



Moccasin Trail

KENTENHKÓ:WA / NOVEMBER 2023

Points of Interest:

- Red Ribbon Week Winners
- Presentation by Air Quality Program on Monday, Nov. 6th
- Christmas Enchantment November 9th
- Pool Tournaments: 11/3 and 11/16
- Powerful Tools for Caregivers 11/2 Start



Niawen:kówa for the coffee, donuts and great conversations Saint Regis Mohawk Tribal Police and customs! The elders had a fun on National Coffee with Cops day chit-chatting with officers and agents over a fresh cup of joe while airing out any questions they had for their visitors. Our awesome law enforcement even helped serve the congregated meal!

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**We will be
Closed on:**

Friday, November 10th: Veteran's Day
Friday, November 17th: Planning Day
Thursday, November 23rd: Thanksgiving
Friday, November 24th: American Indian Heritage Day



Akwesasne Senior Club



Ace to King Tournament

There will be an Ace to King Tournament held on Saturday, December 2, 2023 at the Office for the Aging dining room. The doors open at 4 pm and dinner is at 5 pm. Bring a dish to share. Tournament starts at 6 pm. \$20 buy in with \$5 50/50's. Come and enjoy food, games, and laughs.

Joke Board: The Akwesasne Senior Club will be having a fundraising Joker Board to begin in November until all is sold by December 21, 2023. \$10 per card with \$265 pay out. Stop in to the Club office to purchase your card.

Nevada Tickets

The Akwesasne Senior Club will be selling Nevada tickets at the Office for the Aging during the Thanksgiving meal on Wednesday, November 15, 2023.

Haircuts

The Akwesasne Senior Club is asking haircut clients to please limit your haircuts to once a month.

This will give others an opportunity to schedule an appointment. Haircuts are scheduled every Tuesday from 9:30 am to 11:30 am. Please call Joy at (518) 358-2963 to make an appointment.

Senior Club Meeting

Wednesday, November 8th 12:30 pm– 1:30 pm
Senior Center Sunroom All members are welcome!

Senior Club Hours

Monday 11:00 am– 3:00 pm
Tuesday 11:00 am– 4:00 pm
Wed. 11:00 am– 1:00 pm
Thursday 11:00 am– 1:00 pm
Friday 11:00 am– 1:00 pm



Volunteer Bingo Schedule

November 6

Theresa Martin
Nancy Jacobs
Debbie Thomas
Ruth Bell

November 13

Theresa Martin
Barbara Lazore
Vicki Phillips
Lynn LaFrance

November 20

Theresa Martin
Dorothy Shatlaw
Darlene Chubb
Val Garrow

November 27

Theresa Martin
Iona Castagnier
Leona Delormier
Sweets Jacobs

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

Club Membership Update:

At the September 13, 2023 Akwesasne Club Meeting it was agreed that in keeping with other Senior Clubs the Akwesasne Senior Club will need to increase the cost of annual membership from \$5 to \$10 a year. The Club has struggled with increasing costs to hold events and provide activities. Since the Akwesasne Senior Club does not receive any funding from the Federal, State or local Mohawk governments it must rely on fundraising for continued operations. Increasing the membership fee will provide funds to help maintain Club operations. The membership increase will take effect for the January 2024 enrollment or renewal.

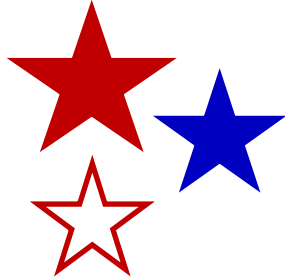
Niawen

The Akwesasne Senior Club says Niawen to all the volunteers that assisted at the Akwesasne Senior Club Craft Fair held October 7, 2023, at the Office for the Aging. There are too many names to list, but the Club acknowledges all the Pie Makers, the Bake Sale donators, the cooks who made soup, chili and sandwiches, the kitchen staff, the set-up and take down crews, ticket handlers and the Mohawk auction workers. Niawen to all those who donated items for the Mohawk Auction it is appreciated. Niawen to Price Chopper in Massena for donating pie containers. Niawen to CKON Radio for airing all our Craft Fair information. Niawen to all who bought and sold raffle tickets. Shout out to Dr. Ben Kelly for setting up at Twinleaf to sell tickets. If there is anybody we forgot to mention our apologies. Without the support of our members and the community the Craft Fair would not be a success. The funds raised support the Club and its initiatives.



Coloring Contest Winners for October:

Congratulations Charlene Sunday & Carol Ann Thompson, our October coloring contest winners! The November coloring pages will be available November 1st and the contest will end **Tuesday, November 14th at 10:00 a.m.**



GENERAL ELECTION for federal, state and local officials NOVEMBER 7, 2023 IMPORTANT DEADLINES FOR GENERAL ELECTION



- ◆ Registering to vote for the first time: OCTOBER 28, 2023
 - ◆ Submit an address change: OCTOBER 28, 2023
- ◆ Submit an absentee ballot application by MAIL—MUST be received by the Board of Elections on or before: OCTOBER 23, 2023
 - ◆ Submit an absentee ballot APPLICATION in person : NOVEMBER 6, 2023
- ◆ Return your voted absentee ballot by MAIL: **POSTMARKED BY NOVEMBER 7, 2023** Board of Elections
MUST RECEIVE your ballot by NOVEMBER 14, 2023
- ◆ Return your voted absentee ballot IN PERSON: **NOVEMBER 7, 2023** by close
of polls at 9:00 pm

If you need assistance or have general questions, please contact SRMT Office for the Aging, NY Connects and HIICAP at 518-358-2834 ask for Tracy

Franklin County Board of Elections
518-481-1663

St. Lawrence County Board of Elections
315-379-2202



Red Ribbon Week Winners!

Thank you all for participating in Red Ribbon Week 2023! We were very happy with all who wore the themes of the day. Here is our winners list:

Wear Red Day: Rose Marie Jacobs- small dirt devil vacuum
Mismatch Day: Steve White— an electric blanket
Jersey Day: Carol Lazore— baking pie plate and measuring cups
Tie-Dye: Lorene Jackson

Lunch N' Learn at Office for the Aging

We had a great turnout for the Lunch N' Learn about Elder Abuse Awareness. Speakers were Jason Cole, Network Specialist from Mohawk Networks present for Cyber Elder Abuse, Lori Michaud and Leah Jimenez, APS Caseworkers from SRMT presented Self-Neglect & Caregiver Neglect, and Sarah E Mitchell, Assistant VP of Risk Management From SeaComm presented Elder Fraud & Scams.

Thanks to all that attended the Lunch N' Learn about Elder Abuse Awareness



Please Join us for a

CHRISTMAS

Enchantment

Thursday, November 9, 2023
10:00 am-1:00pm Senior Lunch & First Tree Viewing

Location: Snye Recreation

rsup Katie & Tenisha
(518) 358-2963



Presentation by Air Quality Program at the Senior Center

Monday, November 6th 11:00 am-12:00 pm

In the past few years the world has had to deal with a global pandemic. This pandemic brought about the importance of indoor air quality for not only in public buildings and schools but also in homes as many were required to work and participate in schools remotely from home. In Akwesasne, families can live in homes that were built seven generations before them. Some homes have been updated and some have additions to allow for more family members. It is important to understand that the indoor air of these homes is safe for all family members even those with respiratory illness.

The AQP purchased 65 Awair Omni indoor air quality monitors to be set up in the homes of participating community members and Tribal Offices. Each home or office will be given a logbook to document the goings on without being intrusive, i.e meetings/parties and not judging the activities in the home.

Spiritual Elder Abuse



Any attempt to exert power and control over someone using religion, faith, or beliefs can be spiritual abuse. Spiritual abuse can happen within a religious organization or a personal relationship.



SPIRITUAL ABUSE IS NOT LIMITED TO ONE RELIGION, DENOMINATION, OR GROUP OF PEOPLE. IT CAN HAPPEN IN ANY RELIGIOUS GROUP, AS AN ELEMENT OF CHILD ABUSE, ELDER ABUSE, OR DOMESTIC VIOLENCE. DOMESTIC VIOLENCE, ALSO CALLED INTIMATE PARTNER VIOLENCE, CAN BE A CONCERN ACROSS RELATIONSHIPS OF ALL AGES, GENDERS, SOCIOECONOMIC CLASSES, ETHNIC GROUPS, AND LOCATIONS.

Signs of Spiritual Abuse

Religion and spirituality should be a source of comfort, peace, community, and inspiration in your life. If that is not the case, you could be experiencing spiritual abuse.

You may be experiencing spiritual abuse if your religious leadership or caregiver is using scriptures or religious beliefs to control your:

- Clothing
- Behavior
- Sexuality
- Decision making
- Finances

Spiritual abuse can take place in a variety of settings. A person doesn't have to be a member of your family or a spiritual leader to spiritually abuse you. An abusive person who is using spiritual abuse might:

- Shame, make fun of, or ridicule your religious beliefs or practices
- Prevent you from practicing your religion in the way you would like
- Use your beliefs to manipulate or bully you
- Use religious texts or beliefs to justify other kinds of abuse (physical, sexual, financial, etc.)
- People who experience abuse often feel ashamed or isolated, and may wonder if they deserve to be treated badly. Abuse is never the fault of the victim. Whether at home or within a religious organization, abuse is always the fault of the perpetrator.

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

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

Kentenhko:wa/November 2023






Tsiat'ahkhaton	Kiohierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahíà:khaton
5 6:00 Ace to King	6 Chicken Tenders Potato Wedges Mixed Vegetables Roll Fresh Apple Activity: 10:00 Exercise DVD 10:30 Presentation: Air Quality Program 1:00 Bingo	7 Sweet Potato Soup Turkey Sandwich Banana Nut Muffin Banana Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 1:00 Line Dancing 12:30 Mohawk Language Class <i>National Games Week</i>	1 Greek Salad Bread Stick Fresh Apple Chocolate Pudding Activity: 10:00 Exercise DVD	2 Sweet N Sour Pork over Rice Broccoli Wheat Roll Mandarin Oranges Activity: 10:00 Chair Yoga 12:30 Mohawk Language Class	3 Baked Fish Boiled Potato Mixed Vegetables Ambrosia Activity: 10:30 Pool Tournament <i>National Sandwich Day</i>	4 6:00 Ace to King
	12 6:00 Ace to King	13 Tomato Macaroni Soup	15 Thanksgiving Meal	16 Chef Salad Italian Bread	17 CLOSED Veteran's Day 	18 6:00 Ace to King

Call the Center by 9:30 am for lunch. Call the senior center if you will not be home for your Home Delivered Meal (518) 358-2963.

Grab-n-Go Pickup is from 11-12 pm

****Please call Katie if you interested in Box Lunch Bingo at Iakhihsohtha. The official date was not confirmed when newsletter was printed.**



	<p>Tuna Fish Sandwich Butterscotch Pudding Fresh Fruit</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>Mixed Vegetables Fig Newton, Roll</p> <p>Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 10:00 Coloring Contest Ends 1:00 Line Dancing 12:30 Mohawk Language Class</p>	<p>Turkey, Stuffing Potato, Butternut Squash, Cranberries Roll, Pumpkin Pie</p> <p>Activity: 10:00 Exercise DVD 11:00 Nutrition Bingo</p> 	<p>Mandarin Oranges</p> <p>Activity: 10:00 Chair Yoga 12:30 Mohawk Language Class 10:30 Pool Tournament 1:00 Craft Class</p>	<p>CLOSED</p> <p>Planning Day</p> 	<p>19 6:00 Ace to King</p>	<p>20 Chicken Stir Fry Wild Rice Roll Fresh Fruit</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p> <p><i>National Odd Socks Day! Wear your fun/mismatch socks for a prize</i></p>	<p>21 French Toast Sausage Links Boiled Eggs Fruit Cup Fruit Juice</p> <p>Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 1:00 Line Dancing 12:30 Mohawk Language Class</p>	<p>22 Baked Potato Soup Chicken Salad Sandwich Mixed Berries with Whipped Cream</p> <p>Activity: 10:00 Exercise DVD 8:30 Watertown Shopping</p> 	<p>23</p> <p>CLOSED</p> <p>Thanksgiving</p> 	<p>24</p> <p>CLOSED</p> <p>American Indian Heritage Day</p> 	<p>25 6:00 Ace to King</p>	<p>26 6:00 Ace to King</p>	<p>27 Fish on a Bun Fries Carrots Pineapple Chunks</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>28 Ravioli with Meat Sauce Broccoli Italian Bread Peaches</p> <p>Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 1:00 Line Dancing 12:30 Mohawk Language Class</p>	<p>29 Ham Mashed Potatoes Broccoli Roll Cake with Fruit Topping</p> <p>Activity: 10:00 Exercise DVD</p>	<p>30 Turkey Rice Soup Biscuit Mandarin Oranges</p> <p>Activity: 10:00 Chair Yoga 12:30 Mohawk Language Class</p>	<p>Did you know? 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>
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Fall Craft Classes

For the month of October we hosted a total of 3 craft classes, ghost paintings, the skeleton candle and a witch hat wreath. We held one class per week with each class lasting a little over an hour. Check out some of our participants and their awesome work. Everyone was so creative for the spooky season.



November Craft:
Thanksgiving
Centerpiece on
Thurs. Nov. 16th at
12:45 pm

Call to reserve a spot
with Katie or Tenisha
518-358-2963



OFA Pool Tournaments

September 28th winners: Tim Sunday 1st
and Donnie White 2nd

October 20th winners: Abe Gray 1st and
Ron Thomas 2nd

Upcoming Pool Tournaments:

- Friday, November 3rd
- Thursday, November 16th



Large Print Books Available!

The Akwesasne Cultural Center Library graciously donated a bunch of large print library books and book ends for our small collection of books in the lounge of the senior center. Please feel free to come and pick up as many as you need and feel free to keep or move onto a friend! Also a thank you to Karmen Miller who took the time to organize our book shelf to make it easier to find what we need! We really appreciate it!



**OFA Staff on National
Truth and Reconciliation Day**

In 2016, the U.S. Food and Drug Administration (FDA) updated requirements for the Nutrition Facts label on packaged foods and drinks. This was the first major update to the label in over 20 years. The label's updated information makes it easier for you to make informed food choices that contribute to lifelong healthy eating.

Servings per container and serving size information appear in large, bold font. Serving sizes were also updated to better reflect the amount people typically eat and drink today.

NOTE: The serving size is not a recommendation of how much to eat.

- The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however some containers may also have information displayed per package..
- One package of food may contain more than one serving.

Calories are in large and bold font to make the information easier to find and use.

2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level.

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. Most Daily Values for nutrients were updated. As a general guide:

- **5% DV or less** of a nutrient per serving is considered **low**.
- **20% DV or more** of a nutrient per serving is considered **high**.

What information was no longer required on the label?

- **Calories from fat** was removed because research shows the type of fat consumed is more important than the amount.
- **Vitamin A and C** are no longer required on the label since deficiencies of these vitamins are rare today. These nutrients can be included on a voluntary basis.

What information was added to the label?

Added sugars was added to the label because consuming too much added sugars can make it hard to meet nutrient needs while staying within calorie limits.

Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

Vitamin D and potassium were required to be listed on the label because Americans do not always get the recommended amounts. Diets higher in vitamin D and potassium can reduce the risk of osteoporosis and high blood pressure, respectively.

What vitamins and minerals stayed the same?

Calcium and iron continue to be listed on the label because Americans do not always get the recommended amounts. Diets higher in calcium and iron can reduce the risk of osteoporosis and anemia, respectively.

Current Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 1 The serving size appears in large, bold font and some serving sizes were updated.
- 2 Calories are displayed in large, bold font.
- 3 Daily Values were updated.
- 4 Added sugars, vitamin D, and potassium are required on the label. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

SHINE Updates: 2023-2024

Curriculum Offered and Upcoming Workshop

Walk with Ease Program:

- This program is certified by the Arthritis Foundation and is designed to help you become a knowledgeable, confident arthritis self-manager in order to ease arthritis symptoms and maintain overall fitness and quality of life.
- This is a leader-led walking program that has been tested and proven to help those who complete it. It can be helpful for all individuals, regardless if you have arthritis or not!
- It is an 18 session workshop series (3 days per week for 6 weeks) with each session being about 1 hour in length.

***NEW* 10 Tips for Adults**

- **Series A Topics Covered:**
 - Workshop 1– Introduction to MyPlate
 - Workshop 2– Make Half Your Plate Fruits and Vegetables
 - Workshop 3– Make Half Your Grains Whole Grains
 - Workshop 4– Vary Your Protein Routine
- **Series B Topics Covered:**
 - Workshop 1– Eating Better on a Budget
 - Workshop 2– Plan Meals Ahead
 - Workshop 3– Purchasing Vegetables and Fruits at the Best Price
 - Workshop 4– Prepare Healthy Food and Beverages for an Active Lifestyle



Upcoming Workshops: All 3 workshop series will be offered this year (January (Series A), February (Series B) and April-May (Walk with Ease)). The first workshop information is below.

What? 10 Tips for Adults, Series A

When? January (Tuesday) 16th, 18th, (Thursday), 23rd (Tuesday) and 25th (Thursday) at 1:00 pm-2:00 pm

Where? Office for the Aging SRMT Senior Center Sunroom

6 Week Workshop

Powerful Tools for Caregivers

November 2, 2023 to December 14, 2023

Every Thursday at 11:00 am– 1:00 pm

Lunch will be Provided

**SRMT– Office for the Aging
(Senior Center)**

**For more information, contact: Jonilee Toulouse at
(518) 358-2963 or jonilee.toulouse@srmt-nsn.gov**

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|--|--|--|
| 1- Jean Laffin
Alice Jacobs | 12- Daniel (Alex) McDonald
Jamie Ross
Dan Jacobs | Nancy J. Samphier |
| 2- Dolores Thompson
Michael Garrow
Linda Jordan | 13- Edward Tarbell | 24- Terry Garrow
Sharon Jackson
Katherine Thompson
Alice Cook
Emily Tarbell
Jane Jordan |
| 5- Lena Lamb
Susan Caldwell | 14- Sylvia Bero
Shirley Swamp Oakes | 25- James Arquette
Judy Laffin |
| 6- Bonnie Fray | 15- Edith Adams | 28- Florence Cook
Larry David
Kamala Swamp
Loretta Thomas
Marianne Bero |
| 7- Vicki Phillips | 17- Gerald W. Rubado | 30- James Hemlock |
| 9- Ramona Hudson
Leona Cook
Elaine Thompson | 18- Joseph Calcagno | |
| 10- Brian David
Shirley Jacobs
Dwight Bero | 19- Sharon Thompson
Lorraine Swamp | |
| 11- Jeb Beeson
Leona Delormier
Doris Cook | 21- Loretta David
Maryann McDonald | |
| | 22- Sharon Loran
Carol C. White
Debbie Billings | |
| | 23- Millie Cook | |

Bold are Saint Regis Mohawk Senior Club Members



It was a beautiful day to take a tour around True Vision Stables. We spent over an hour walking around the stables meeting a total of 26 horses. We learned about the different breeds at the stables from what they eat to how they're trained. We also got a pony cart ride around the riding arena.





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..**