



Moccasin Trail

OHIA:HA/JUNE 2019

Points of Interest:

- Summer Feeding & Reading Program
- Green Food Bag
- Air Conditioning Loan Program
- Presentation with Pharmacist Brian B.
- Billiards & Bingo!
- A Message from Generations Park

Happy Father's Day!

**Friday,
June 14th at
12:00 pm**

**Menu: Walleye,
Boiled Potatoes,
Peas, Roll and
Ice Cream Cup!**

Games Begin at 10:30 am, More Details on Page 3



Details on Page 10...

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**Sorry We
Are CLOSED**

**Friday, June 28th
Planning Day**

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



Upcoming Events:

June 11th– Senior Club Meeting:
Election of New Club Officers!
July 12 & 13th– Garage/Lawn Sale to
benefit Home Delivered Meal Vehicle
for Senior Center
August 12th– Seniorama

*Our Condolences
to the families of
Angus Brown,
Cecile Briggs and
Beverly Lazore*

Urgently Needed:

The Senior Club is having difficulty on getting help for our Senior Cub Office as well as our Bingo Program. Our longtime Bingo caller and one of our office helpers are retiring at the end of May. If anyone is interested please contact us. If you can give 2 hours a week, that would be appreciated.

Volunteer BINGO Schedule:

June 3

Betty Kelly
Dorothy Shatlaw
Debbie Thomas

June 10

Melanie Jacobs
Need Volunteer

June 17

Vicki Phillips
Lucille Peters

June 24

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.

***Thank you Mary W. for your donation
to the OFA Vehicle Fund!***

Please call ahead of
time if you will be
dropping off any
donations for the
**Senior Club
Garage Sale.**

518-358-2963
Nia:wen!

New Members:

Kim Herne
Norman Herne
Joan Carvel

Monthly Coloring Contests:



The winners for the month of May by draw is Lynn LaFrance, Carol Ann Thompson and Millie Cook. We had 10 participants that month. The next coloring contest will begin on Thursday, June 6th and end on Wednesday, June 12th. All participants names are entered for a prize by draw and pictures are hung up for everyone to see the rest of the week. The theme for June is geared towards celebrating Father's Day!

Niawen:kowa

Thank you Barbara Lazore for your donation towards our Golf Boxes! Coming Soon!!! Thank you Dolores Thompson for your donation of goodies.

Green Food Bag

Deadline to order is

Friday, June 7th by 2:00 pm

Please mark your calendars to pick up your orders between

12:00 pm and 4:45 pm on

Tuesday, June 18th

Cost is \$10.00 per bag in American or Canadian funds!

Father's Day Activities

Friday, June 14th

We will be playing a putting game on our new green golf boxes, you can win "Closest to the Pin" and "Least Strokes". A Fishing Game will also be in the dining room! Plus our favorite Horse Shoe competition outside. Wed.-Fri. the men can come in and paint a birdhouse while waiting for lunch to start! All games will begin at 10:30 am and end by 12:00 pm.

Summer Feeding & Reading Program



They would like some volunteers to read a book to the kids while they have their free lunches. You can bring your own book to read. If you're interested in participating again this year, please let Katie or Joy know 518-358-2963. Reading is during the lunchtime hour 12-1pm.

The ABGC group will be distributing out of the concession stand this year. Volunteer readers will remain in the pavilion. You do not have to entertain these kids for the entire hour! A few quick stories just to keep them here to eat their lunches will be more than sufficient.



Risk factors for elder abuse

It's difficult to take care of a senior who has many different needs, and it's difficult to be elderly when age brings with it infirmities and dependence. Both the demands of care giving and the needs of the elder can create situations in which abuse is more likely to occur.

Many nonprofessional caregivers—spouses, adult children, other relatives and friends—find taking care of an elder to be satisfying and enriching. But the responsibilities and demands of caregiving, which escalate as the elder's condition deteriorates, can also cause significant stress. The stress of elder care can lead to mental and physical health problems that leave caregivers burned out, impatient, and more susceptible to neglecting or lashing out at the elders in their care.

In addition to the caregiver's inability to manage stress, some other risk factors for elder abuse include:

- Depression in the caregiver
- Lack of support from other potential caregivers
- The caregiver's perception that taking care of the elder is burdensome and without emotional reward
- Substance abuse by the caregiver
- The intensity of the elderly person's illness or dementia
- Social isolation—the elder and caregiver are alone together almost all the time
- The elder's role, at an earlier time, as an abusive parent or spouse
- A history of domestic violence in the home
- The elder's own tendency toward verbal or physical aggression
- Even caregivers in institutional settings can experience stress at levels that lead to elder abuse. Nursing home staff may be prone to elder abuse if they lack training, have too many responsibilities, are unsuited to caregiving, or work under poor conditions.

Preventing elder abuse and neglect

If you're a caregiver to an elderly person and feel you are in danger of hurting or neglecting them, help and support are available. Perhaps you're having trouble controlling your anger and find yourself screaming louder and louder or lashing out at the person in your care? Or other people have expressed concern with your behavior or the tension between the two of you? Or maybe you simply feel emotionally disconnected or overwhelmed by the daily needs of the elderly person in your care? Recognizing that you have a problem is the biggest step to getting help and preventing abuse.

As a caregiver, the following steps can help you prevent elder abuse or neglect:

Take immediate steps to relieve stress and burnout. Stress is a major contributor to elder abuse and neglect. You can help reduce your stress levels by regularly practicing stress-relieving techniques such as yoga, meditation, or deep breathing exercises.

Request help from friends, relatives, or local respite care agencies or find an adult daycare program. Every caregiver needs to take regular breaks from the stress of caring for an elder and to attend to their own needs, if only for a couple of hours.

Learn techniques for getting your anger under control.

Take care of yourself. If you are not getting enough rest, you are much more likely to succumb to anger. Eat a healthy diet, get regular exercise, and take care of your own medical needs.

Seek help for depression. Family caregivers are especially at risk for depression, but there are plenty of things you can do to boost your mood and outlook and overcome the problem.

Find a support group for caregivers of the elderly. Sharing your concerns and experiences with others facing the same challenges can help relieve the isolation you may be feeling as a caregiver. It can also be a great place to gain valuable tips and insight into caring for an elder.

Get help for any substance abuse issues. It's never easy, but there are plenty of actions you can take to address drug or alcohol abuse.

Get professional help. If you can't seem to stop yourself no matter how hard you try, it's time to get help by talking to a therapist.

For more information about Elder Abuse Prevention, contact Helen Gray, for Caregiver support information, contact Nancy Vosbrink, at the Senior Center 518-358-2963.

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Have other questions related to caregiving? See Nancy at the Senior Center, or call 518-358-2963 or email nancy.vosbrink@srmt-nsn.gov



Ohiairi-ha/June

6

Tsiai'ahkhaton	Kiokierénhthon	Tekenihthon	Ahsénhathon	Kaierihthon	Wiskhaton	Iahia:khaton
2 Activity: 6:00 Ace to King	3 Chicken Tenders Sweet Potato Fries Broccoli, Roll Cookie Activity: 10:00 Exercise 10:30 Virtual Bowling 1:00 Bingo (Kahnawake Attending)	4 Chili Johnny Cake Vanilla Pudding Activity: 8:20 Massage 10:00 Tai Chi 1:00 Shopping 11:15 Presentation with Brian Bond	5 Cheese Manicotti Caesar Salad Garlic Bread Fruit Cocktail Activity: 8-12:00 DSS Meghan McCaffrey 10:00 Exercise Class 2-4:00 Class #3 Caregiver Training	6 Beef Strogenaff Asparagus Roll, Yogurt Activity: 10:00 Tai Chi for Arthritis 11-12 Presentation on "Importance of Water" by MCA Emergency Measures 12:30 Billiards and Bingo at Kaniake 12:30 Kanien'keha Class 1:00 Shopping	7 GRAND OPENING OF NEW TRIBAL BUILDING Senior Center Closed 10:00 am-2:00 pm (no congregate lunch) HDM: Tuna Sandwich and Tomato Soup Green Food Bag Orders Due by 2:00	8 Activity: 6:00 Ace to King
9 Activity: 6:00 Ace to King	10 BBQ Ribs Wild Rice Mix Veggies, Roll Peaches Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	11 Bake Fish Fries, String Beans Roll Pineapple Chunks Activity: 8:20 Massage 10:00 Tai Chi for Arthritis 10:00 Senior Club Meeting 1:00 Shopping 12:30 Kanien'keha Class	12 Cold Cut Buffet Mac Salad Chips & Pickles Banana Pudding Activity: 10:00 Exercise Class	13 Stuff Pork Chops Brussel Sprouts Roll Applesauce Activity: 10:00 Haircuts 10:00 Tai Chi for Arthritis 12:30 Craft Class 12:30 Kanien'keha Class 1:00 Shopping 1:30 Legal Aid	14 Father's Day Luncheon! Walleye Boiled Potato Peas, Roll Ice Cream Cup Activity: 10:30 Virtual Bowling 10:30 Father's Day Games Begin!	15 Activity: 6:00 Ace to King
16 Activity: 6:00 Ace to King	17 Mac & Cheese Stewed Tomatoes California Blend	18 Cheese Burgers Fries, Veggie Sticks Italian Ice	19 Shake-N-Bake Chicken Green Bean	20 Chef Salad Bread Sticks Tapioca Pudding	21 Chicken Picante Brown Rice Broccoli, Roll	22 Activity: 6:00 Ace to King

6:00 Ace to King		Veggies, Roll Melon Cup Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	Activity: 10:00 Tai Chi 12:30 Kanien'keha 1:00 Shopping 12:00-4:45 Pick up Green Food Bag	Casserole, Roll Jell-O Activity: 8-12:00 DSS Meghan McCaffrey 10:00 Exercise Class	Activity: 10:00 Tai Chi 11:00 Alzheimer's Association available for questions 12:30 Kanien'keha 1:00 Shopping	Ice Cream Bar Activity: 10:30 Virtual Bowling 12:30 Ride to Nowhere	6:00 Ace to King
23 Activity: 6:00 Ace to King		24 Ham Harvest Rice Peas-N-Carrots Roll Chocolate Pudding Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	25 Goulash Mix Veggies Roll Pears Activity: 10:00 Tai Chi 12:30 Kanien'keha Class 1:00 Shopping	26 Birthday Meal! Turkey Dinner Stuffing String Beans, Roll Cake w/ Strawberries Activity: 10:00 Exercise Class	27 Pancakes Scramble Eggs Sausage Patty Hash Browns Melon Cup Activity: 10:00 Haircuts 10:00 Tai Chi 12:30 Kanien'keha Class 1:00 Shopping 1:30 Legal Aid	28 Closed Planning Day 	29 Activity: 6:00 Ace to King
30 Activity: 6:00 Ace to King		<p><i>SALADS starting on JUNE 1st!!! Call before 9:30 am, only 10 being made daily.</i></p> <p>Remember:</p> <p><i>Please call the center at (518) 358-2963 by 9:30 am for lunch.</i></p> <p><i>Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am</i></p> <p><i>And call the center if you will not be home for your home delivered meal.</i></p> <p><i>Menu is subject to change at Cook's discretion.</i></p> <p><i>Your cooperation helps us better serve you!</i></p> <p><i>Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding</i></p>					



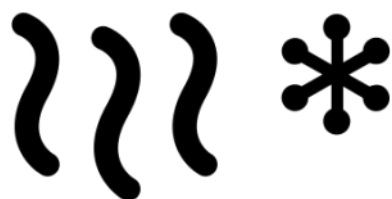
Our Craft Class for May was wooden picture frames with glued on gems. It took about an hour. Participants were Nancy Jacobs, Debbie Thomas, Phyllis Jacobs, and Debbie Cook-Jacobs. We used paint sponges and Hodge Podge to glue and everyone came up with their own designs and color combinations. Our next Craft Class will be on Thursday, June 13th and we will be making 4th of July Wreaths! Call to sign up with Katie or Joy in the Activities Department 358-2963.



Presentation with Pharmacist Brian Bond

Tuesday, June 4th at 11:15 am

Tips for improving water intake and also water content in fruits and vegetables.



Air Conditioning Loan Program

Taking applications

Starting May 28, 2019 until gone

Pick up forms at front desk of OFA

Limited a/c available first come first serve

Funding- TGF

Employee Spotlight:

Joy Lazore-Gibson



She:kon! My name is Joy Lazore-Gibson. I am the new Activities Assistant that you may have seen around the last few weeks.

I am the daughter of David "Jerry" Lazore and Barbara (Bonaparte) Lazore. I was born and raised in Rochester, NY and relocated to Akwesasne, the home of my parents, in 1991. I married Henry Gibson and have 3 wonderful children and 2 brothers. I love to cook, get crafty, work in my yard and do just about anything besides sitting at a desk and I love to lift heavy weights. My children have gifted me by allowing me to discover the many talents I possess.

For over 22 years I worked at the St Regis Mohawk Health Services in the Medical Records/HIM Department. A job I enjoyed and took very seriously. I have done tremendous amounts of Volunteer work throughout our community for my children's sports teams and activities they were involved in.

I love serving my Community and jumped at the opportunity to step into a new life purpose and work with our Seniors. I am very excited for what lays ahead for me at the Senior Center and I have already found the job so rewarding in the few weeks I have been there. Our Seniors deserve the utmost respect, I believe, and they will always be my top priority.



Billiards & Bingo at Tsiionkwanonhsote!

Thursday, June 6th

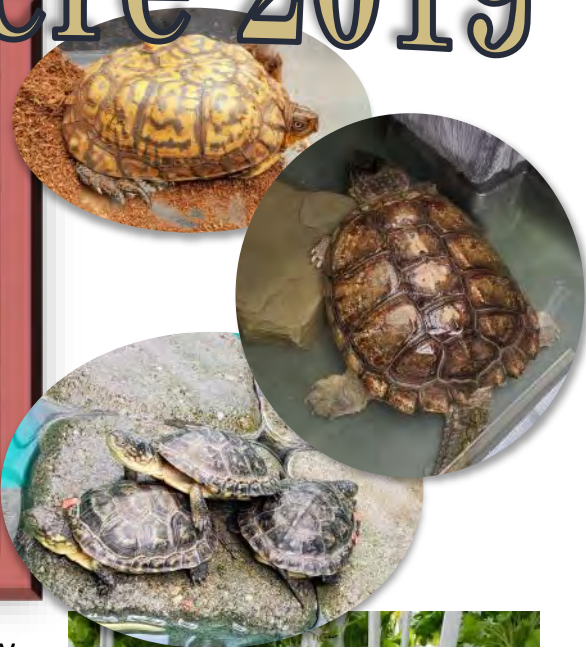
7 Bingo Games (1 quarter a game)

Leave center at 1:00 pm

Play pool until Bingo Begins!

Tsiionkwanonhsote is also looking for volunteers to help with Bingo for their residents. It would be the volunteer's choice for what kind of bingo, for example: Special, Quarter, or Prize Bingo (they would supply the prizes). It would require distributing cards/prizes and calling numbers. *Call Katie for more information at 518-358-2963.*

Ride 2 Nowhere 2019



Ride to Nowhere is back! We boarded the bus this past May and no one but the driver knew where we were going! We ended up at Potsdam College and got a tour of the school's green house and animal exhibit. The tour included details of what the students do and learn about nurturing these different plants not using pesticides. They were so kind they gave us some plants to take home. We also got to check out the reptile exhibit that had about 10 different species of rescued turtles. We also saw snakes, lizards and fish. Most animals were students pets that were not allowed in dorms so



the professor allowed them to reside in the classroom during the semester. On the way home we of course stopped for ice cream because it was such a beautiful day! Thank you for joining us Sandy Swanger, Val Garrow, Jr David, Roger Caldwell, Margaret Montour, Hazel Bero, Rose Marie Jacobs and Leona Cook. Our next Ride to Nowhere is Friday, June 21, 2019. Call to reserve your seat!



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|---|--|--|
| 1- Lois Terrance
Glen Hill | 11- Francis Cree
William Sunday | 20- James R. Lazore
Wilbert Tarbell |
| 2- Joyce H. Mitchell
Mitchell Sunday | Judy Hemlock-Cole
Bill Sunday | 21- Tina Tarbell |
| 3- Kevin King
Pat Edwards | 12- Isabelle Parks | 22- Phyllis Point
Christie Hamel
David Hopps |
| 4- Dale Cole
Florence Phillips
Nelson Connell | 13- Janice Tallett
Charlotte Lynch | 23- Bernice Lazore |
| 5- Beatrice Cole
Denise White | 14- Diane Garrow | 24- Ernest Adams |
| 6- Glen Lazore | 15- Toni Herne
Verda Tarbell
Margaret Snyder | 25- Alma Ransom |
| 7- Esther Mitchell | 16- Wayne Thomas
Gilbert Ransom
Wanda Jacobs | 26- Donald Thompson
Shirley Pitts
Leona Thompson-David
Mabel Thomas |
| 9- Shirley Fetterly | 17- RoseAnn Terrance
Connie Thompson | 27- Gerald Jacobs |
| 10- Rita Cree
Rose Oakes
Helen White
Joe Jock
Doris Sharpsten
Darlene Cook | 18- Elizabeth Tarbell
James D. White
Lynn LaFrance | 28- Victoria Connors |
| | 19- Susan Hayn | 29- Glenda Snyder
Sheila Marshall
Peter Angus |
- Bold are Saint Regis
Mohawk Senior Club
Members**



A Message from Generations Park

All too often, kids are blamed for the traffic accidents in which they are involved. They are labeled careless or lacking in caution. To the contrary, young children act in a manner determined by their age and degree of development. It is essential to understand the developmental characteristics that influence a child's behavior as a Generations Park User:

- Children have a narrower field of vision than adults, about 1/3 less!
- Children cannot judge a car's speed and distance.
- Children cannot readily tell the direction a sound is coming from.
- Children assume that if they can see a car, than the driver can see them. However, kids are easily hidden from view by parked cars and other objects.
- Most kids can be impatient and impulsive.

- Children can only concentrate on one thing at a time. This is not likely to be traffic!
- Kids have a very limited sense of danger and often mix fantasy with reality.
- Children imitate (often bad) behaviors, especially those of older children and adults.
- Children are concrete thinkers and do not extrapolate well from one situation to another.

Please help prevent accident or injury this season by obeying All Traffic Laws on Margaret Terrance Memorial Way.

- Come to a complete stop
- Pedestrian right of way
- 20 mph speed limit
- No distracted driving
- No parking along the roadside please

Niawenko:wa and much love Akwesasne,
Generations Park Staff



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
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

**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..