

# Saint Regis Mohawk Tribe



## Office for the Aging Public Hearing Abstract

Date October 11,2023

### Introduction

The mission of the SRMT Office for the Aging is to provide excellent service to seniors by promoting: health, happiness, an active lifestyle, engagement, independence, and long life.

The SRMT Office for the Aging provides services and support to elders living in Akwesasne and area, their families, and community members. According to the Office of the Tribal Clerk, as of August 2023, there are 7,725 enrolled members living on the southern portion of the territory (does not include the 15-mile radius). Of this number, 1433 are elders aged 60 years and older and 429 elders are between the ages of 55 and 59 years. The Office for Aging served 1,047 clients for the period 4/1/2022 to 3/31/2023.

For 2024-2025, The SRMT Office for the Aging is planning on providing the following services in the community of Akwesasne:

Home Care	Health Promotion
Congregate Meals	Personal Emergency Response
Home Delivered Meals (Includes Grab and Go)	Caregiver Services
Nutrition Education	Chore Services
Nutrition Counseling	Air conditioner Lending Program
Transportation	Snow removal program & voucher program
Assisted Transportation	NY Connects
Case Management	HIICAP
Legal Assistance	Elder Abuse Prevention Program
Outreach	Equipment Loan
Recreation & Education	COVID Support Program

The SRMT Office for the Aging has a staff of 22 people and in 2024 has a budget of \$1.4 million (estimated). Our funding is provided mainly by Older Americans Act Title III funding, New York State Office for the Aging, Title VI Native American only grants, Tribal General Funds, and participant contributions. We have 19 Full-Time staff, 2 Seasonal, and 1 Part-time.

The following is an overview of our 2024-2025 Annual Plan, covering the program period ending March 31, 2025.

1. Nutrition Services strive to prevent or reduce the effect of chronic disease associated with diet and weight; strengthen the link between nutrition and physical activity in health promotion for a healthy lifestyle; improve accessibility of nutrition information, education, counseling and related services, and healthful foods. Home Delivered also include Grab and Go meals.

<b>Expected in 2024-2025</b>	<b>Estimated number of people served</b>	<b>Estimated number of units of service</b>
Home Delivered meals	223	12462 meals
Congregate Meals	137	2108 meals
Nutrition Education	120	840 units of information
Nutrition Counseling	10	25 hours of RD service

2. The goal of EISEP is to improve access to cost effective, non-medical in-home services and supports for non-Medicaid older adults who have functional impairments in the area of their activities of daily living. The program also enhances the ability of family members or other informal caregivers to care for an older person in a home environment and can also provide non-institutional respite supports for caregivers. Case management is also provided to help older persons and their families assess their needs and develop, implement and maintain an appropriate plan of services and service delivery.

<b>Expected in 2024-2025</b>	<b>Estimated Number of People to be served</b>	<b>Estimated number of Units of service</b>
Case management	35	122 hours
Consumer Directed Services	10	2879 hours of in Home care
Agency Provided Housekeeping	7	1860 hours of in Home care
Agency Provided Personal care	3	1019 hours of in Home care
Personal Emergency Response	65	780 units of service

3. Transportation is a pivotal component in the array of services provided by the area agencies on aging and their local partners in New York State. All local area agencies on aging throughout the state devote resources to support community transportation for older adults. Older adults utilize the transportation services to enable them to gain access to needed services and maintain their dignity, independence, and ties to their communities. Please note: we received funding to purchase 2 new buses: 16 passenger bus and 9 passenger bus. We will be coordinating with St. Lawrence Public Transit on increasing access to Massena.

**It is estimated that we will provide 900 one-way trips and serve 20 individuals.**

4. The SRMT Office for the Aging will provide assistance and transportation, including escort, to a person who has difficulties (physical or cognitive) using regular vehicular transportation. Administration for Community Living states that services reported in the assisted transportation/escort category must involve the personal accompaniment of the older person throughout an outing or trip. Otherwise, known as Assisted Transportation.

**It is estimated that we will provide 123 one ways trips to 10 individuals.**

5. Legal Assistance Services are recognized by Congress in the Older Americans Act as a critical service that enables older adults to exercise their rights, access benefits to meet basic needs, and have access to civil legal redress when older adults are victims of harmful activities.

**It is estimated that 150 hours of legal service will be provided.**

6. The SRMT Office for the Aging will organize and coordinate events and activities which involve older person in courses, workshops, other learning activities and satisfying use of free time.

**It is estimated that 436 units of activities and events to will be provided.**

7. The SRMT Office for the Aging will organize and coordinate services and activities that promote chronic disease prevention and management, promote physical and mental health, improve or maintain quality of life, and increase awareness of understanding of healthy lifestyles. Office for Aging staff and subcontractors will be providing the following classes: Yoga and DVD Exercise class,

**Estimated 1200 units of health promotion including exercise classes and health classes.**

8. The SRMT Office for the Aging will provide supports to informal family caregiver to carry out their caregiving responsibilities. SRMT Office for the Aging currently provides the following Title III E service categories: Information, Assistance, Counseling, Support Groups, Training, Respite, Supplemental Services

**We estimate to provide 300 units of caregiver services to 30 family caregivers.**

9. The SRMT Office for the Aging provides chore services to elders. Services include: lawn care, snow removal, home repairs, and air conditioner lending program.

**270 units of lawn care to 45 elders, includes weed cutting**

**540 units of OFA Snow Removal services to 45 elders, include shoveling and salting stairs, ramps, and walkways. Priority is for elders receiving care in the home or receiving regular scheduled medical care such as dialysis and chemotherapy.**

**960 units of Voucher Snow Removal services to 80 clients, plowing only**

**12 air conditioning units thru the Air conditioner lending program**

**120 units of home repair and maintenance to 20 elders**

10. NY Connects provides locally accessible, consumer-centered access points that provide comprehensive information about long term care options and linkages to services for individuals of all ages with long term care needs.

**We estimate to serve 400 individuals with 120 units of application assistance and 300 units of counseling**

11. HIICAP works directly with Medicare beneficiaries to educate them about the Medicare Program, Medigap policies, Medicaid, Medicare Advantage Plan, Long-term Care Insurance, Low-Income Subsidy Programs, employer-sponsored insurance, and other health insurance programs that are available in the NYS.

**249 units of application assistance**

**43 units of benefits screening**

**33 units of new Medicare beneficiary counseling**

12. The Elder Justice Multidisciplinary Team brings together representatives of both the Saint Regis Mohawk Tribe and the Mohawk Council of Akwesasne to initiate activities the prevent elder abuse and neglect on the territory of Akwesasne.

13. Other Services includes special projects and other services not mandated by the Older Americans Act that are keeping with our mission.

**We estimate to distribute 360 Farmers Market coupon booklets. Estimated value of \$9000.**

**We estimate to lend or purchase 100 pieces of home medical equipment to 50 individuals**

**200 Units of Public Information and Education which include distribution on the monthly newsletter the Moccasin Trail, weekly Facebook posts, and Public Service Announcements.**

**We will continue to offer Kanien'keha classes and looking into adding a new Beginner's class.**

**The COVID Support program is continuing for 2024. This program provides PPE, supplies, medication delivery, and information to elders recovering from COVID, Flu, Pneumonia, and RSV. The purpose is to allow elders to recover safely at home and remove the need to go into the public. The COVID care worker will also be assisting with vaccination clinics.**

Nia:wen for your interest in our services and for participating in our Public Hearing. If you have any questions for need further information, contact the SRMT Office for the Aging at (518)358-2963.+