told me that the people who were able to laugh were the ones who survived.”




Laughter may seem like an inappropriate reaction to difficult scenarios, but just because you laugh doesn’t mean you don’t care or realize the gravity of a particular situation. Laughing in response to even the saddest circumstances helps you deal with your emotions, rather than keeping them bottled up. Sometimes laughter may lead to tears, but Sebastien Gendry, renowned yoga instructor and CEO of the American School of Laughter Yoga, assures that’s perfectly normal. “You cannot open up a box of emotions selectively. A hearty bout of laughter may lead to a good cry, which is also cathartic. If you have unexpressed emotions, laughter may help bring them out.”



Life isn’t always funny, particularly when caring for loved ones who are chronically ill or dying. Laughter forces you to be at peace with who you are and where you are. No one has a perfect life. “Laughter therapy is about how you react in the face of adversity. Sometimes, you can’t control your circumstances, but you can always control your reaction.

Paraphrased from **LOL: Reduce Caregiver Stress with a Good Laugh** by Marlo Sollitto



Ohiairihko:wa/July

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahia:khaton
Salads are Available! Please Call before 9:30 am, with dressing request. Only 10 being made daily. <i>*No Salad orders on Birthdays or special events</i> 	1 Chicken Caesar Salad Cheese Bread Fruited Jell-O <u>Activity:</u> 10:00 Exercise 10:30 Virtual Bowling 1:00 Bingo *Seniors Farmer's Market Coupon Distribution Begins!	2 Spanish Rice Green Beans Roll Yogurt & Berries <u>Activity:</u> 10:00 Tai Chi 12:30 Kanien'keha 1:00 Shopping	3 Hamburger Gravy Roasted Potatoes Corn, Roll Fresh Fruit <u>Activity:</u> 10:00 Exercise Class *Coloring Contest Begins! 7:00 pm Broadway on Demand show at Hosmer Hall, SUNY Potsdam	4 Closed Independence Day 	5 Fish on a Bun Fries Peaches <u>Activity:</u> 10:00 Last Tai Chi for Arthritis Class 10:30 Virtual Bowling Green Food Bag Orders Due by 2:00	6 <u>Activity:</u> 6:00 Ace to King
7 <u>Activity:</u> 6:00 Ace to King Wellness Week 2019 	8 BBQ Ribs Wax Beans Harvest Rice Roll Mandarin Oranges <u>Activity:</u> 10:00 Exercise Class 10:30 Horseshoe Tournament for Wellness Week! 10:30 Virtual Bowling 1:00 Bingo	9 Chef Salad Cheese Bread Chocolate Pudding <u>Activity:</u> 10:00 Chair Yoga 10:00 Senior Club Meeting 11:30 Box Lunch Bingo 1:00 Shopping 12:30 Kanien'keha Class	10 Cheese Burger Sweet Potato Fries Veggie Sticks Italian Ice <u>Activity:</u> 10:00 Exercise Class 10:30 Coloring Contest Ends 2:00 Caregiver Support Group	11 Chicken Cordon Bleu, Broccoli Butter Noodles Roll, Melon Cup <u>Activity:</u> 10:00 Chair Yoga 10:00 Health Fair @ Tribal Building 10:00 Haircuts 12:30 Kanien'keha Class 1:00 Shopping	12 Chili Johnny Cake Apple Slices <u>Activity:</u> 10:30 Virtual Bowling 12:45 Ride to Nowhere! No Sandals!	13 <u>Activity:</u> 6:00 Ace to King Senior Club Yard Sale beginning at 9:00 am!
14 <u>Activity:</u>	15 Shake-n-Bake Pork Chops	16 Cold Cut Buffet Potato Salad	17 Baked Fish Brussel Sprouts	18 Toss Salad Italian Bread	19	20 <u>Activity:</u>

Activity: 6:00 Ace to King	Wild Rice Toss Salad Roll Fig Newton Cookie Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	Chips, Pickle Yogurt Activity: 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping <div style="background-color: #d4edda; padding: 5px; text-align: center;"> 12:00-4:45 Pick up Green Food Bag </div>	Linguine Salad Roll Jell-O Activity: 10:00 Exercise Class 12:45 Craft Class-- Beach Canvas	Vanilla Pudding Activity: 10:00 Chair Yoga 11:00 Alzheimer's Group 12:30 Ice Cream Social 12:30 Kanien'keha 1:00 Shopping 2:00 Performer Danny Klebes	Closed Planning Day 	Activity: 6:00 Ace to King
21 Activity: 6:00 Ace to King	22 Chuck Wagon Chips, Pickle Cottage Cheese Peaches Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	23 Salisbury Steak with Mushrooms Rice Pilaf Fruit Cocktail Activity: 10:00 Chair Yoga 12:30 Kanien'keha Class 1:00 Shopping	24 Chicken Broccoli Alfredo, Roll Fruit Activity: 10:00 Exercise Class 11:30 Cornwall Lunch & Trip to Avonmore Berry Farm & Veggies	25 Scrambled Eggs Bacon Hash Browns Mandarin Oranges Activity: 10:00 Chair Yoga 12:30 Kanien'keha Class 1:00 Shopping	26 Closed Staff Appreciation Day 	27 Activity: 6:00 Ace to King
28 Activity: 6:00 Ace to King	29 Potato Crusted Cod, Brown Rice String Beans Roll, Pears Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	30 BBQ Pork on a Bun, Coleslaw Corn Tapioca Pudding Activity: 10:00 Chair Yoga 12:30 Kanien'keha Class 1:00 Shopping	31 Birthday Meal! Spaghetti & Meatballs Toss Salad Garlic Bread Activity: 10:00 Exercise Class	Remember: Please call the center at (518) 358-2963 by 9:30 am for lunch or salad. Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am And 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	



Oneida Indian Nation Aging Well Conference 2019



She:kon,

I am hoping everyone has had a chance to visit with family/friends to let them know about the Annual trip to the Aging Well Conference held at Turning Stone Casino and I hope everyone had a great time!

I was able to sit in on some very interesting workshops and it is hard to say what was my favorite since I enjoyed laughter in each one, especially with Dr Tonemah and I think we can all say that "Laughter is The Best Medicine".

In the "Healing from the Spice Rack" workshop, I learned about different herbs to use and their benefits for the body, mind and soul. It was very nice and informative and samples were given (everyone loves samples). A good uplifting tea was suggested using the crown of Corn or Indian Corn, you take the first kernel and the next row after that and cut the cob at that point, immerse in water on a low simmer and then strain.

I was able to taste test (more samples) different recipes in the "Cooking without Sugar" Workshop and learn new approaches for my own recipes at home. Fun Fact: A Healthy Male should only consume 37.5 grams **OR** 9 teaspoons a day and a Healthy woman should only consume 25 grams **OR** 6 teaspoons a day.

Even though I am not 60 yet, I did sit and listen to Xenia Becher in the "Sex after 60" workshop and found that informative and quite comical at the same time.

It was my first trip with the Seniors and my first Conference, I truly enjoyed being with everyone!

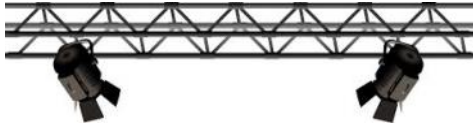
Niawen, Joy Lazore-Gibson



Employee Spotlight

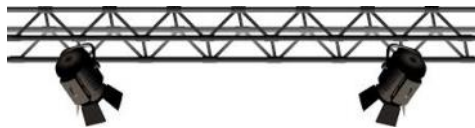


"My name is Mason Panuelo and I am an intern here for the Office for the Aging. I am working on a Title VI project assisting the National Resource Center on Native American Aging (NRCNAA) to help identify and increase awareness of the evolving Native Elders in our community. My mother is Chessie Thomas, along with my grandmother and great grandmother Krystal and Lois Thomas. I was born in South Carolina then moved to Akwesasne when I was 9 years old. I have been here ever since. I graduated last year from Massena Central High School and I am majoring in Hospitality, Resort and Tourism Management at the College of Coastal Carolina University in South Carolina. I am heading into my second year of college and still surprised at how far I have come. Being both Native American from my mother's side and Pacific Islander from my father's side, it shows me many interesting things in both cultures. Unique, different, and somewhat similar cultures. Both are still strong to this day. I love learning and participating in both cultures; from Hula dances to social dances and from fried bread to fried Spam. Both cultures focus so much on the elders and that's why I am glad that I was able to get this internship and focus on helping our elderly. Not only are the elderly important to our community but also to our culture."



She:kon,

My Name is Johnson Jimerson. I am very happy to be serving the Mohawk community as a Maintenance Support worker for the Senior Center. I am of the Seneca Nation, born and raised on the Cattaraugus Indian Reservation. I recently moved here with my family, my wife Teyúnthw^, and my two daughters Shayes and Yakeyale. We love taking part of the Mohawk culture, traditional practices and language learning. I like nothing more than to be with my family and we're excited to be a part of this community.



Shé:kon, Kawisenentha ionkiáts, Thompson-Buckshot tewaksenásere, Kawenó:ke tkí:teron tsi nikionhese. Wihse Buckshot ronwaiats ne rikstén:ha. Ahsen nihati ne ratiksa:akona. Warisose Lazore iontakiats ne akenistenha tanon Aronhiaes Thompson ronwaiats ne rakeniha.

Tsi Tetewatatkens ne wakiote "Home Delivered Meals".

Hello, my name is Sabrina Thompson-Buckshot. I lived on Kawenó:ke all my life. I am married to Mike Buckshot and have 3 children. My parents are Josephine Lazore and Ernie Thompson.

I work at the Tsi Tetewatatkens doing the "Home Delivered Meals".

Identifying Our Needs: A Survey of Elders

The Office for the Aging will be assisting the National Resource Center on Native American Aging (NRCNA) in which the goal is to identify and increase awareness of the evolving Native Elder health and social issues here in our community.

The NRCNA in North Dakota along with National Centers in Alaska and Hawaii exist to help raise the quality of life for American Indian, Alaskan Native, and Hawaiian elders.

Staff members will be reaching out to the community to help assist and interview those who are eligible and go over a survey called "Identifying our needs: A survey for elders." Great value is placed upon our elders and these interviews will help better understand the needs of our elders. The confidentiality of the enrolled members and tribal data is of the most importance; therefore, information from the surveys will be collected anonymously and information will be stored at the NRCNA located at the University of North Dakota. These surveys will be taken around the month of July. It will roughly take about 30-40 minutes. They will be going over personal health and social issues in which all questions are optional.

This survey is voluntary, anonymous and confidential. You can visit NRCNA.org or call (800) 896-7628 to learn more about NRCNA projects and services. If interested in participating and signing up for taking A Survey of Elders or more information, please contact Mason Panelo at (843) 360-4678 or Lora Lee La France at (518) 358-2963.



Our Father's Day Luncheon



For lunch we had walleye with boiled potatoes, peas, roll and ice cream for dessert! It was kind of a gloomy, rainy day but we didn't let that hold us back from having a ball. Our maintenance men Andrew and Johnson made us a golf putting box! It was a little tough to get a hole-in-one but it was fun trying and watching. The putting box is still available to practice anytime, just ask Katie or Joy.

Our other game was our "Fishing" game, but it wasn't



for fish, it was for rubber ducks. We put magnets on the plastic ducks and the lure to see how many they could catch in 2 minutes. Top left photo: Clark Lazore, bottom left photo: Dave Mitchell, Bottom middle photo: Jr David, Right photo: Barbara Lazore.



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

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



Craft Class



In our Craft Class for June 2019, we made 4th of July wreaths, just in time to have them hung up for the Holiday. We used around 70 clothes pins, a 12in wire wreath and different size stars cut out of a foam sheet. The group individually painted their own clothes pins with 30 red, 25 white and 16 blue and then arranged them on the wire wreath in alternating batches of 6 white and 6 red, while leaving a space at the end to add all the blue. The crafters then finished up the project by sticking the white foam stars over the blue clothes pins. It was a nice relaxing craft and the skill level was perfect. You don't need to be super crafty in our classes, just come and enjoy the atmosphere, visit with friends and walk away with something you created. Our next Craft we will be using a few methods in painting and working with sand and shells. We will be creating a Beach Scene to brighten up your interior just in time for Summer. Niawen, Joy!



Lynn LaFrance



Sandy Swanger, Phyllis Jacobs, Glenda Snyder



Roger Caldwell



Wed. July 17th at 12:45 pm
Beach Canvas with real sand and shells!



St. Regis Mohawk Office for the Aging
29 Business Park Road
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
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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](http://www.srmt-nsn.gov/office_for_the_aging)

**We're Here to
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
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- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**