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# Kawennì:ios

# 2016



# Tsi Niiohahò:ten: Choosing our Path

*Bilingual Lake Sturgeon Educational Book – First of its Kind!*

*By Jessica L. Jock, St. Lawrence River Area of Concern Program Manager*

In *Tsiiothóbrha*/December 2014, the Saint Regis Mohawk Tribe's (SRMT) Environment Division collaborated with the Ahkwesáshsne Freedom School (AFS) on an education project proposal to the St. Lawrence River Research and Education Fund (SLRREF) called, "*Tsi Niiohahò:ten: Choosing our Path.*" The project was awarded in 2015 and enabled AFS students to participate in spring and summer environmental activities that promoted traditional teachings; language; and science lessons of fish, wildlife, and medicines from the Áse Tsi Tewá:ton Program. The *Tsi Niiohahò:ten* project created a unique new link to the Tribe's cultural restoration efforts by creating a "Jr. Apprentice."

This transfer of traditional knowledge and hands on application teachings from Masters and Apprentices to Jr. Apprentices focused on traditional uses of Lake Sturgeon, muskrat, wild rice and medicinal plants. As a result of this collaboration, printed educational material, with artwork and text contributions by the AFS students, was created in posters and handouts to be used as future teaching tools.

A highlight of the education materials developed from this collaborative project was the artful and colorful Lake Sturgeon publication crafted by the SRMT Communications Department, with support from AFS teachers and students.



*AFS Students (L-R): Thanaokatha, Teionienkwatase, Shakotentetha, Kaianonkie tánon, Shatkarihwaien*



This Lake Sturgeon publication was produced in fall 2016 in both *Kanien'keha* (Mohawk) only and Mohawk/English languages. The book printed in Mohawk-only language is targeted for educational uses in Mohawk immersion language programs or fluent speakers. While the bilingual book was developed for public schools, environmental education, and/or any person interested in learning the language and more about Lake Sturgeon. This 16-page bilingual publication is the first of its kind and combines snippets of the sciences, language, culture and conservation of Lake Sturgeon in Akwesasne.

The printing of the Lake Sturgeon publication was made possible with support by the U.S. Environmental Protection Agency's Great Lake Restoration Initiative (GL-97221410), SRMT's St. Lawrence River Area of Concern Program, and SRMT Communications Department.

Scientific teachings about Lake Sturgeon propagation and fish stocking was shared with AFS students by the New York State Department of Environmental Conservation and U.S. Fish and Wildlife Service biologists, while cultural teachings and language translation and edits were shared by SRMT's Áse Tsi Tewá:ton Program and AFS teachers.

The bilingual Lake Sturgeon book is available at SRMT Environment Division, 449 Frogtown Road in Akwesasne, New York. For more information, please call (518) 358-5937. ♦

# Good Words of Welcome



*Obserahshe Kakio'kwakwekon!*

This past year has been productive and progressive for the Saint Regis Mohawk Tribe. The Tribal Council set priorities and worked diligently on border issues, environmental justice concerns, agriculture pilot programs, healthcare and economic development.

Our Mother Earth Egg Project, which engages youth in an agriculturally rooted economic development initiative, is part of our new agriculture pilot program. We're excited about this program, as it has already shown promise by engaging our youth and families. It will be utilized next year to also assist our local farmers in opening up and draining fields for planting. "Niawen:kówa" to our program participants and Three Feathers Internet Café, Program Manager Wallace Ransom and his crew, as well as Economic Development Director Chris Thompson and Environment Division Director Ken Jock for offering their guidance.

I am pleased to report the Tribe's for-profit entity Mohawk Networks, LLC has successfully expanded and that Akwesasne TV is rapidly becoming a leader in Indigenous media. It has become a staple in our community that brings us live coverage of local and national events, as well as content that strengthens our language, culture, history and other themes unique to Akwesasne. In doing so, their producers traveled to Standing Rock to connect us with the most important environmental protection movement in Native history.

The passage of the referendum questions concerning medical marijuana and industrial hemp gives us solid direction to explore the regulatory and business requirements in the pursuit of these possible revenue streams. While there are significant regulations associated with medical marijuana, the possible benefits for those suffering from a chronic illness outweighs the obstacles and continues to be the guiding principle for this important initiative.

Tribal Council is currently working with the Elders Benefit Referendum Committee to assemble a working group tasked with finding a practical and reasonable approach to implementing such a program.

Lastly, years of work and lobbying helped us to participate in Congressman Raul Ruiz's Environmental Justice Roundtable discussion this past summer. Congressman Raul Grijalva (D-AZ), Congressman Patrick Murphy (D-FL), and Congressman Mark Takano (D-CA) attended, as we highlighted Akwesasne's environmental justice and health concerns. We were fortunate to have Congressman Grijalva in this discussion, as it contributed to his request to the Government Accounting Office for an investigation into the federal consultation process with Tribes, which we will be included. We will explain our experience and validate the challenges of the consultation process with the Environmental Protection Agency—using the Superfund Sites as examples of how Tribes need to be involved in selecting, implementing and monitoring remedies that directly impact our communities.

As we enter a new year, *Niawen:kówa* to our community volunteers who give their time to help our youth and others in need. It is my hope that we continue working together in the same spirit as this past holiday season.

On behalf of Tribal Council, I extend wishes for a safe, healthy new year to our families.

*Niá:wen,*

*Tribal Chief Eric Thompson*

# Going Above & Beyond

## Tribal Employees Receive Enrichment Awards

*Submitted by Tsiorasa Barreiro, Executive Director*

The Saint Regis Mohawk Tribe was honored to once again recognize the exceptional service and performance of five tribal employees with an Employee Enrichment Award. Conducted two times each year, the most recent awards were presented at the Tribe's 2016 Christmas Party on *Tsiothóbrha*/December 9, 2016. The biannual awards help highlight the ongoing efforts of tribal staff at "Enriching Our Workplace" through their service to fellow co-workers, community members and/or their team spirit and initiative.

Individuals were nominated by their co-workers in one of eight categories: Collaboration, Going Above and Beyond, Professionalism, Initiative, Promoting a Positive Image, Integrity, Positivity, and Provides a Helping Hand. Entries were submitted to Tribal Administration and provided examples, as well as reasons, for the individual's nomination.

Executive Director Tsiorasa Barreiro presented an Enrichment Award to the following recipients, along with a hand-crafted keepsake box by CRJ Designs and a beaded lanyard from Rick Ransom and Gail Cook, along with monetary gift in recognition of their efforts in providing an enjoyable work environment.

### **Jordan Thompson — Education Specialist, Education Division**

*Category: Going Above and Beyond*

"Over the past few years Salmon River has started a science, technology, engineering and math initiative in hopes to better prepare students for college. This change in curriculum has forced him to adapt, and quickly, to the new formats and the challenge of tutoring COMMON CORE in the 7th and 8th grade levels. He has

taken this challenge in stride, working with school faculty and administrators to make sure our Akwesasne students are strongly served by our JOM Program.

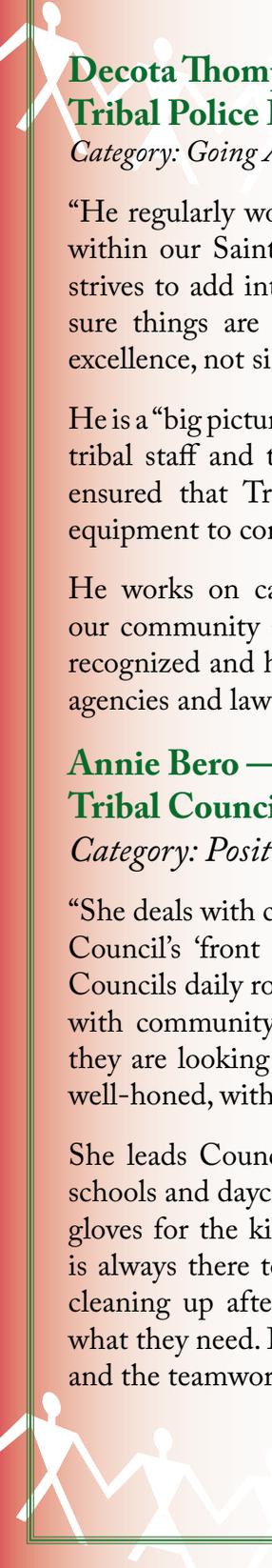
He uses his artistic talents to demonstrate to students that they should follow their passions in life. He offers "art themed" incentives and truly helps build a better tomorrow by helping mold the lives of our future tribal leaders today. His artwork received recognition by the National Indian Education Association

and his rendering of Saint Kateri was presented to, and blessed by the Pope as the official portrait of Kateri to hang in the Vatican.

He always works with the best interests of his children in mind as he counsels them and gets to know them well through the school year. Most of all he is the kind of educator anyone wants for their children; compassionate, knowledgeable and always willing to go the extra mile."



*L-R: Executive Director Tsiorasa Barreiro with Enrichment Award Recipients Annie Bero, Jordan Thompson, Decota Thompson, Tony David and Mark Gibson.*



**Decota Thompson — Lieutenant,  
Tribal Police Department**

*Category: Going Above and Beyond*

“He regularly works long hours and pushes a very high standard within our Saint Regis Mohawk Tribal Police Department. He strives to add integrity and honor to his profession and to make sure things are done thoroughly and correctly. He pushes for excellence, not simply ‘good enough.’

He is a “big picture” thinker about issues that affect the Department, tribal staff and the community at large. His contributions have ensured that Tribal PD have current and effective tools and equipment to combat violence and crime in our community.

He works on cases involving the most vulnerable populations our community and has paved the way for the Tribal PD to be recognized and held in high regard with local, regional and State agencies and law enforcement units.”

**Annie Bero — Administrative Assistant,  
Tribal Council**

*Category: Positivity, Provides a Helping Hand*

“She deals with community members on a daily basis and is Tribal Council’s ‘front line’ with scheduling, organizing and planning Councils daily routine. She is great at her job, as she is able to talk with community members to assist them with the information they are looking for. Her problem solving capacity is strong and well-honed, with her positive outlook being one of her best traits.

She leads Council’s annual snowsuit donation program to local schools and daycare centers. She takes pride in selecting coats and gloves for the kids that she knows parents can be proud of. She is always there to assist in staff activities; setting up beforehand, cleaning up afterwards, looking out to make sure everyone has what they need. In this way she helps build the morale of our staff and the teamwork between programs and departments.”

**Tony David — Water Resources Manager,  
Environment Division**

*Category: Professionalism, Integrity*

“He treats all his staff and colleagues with utmost respect. He exudes a calm and professional demeanor at all times. He cares for our water quality standards, fisheries population assessments and leads the reintroduction of Atlantic Salmon and the rehabilitation of Sturgeon Habitat. He and his team monitor water quality data for safe swimming and our relationship with the U.S. Geological Survey, as we restore the fisheries in Akwesasne.

As part of this professional work, he was tasked with leading a major project and a significant change for the community — oversight of the removal of the Hogsburg Dam. He also educated the community on the real history behind the dam and its impacts on the Akwesasne community and fish species.

He is a wonderful example of our people striving for advanced studies and higher education, and bringing that knowledge back home for our community.

**Mark Gibson — Laborer, Maintenance Department**

*Category: Going Above and Beyond, Providing a Helping Hand*

“He works in our maintenance department and his supervisor reports that he has a strong work ethic and construction skills, which help keep our facilities safe for staff and clients. This alone is commendable, but is not why he was selected for recognition.

Driving during the day from different worksites he came across a horrible scene of young child attacked by a dog, bleeding severely and in need of help. Without hesitation, he stopped his vehicle, scooped up the child and rushed him to the Massena Hospital — because he just knew it was what needed to happen.

A father himself, the emotions of the situation must have been overwhelming. His quick and selfless response saved a young child’s life and demonstrated what kind of man he is and how he cares for our community and for young people. This type of heart, these instincts are what make our tribal workforce truly special.” ◇

## *Tsitewatakari:tat — The Let's Get Healthy Program*

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Studies have found that moderate weight loss and exercise can prevent or delay type 2 diabetes among adults at high-risk of diabetes. We can help you find out more about the risk factors for type 2 diabetes, what it means to have prediabetes, and what you can do to prevent or delay diabetes.

Let's Get Healthy offers Community Fitness Classes. They are free and open to ALL community members and Tribal employees. No pre-registration



or appointments required! Classes are for ages 18 and older. Bring clean, dry sneakers. Classes are held at the Diabetes Center for Excellence. For classes held after business hours, please use the side entrance at the back of the building.

- Body Works– Mondays & Wednesdays: 4:30-5:15 p.m.
- After Hours– Mondays & Wednesdays: 5:30-6:15 p.m.
- Public Fitness– Tuesdays & Thursdays: 12:00-1:00 p.m.
- Club Circuit– Fridays: 9:00-9:45 a.m.
- Guided Relaxation - Fridays: 9:50-10:20 a.m.
- Supervised Swim (New) – Mondays & Wednesdays: 4:00-5:00 p.m. , Fridays: 8:00-9:00 a.m.
  - Water Aerobics– Thursdays: 5:15-6:15 p.m.

We also provide after school youth fitness classes on Tuesdays and Thursdays for ages 8-18. See our monthly Community Fitness Calendar, or call our office at (518) 358-9667. ◇

## *Tips from Tech Support*

***Personal Information Is Like Money. Value It. Protect It.***

*By Austin Swamp, Computer User Support Specialist*

**Lock your devices, like your tablet and phone:** Use strong passwords or passcodes to lock your tablet and phone. Securing your devices keeps prying eyes out and can help protect your information in case your devices are lost or stolen.

**Think before you act:** Ignore emails or communications that create a sense of urgency and require you to respond to a crisis, such as a problem with your bank account or taxes. This type of message is most likely a scam.

**What you post will last forever:** Be aware that when you post a picture or message online, you may also be inadvertently sharing personal details with strangers about yourself and family members – such as where you live.

**When in doubt, throw it out:** Clicking on links in emails is often how bad guys get access to personal information. If an email looks weird, even if you know the person who sent it, it's best to delete it.

**Make passwords long and strong:** Combine capital and lowercase letters with numbers and symbols to create a more secure password.

**Write it down and keep it safe:** Everyone can forget a password. Keep a list that's stored in a safe, secure place away from your computer.

**Only post about others what you would like posted about you:** The golden rule applies online as well.

**Own your online presence:** It's alright to limit who can see your information and what you share. Check your privacy and security settings on your favorite sites.

***Reminder: Please Share with Care*** ◇

# Division Update:

## Community & Family Services Increases Disabilities Awareness

*By Brendan White, Communications Director*

The Saint Regis Mohawk Tribe is continuing to help lead the way in Indian Country with developing and implementing tribal best practices. Tribal staff and leaders are regularly sharing their knowledge and expertise as presenters at national and regional conferences, as members of various committees and commissions, and at other important gatherings. They are contributing to helping build a better tomorrow, not just for Akwesasne, but for all tribal communities.

Akwesasne has long been known for being proactive and taking care of its own community members, which has led the Tribe to become New York State's first tribal community to offer a span of disability services; such as the Family Support Program, its Individualized Residential Alternative (IRA) Facilities, and the Tribal Vocation Rehabilitation Program. Administered by the Tribe's Community and Family Services Division (CFS), these programs are designed to provide assistance, care and support to help improve a client's quality of life so they can enjoy some degree of independence and possibly obtain rewarding employment.

On Kenténha/October 25, 2016 CFS Division Director Jamie Bay and Family Support Program Manager Douglas Hamilton provided a presentation in Cherokee, North Carolina to share work their tribal division has been doing to provide needed services for individuals with



*L-R: Wilfred Jamie Bay, CFS Division Director and Douglas Hamilton, Family Support Program Manager*



*Kids enjoying Disabilities Awareness Day*

a development disability. Held during a United South and Eastern Tribe's (USET) Health Committee gathering, it provided an opportunity to discuss the three programs CFS has put in place to help their 52 clients, which include 41 adults and 11 youth.

They also shared their experience with hosting an Annual Disabilities Awareness Day for the past 16 years to show individuals with a development disability that they are not alone and services are available to help. It provides an opportunity to give encouragement for individuals to know they are vital and contributing members of the community. This past year's event was an ideal example, as it was a chance to express a special appreciation to clients for constructing plaques that were used for Enrichment Awards given to tribal staff for notable achievements.

With nearly 1-in-10 individuals living with a severe disability across the country, Bay and Hamilton encouraged USET tribes to raise awareness on the need to boost collaboration, partnerships and communication regarding disabilities in Indian Country. Sharing the Tribe's experiences in leading New York's only tribally administered disability programs, they see the need to help other Tribes in their effort to give individuals; including vulnerable and disabled populations; a rewarding and fulfilling quality of life. ◇

# Akwesasne Business Feature:

## *Buy Local and Shop Small*

*By Mary LaFrance, Program Support Officer, Office of Economic Development*

Small Business Saturday was created by American Express in 2010 to support small businesses during their busiest shopping weekend of the year. For many communities, small businesses are the economic lifeblood of a community who help represent its unique culture — hiring on average 14 percent more local residents than franchises and contributing more back to their local economies. The Akwesasne community is doing the same and this year the Saint Regis Mohawk Tribe's (SRMT) Office of Economic Development (OED) partnered with the Akwesasne Chamber of Commerce (ACC) to host a Small Business Saturday on *Kentenhkó:wal* November 26, 2016.

“People think small business owners are millionaires and that is far from the truth,” said Casey Swamp, local business owner and President of the ACC. “I pride myself on the way we try to help the community, I think that the community has supported us and that is why I like to make sure I help in whatever way I can — free brakes for basket drive every year, giving to organizations, ‘Cruising for Kids’ Car Show and free Car Care Clinics.”

A total of 11 ACC-member businesses were invited to participate during Small Business Saturday by either hosting an event or offering a discount. The businesses included: Fluffy Tails Grooming & Pet Supply, Nature's Gift Smoothie, Tota Ma's Medicine Chest (Smokin' Arrow), Akwesasne Tire Company, Midnight Confetti Events, Unique Wraps & Graphics, CRJ Designs, Three Feathers Café, Mohawk Plumbing, Akwesasne Sports and The Indigenous Spa.

ACC and OED set up a Welcome Station at Fluffy Tails

Grooming & Pet Supply where free shopping totes and hot chocolate were handed out to shoppers, along with a list of participating small businesses. Additionally, two shopping totes containing a hidden \$50 bill were given away to two lucky shoppers thanks to the OED.



*Amber McDonald showing her support for Small Business Saturday.*

Small Business Saturday was a measurable success, with some businesses reporting they saw an increase of 37 percent in sales — even with discounts. When compared to the previous Saturday, other stores saw a significant increase in foot traffic at their locations. It contributed toward an upsurge in activity for our community's economy.

“Supporting small businesses is important because we have families, just like anybody else,” continued Swamp. “If all the money is going off the [territory] then we are not supporting our families either.”

As consumers, you can support small businesses locally all year long. First, get to know your local businesses by stopping into their shops or visiting [www.AkwesasneBusinessDirectory.com](http://www.AkwesasneBusinessDirectory.com).

Second, become involved with local businesses by providing feedback and customer reviews.

Third, choose to shop locally for unique items

whenever possible and refer your friends and family.

For more information on Small Business Saturday please visit [www.ShopSmall.com](http://www.ShopSmall.com). For details on how your business can join the Akwesasne Chamber of Commerce, call (518) 333-2005 or email, [admin@akwesasnechamber.org](mailto:admin@akwesasnechamber.org). For business training opportunities offered by the SRMT OED you may call (518) 358-2835 or email [economic.development@srmt-nsn.gov](mailto:economic.development@srmt-nsn.gov). ◇

# OFA Offers Caregivers Leader Training

*By Tewentahawih'tha' Cole, OFA Health Educator*

The Saint Regis Mohawk Office for the Aging's (OFA) Health Promotion Services held a "Powerful Tools for Caregivers" Class Leader Training in Kentenhkó:wa/November 2016. Twelve people took part in the training—representing various aging services agencies in Akwesasne, Burlington, and Essex, Franklin and Clinton counties. Each Class Leader is now able to provide a self-care education program for family caregivers in their own communities.

The "Powerful Tools for Caregivers" Program provides family caregivers with tools and strategies to better handle the unique caregiver challenges they face through a six-week curriculum that helps improve: self-care behaviors, management of emotions, self-efficacy and use of community Resources. The following is a description of each class:

**Class #1: Taking Care of You:** This class emphasized the focus is YOU, the caregiver, not on the family member receiving care. The caregivers developed a box of self-care tools. The challenges of caregiving and significance of caregiver self-care are dramatized through a video. Caregivers made a weekly action plan for self-care.

**Class #2: Identifying and Reducing Personal Stress:** Steps were presented for effective stress management: identifying early warning signs and personal sources of stress, changing what you can change and accepting what you cannot, and taking action. Tools to reduce stress and how to change negative self-talk – which increases stress and erodes confidence – to positive self-talk. Caregivers learned five relaxation activities that are easy to incorporate into their daily lives.

**Class #3: Communicating Feelings, Needs and Concerns:** Participants learned how to communicate more effectively by using "I" messages. Through dramatizations, participants experienced the

impact of both messages which tend to sound blaming and put people on the defensive. They practiced changing "You" messages to "I" messages, and identifying when statements beginning with the word "I" are actually "Hidden You" messages.

**Class #4: Communicating in Challenging Situations:** Participants practiced two communication tools – assertiveness and Aikido – which are helpful in difficult situations. They learned a four-step process, called DESC (Describe, Express, Specify, and Consequence) for using the assertive style of communication. With

Aikido, participants learned how to align and find "common ground" with a person who is distressed and highlighted guidelines for communicating with a person who is memory impaired.

**Class #5: Learning from Our Emotions:** The overriding theme of this class was "our emotions are

messages we need to listen to." It emphasizes that feelings occur for a reason and that feelings are neither good nor bad. Focus is on identifying constructive ways for dealing with difficult feelings – especially anger, guilt, and depression – and resources for professional help.

**Class #6: Mastering Caregiving Decisions:** Focus was on the internal emotional process caregivers go through when they experience a life change. Tools for dealing with changes and for making tough decisions – including a decision-making model and the family meeting – were discussed.

Congratulations to Akwesasne's own Class Leaders: Cecelia King and Ann Marie Cross-Laughing. They will be facilitating workshops beginning in Spring 2017. If you want to learn more about how you can take care of yourself while caring for a loved one, please call (518) 358-2963. ◇

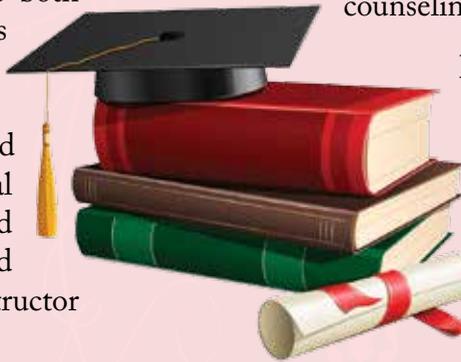
Powerful Tools  
FOR Caregivers

## Higher Education Courses

St. Lawrence University will be offering the following two graduate classes for the spring semester. They will be offered on Thursdays beginning on *Tsiothohrkó:wa*/January 19, 2017. For more information, please contact Rod Cook at (518) 358-2272 x2247.

### 524. Multi-Cultural Education and Counseling

This course takes an inclusive approach to both counseling and education. It emphasizes diverse issues and techniques encountered by counselors and teachers in our pluralistic society. Included are multi-cultural and cross-cultural counseling; social and cultural foundations in education; and social and cultural issues in the work of counselor and teachers. 3 semester hours. Susan Dodd, Instructor



### 510. Theories of Counseling

A range of contemporary theories of counseling is examined and application to the counseling experience is emphasized. Concepts, assumptions and implications for practice of the counseling orientations are considered. Discussion, observation and experiential activities provide an opportunity for the student to evaluate and integrate the major theoretical approaches to counseling. 3 semester hours. Mi-Hee Jeon, Instructor

Reminder, we will need fall grades as soon as they become available along with spring schedules. Our fax number is (518) 333-5034 or email to [rcook@srmt-nsn.gov](mailto:rcook@srmt-nsn.gov).

Remember to begin your FAFSA and TAP applications for the next academic year, 2017-2018. ◇

*Kawennì:ios “Good Words”* is published bi-monthly. Subscriptions are available in print or digital versions.

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Connect with us...



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## Social Media Training

*Tools to Build & Grow an Online Presence*



Molly Williams, owner of Railroad Productions, will highlight tips & tools for small businesses:

- Identify & engage your social media audience
- Create authentic content that fits your brand
- Importance of video through Facebook & Instagram
- Growth through successful social media marketing

*Attend virtually* in the Community Building Lobby on January 10, 2017 at 6:30 p.m. Call SRMT Economic Development at (518) 358-2835 or email [mulafrance@srmt-nsn.gov](mailto:mulafrance@srmt-nsn.gov).

*Attend in person* at the Dobsky Center, 100 Riverside Ave, Ogdensburg, NY 13669 on January 10th beginning with networking & pizza at 6:00 p.m. Call (315) 386-7312 or email [sbdc@canton.edu](mailto:sbdc@canton.edu) to register.

# Tribal Gaming Commission Spotlights Employee Achievements

*Submitted by Tribal Gaming Commission*

The Saint Regis Mohawk Tribal Gaming Commission is pleased to welcome its newest members: Kyle Cooke, Lanney Laffin, Louis King and Zachary Oakes; as well as recognize the following individuals for their recent achievements:

**Amber McDonald**, Licensing Manager, recently joined the North American Gaming Regulators Association (NAGRA) Indian Gaming Committee.

NAGRA is a nonprofit professional association of gaming regulators throughout North America. The organization brings together agencies that regulate gaming activities and offers them a forum for the mutual exchange of regulatory information and techniques. The Gaming Interest Representatives also use these meetings to share experiences and problems in their jurisdictions to come up with creative solutions. This system has been successful due to the broad-based experience of association members.

Amber has also been requested to speak at the Tribal Gaming Protection Network's "Women of Gaming Regulation" Day in February 2017. During this session she will speak about "The Importance of Networking: Creating Lasting Impressions."

**Ross Garrow**, Chief Inspector, now sits on the National Tribal Gaming Commission/Regulators (NTGC/R) Board as the Eastern Region Delegate.

NTGC/R promotes cooperative relationships among the commissioners and regulators of tribal gaming enterprises and other

organizations; promote exchange of thoughts, information and ideas that foster regulatory standards and enforcement which leads to consistent regulatory practices and methods of operations among the NTGC/R members; promote educational seminars that include commissioners and regulator training and other related activities; as well as having the NTGC/R serve as a gaming regulatory advisory group to tribal gaming organizations and others.



Audit Manager **Kathleen Mitchell**, CIA, CFE, earned her Certified Fraud Examiner credential last month in New York City. The Association of Certified Fraud Examiners (ACFE) is the world's largest anti-fraud organization and leading provider of anti-fraud training and education. In order to become a CFE, Kathy met a

stringent set of criteria and passed an ACFE-administered exam.

Kathleen successfully met the ACFE's character, experience and education requirements for the CFE credential, and demonstrated knowledge in the four areas critical in the fight against fraud: Fraudulent Financial Transactions, Fraud Prevention and Deterrence, Legal Elements of Fraud and Fraud Investigation. CFE's operates on six continents and have investigated more than one million suspected cases of civil and criminal fraud.

The Gaming Audit group of the IIA serves auditors in the highly regulated gaming industry with customized communications and guidance on effective internal controls. Kathleen has been a member of the IIA and the Gaming Audit group since 2002. ◇

# 2017 Future Mohawk Leaders Recipients

*By Stephanie Cook, Education Division Executive Director*



Jocelynn Martin, Junior  
Public Health  
Syracuse University



Turner Thomas, Freshman  
Sports Management  
Cazenovia College

The Saint Regis Tribe's Higher Education Division has selected the recipients of the 2016 Future Mohawk Leaders Scholarships. For the ninth year in a row, an anonymous donor provided financial support for Mohawk students' educational endeavors in undergraduate and graduate studies. The Education Division added an additional \$3,000 allowing eight undergraduates and two graduate students to receive \$3,000 each.

The selection committee, made up of Education Division staff, selected the recipients from 52 submissions consisting of an essay explaining their educational goals, aspirations and financial need.



Travis Phillips, Sophomore  
Sports Management  
SUNY Canton



Tyler Sunday Jr., Senior  
Biology with a minor in  
Anthropology  
Syracuse University



Dalton Thomas, Freshman  
Carleton University  
Political Science



Mary Herne, Graduate  
Family Nurse Practitioner  
St. Johns Fisher College



Zachary Smith, Freshman  
Physician Assistant  
Daemen College



Shane Tarbell, Freshman  
Electrical Engineering  
SUNY Canton



Destiny Thomas, Freshman  
Art Education  
Concordia University



Teesha Mitchell, Graduate  
Social Work  
Nazareth College

# Social Media Engages Tribal Members in Building a Better Tomorrow

*By Brendan White, Director of Communications*

This past year has shown the Saint Regis Mohawk Tribe continuing to take immense strides in building a better future for community members. Perusing through a local newspaper or conducting an internet search shows last year as being a very productive one, with many notable events and activities shared through continually evolving social media networks, as well as traditional forms of media.

The various social media platforms, such as Facebook and YouTube have enabled the Tribe to share more information and engage more tribal members than ever before, with the number of followers nearly doubling (from 3,738 to 6,613). At the same time, the average number of individuals reached each day more than doubled (from 2,013 to 4,688)—proving that tribal members are becoming more engaged and providing valuable input on tribal affairs.

Why the significant increase in tribal member engagement? Well, taking a look at the past year's notable posts reveals a social media campaign designed to share information and engage members on ongoing efforts to meet the needs of a growing community. At that same time, it has also become a source of information for other tribes, agencies and other followers.

Below is a listing of some subjects that have generated a significant reach; with more than 10,000 views each and shares through television, print, radio and other social media posts:

- Man sentenced to three years in prison for facebook post threatening Tribal Police
- Brayden Sonny White on being named a 2016 Champion for Change by The Aspen Institute
- Plattsburgh City School District Board voted to rename Columbus Day to "Indigenous People's Day."



*Tribal employees give a 'thumbs up' thank you for helping us reach 6,000 likes on Facebook.*

- Will Lafrance nominated for Best Actor in a Short Film
- Akwesasne Mohawk Code Talkers Congressional Medals
- June 2016 Tribal Election Results
- Standing Rock pipeline opposition #NODAPL
- Akwesasne Freedom School language preservation
- Mohawks become first tribe to take down a federal dam

In addition to the notable events above, the Communications Department shares information and events for tribal programs: lost and found pets; meeting reminders; available positions at the Tribe; emergency/urgent notices, such as closures and waterline statuses; and a new feature this year, "Meet the Tribe" where our long-term employees are featured. With the help of Akwesasne TV and tribal programs, several videos are available to view on our YouTube channel including our talk show, *Onkwariwashon'a*.

If you haven't already, 'LIKE' us to keep informed of all the ways the Tribe is helping build a better tomorrow. ◇

# Community Engagement:

## *Beautify Akwesasne Shares Community's Vision*

*By Akwesasne Tourism Working Group*

Community beautification projects are initiatives that help improve and maintain a community's overall appearance for the enjoyment of local residents and guests. A community's attractiveness also supports local economies by instilling a positive feeling and impression for tourists and others — resulting in repeat visits.

For Akwesasne, there is a long history of efforts to enhance our community's beauty by implementing measures aimed at safeguarding our local environment. Whether it be ridding our shorelines of debris, removing fallen tree limbs or through our annual roadside cleanup; there is an overwhelming determination to protect and preserve what we visually enjoy today for future generations, as well as for our visitors.

A major benefit of improving our community's aesthetic features is that it provides an opportunity to help diversify our local economy through an Akwesasne tourism industry. Identified as a priority by community members in the 2008 Akwesasne Comprehensive Community Development Plan, the tourism initiative works with local artisans, organizations and others to share Akwesasne's unique, cultural identity in a respectful manner and to provide increased employment for a growing community.

Community beautification projects also serve to strengthen public safety and security, promote health and wellness, and foster cultural unity. Since its identification as a high priority project in 2008, a local tourism initiative has steadily gained momentum and support, with more community members looking for ways to contribute toward its ongoing development and implementation.

Raising awareness about the need to enhance our community's appearance has become a universal mantra for community members and will help keep our community economically viable. Either through volunteering their time or as part of a local work crew, there are opportunities for individuals to help our overall effort. The best way to start is with your own individual property and knowing its contributing toward our community's vision.

Driving through the community these days you can see the efforts individuals have already made, as well as the recent work done by the Beautify Akwesasne crew. Their services are

in increasing demand as more people are noticing the results of their efforts, with some often asking after seeing an improved property, "Have those guys been over there? It looks nice!"

*Beautify*  
**Akwesasne**



*Tewanati:iohst ne*  
**Akwesasne**

The idea to form a community beautification work crew began from conversations that started in 2015 with Mohawk Council of Akwesasne Community Support Manager Dan Bruyere during one of the Akwesasne Tourism Working Group meetings. Thoughts were shared on immediate projects that could be undertaken with little resources, yet with the greatest benefit to the community. The wheels started turning and Bruyere offered a trailer full of yard tools that could be used. Soon after, a proposal was compiled by Akwesasne Area Management Board Partnership Development Officer Beatrice Johnson and Saint Regis Mohawk Tribe Economic Development Special Projects Planner Lindsay Tarbell that resulted in Beautify Akwesasne.

Realizing that no one person can handle the level of effort needed to inspire community members to start changing our environment, the efforts of others were soon enlisted — namely the Native North American Travelling College. Being a member of the working group, Sarah Rourke agreed to take on the task of helping coordinate the beautification projects. It was a perfect partnership that promoted cultural sensitivity and respect, while combining AAMB's employment opportunities and skill building in assembling a work crew.

Led by Beautify Akwesasne Supervisor Craig Paul Cree; laborers Chad Laffin, Alfred Terrance, Young Joe Rourke, Cory Garrow and Louis John McDonald; immediately began tackling 47 beautification projects during a 130-day time period. They were successful in completing 44 of the work orders they received from community members, with 3-5 days typically devoted to completing a specific project.

Not all beautification projects were the same however, as some of the jobs took longer than anticipated and required the usage of additional equipment, such as wood chippers and other land clearing machinery. Some disabled home owners had homes completely overgrown with brush, as they were unable to manage it on their own. As a result, the crew had to visit some job sites again after the initial 50-hours of work.

It took a whole team of community organizations and individual volunteers having the same community vision to bring about beautiful things for Akwesasne. From their combined efforts, thousands of people can now drive through Akwesasne and notice all the improvements

that have been made for everyone's visual enjoyment. A video of the project is available to view on the Native North American Travelling College's YouTube channel, just type in 'Beautify Akwesasne.'

It is just a start, but we encourage others to join in these efforts to share the best that Akwesasne has to offer.



### ***About the Akwesasne Tourism Community Development Initiative***

The Akwesasne Tourism Community Development Initiative began in 2008 as Akwesasne Tourism was identified as a priority in the Akwesasne Comprehensive Community Development Plan (SRMT 2008) and also in the recently completed Akwesasne Comprehensive Community Plan (MCA 2016).

The initiative is guided by the Akwesasne Tourism Working Group (ATWG) made up of representatives from Native North American Travelling College, Akwesasne Cultural Center & Museum, Onkwehon:we Arts Council, Mohawk Nation Council of Chiefs, Akwesasne Area Management Board, Mohawk Council of Akwesasne, Saint Regis Mohawk Tribe.

After the successful completion of several projects, events, plans and publications, the ATWG's most recent accomplishment is the completed Akwesasne Tourism Strategic Action Plan in 2016, which identifies several objectives that are currently being worked on within the ATWG sub-groups. ◇



*Before and after: New railings at Wild Bills.*

# Tribal Council Resolutions (TCRs)

Kentenhkó:wa/November 2 - Tsiothóhrha / December 31, 2016

*Submitted by Tribal Clerk's Office*

*Tribal Council Resolutions are the recorded decisions of the Saint Regis Mohawk Tribal Council on matters requiring a formal expression of such decisions. Some examples include; but are not limited to; adoption and amendment of tribal ordinances or laws that do not require referendum vote, approval of grant applications, appointment of Administrators of estates and conduct of day-to-day tribal business operations requiring a written record of Tribal Council approval. (Source: Tribal Procedures Act, adopted by referendum, Ohiari:ha/June 1, 2013.)*

TCR # 2016-83 Resolution to amend TCR 2013-04 Funeral Donation Eligibility

TCR # 2016-84 Resolution to support research proposal titled "Maintaining and developing research results from the Akwesasne Mohawk Cohort" to the National Institute of Environmental Sciences

TCR # 2016-85 Resolution authorizing the issuance, execution, sale and delivery of the Tribe's general obligation bonds (Administration Office Building), series 2016 in one or more series in an aggregate principal amount not to exceed \$14,080,200 and the execution and delivery of related documents

TCR # 2016-86 Resolution to approve signatory on accounts held with KeyBank

TCR # 2016-87 Resolution to declare ownership of the Mohawk Bingo Palace Property

TCR # 2016-88 Resolution to amend the Room Occupancy Fee Ordinance

TCR # 2016-89 Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-90 Resolution to amend TCR 2016-43 to Reaffirm the Elected Official Fees

TCR # 2016-91 Resolution to adopt the Land Laws and Land Dispute Ordinance

TCR # 2016-92 Resolution to amend TCR # 2013-57 Family Support Act

TCR # 2016-93 Resolution to award contract for new tribal administration building

TCR # 2016-94 Resolution to adopt the *Working Together Today To Build a Better Tomorrow 2017-2027 Strategic Plan*

TCR # 2016-95 Resolution approving and authorizing execution of the Tribal Agreement and related matters

TCR # 2016-96 Resolution to amend the tribal secured transactions ordinance

TCR # 2016-97 Resolution to approve capital project fund guidelines set by TCR # 2015-63 to establish and fund a capital project reserve

## Work Sessions

Tribal Council Work Sessions are held every Wednesday beginning at 9:00 a.m. in the Executive Boardroom, Community building. The sessions are open to community members for observance purposes. Tribal Council conducts business including:

- Notification of approvals/documents signed outside of Work Session
- Documents requiring approval/signatures
- Grant applications, Contracts/Amendments Review
- Tribal Council Resolutions
- New and unfinished business
- Tribal Monthly meeting action items
- Tribal Council Updates ♦

# Program Snapshot:

## Child Support Enforcement Unit's Mediation Services

*By Jennifer Brown, CSEU Administrative Assistant*

**M**ediation is a voluntary and confidential process that works to resolve conflicts in an informal setting. In a mediation session, individual parties or groups work with a trained, third party called a mediator. A mediator is a highly-skilled person who helps people resolve differences by listening to each person and helping both sides talk about finding a solution.

*The mediator does not make decisions for people, does not take sides and does not place blame on anyone*

With the help of the mediator, the parties in disagreement are given the opportunity to discuss their issues and goals. Then, through a series of guided discussions, they are able to work toward a constructive resolution. What is unique to the mediation process is that all decisions and solutions are made by the parties themselves. By working collaboratively, parents maintain control over decisions that need to be made involving their family, if agreements cannot be reached through mediation the control is then given to a Judge for a decision.

*In mediation, both parties are the winners when both agree to do what is best for their children*

Mediation is not a court hearing and does not require witnesses and evidence. On the contrary, when you have a court hearing there will always be a winner and a loser. Mediation is not a process to determine guilt or innocence and is not meant to punish anyone.

Child Support has historically been seen in a negative light. Our goal at the Tribe's Child Support Enforcement Unit is to engage parents so they can work together and develop an agreement that will meet the needs of the children that they share — to ensure the children's needs are made first priority.

Many times when the parents separate, children often suffer. Children get caught in the middle of disputes even when parents try their best to avoid that situation however, children know when their parents are at odds. Mediation helps parents focus on what's best for the children and teaches you as parents how to communicate effectively. Mediation focuses on the future; both parents love their children and want what is best for them.

*Mediation helps parents to open the lines of communication*

Mothers and fathers receive a sense of ownership through mediation, both in the dispute and its resolution, by making compliance voluntary. An additional benefit is that the lessons learned during mediation help the parties address future conflicts more effectively.

The parents of the children are the only two people who can make mediation successful. Listed below are a few things to help ensure a successful outcome.

- Decide what the issues are for you
- Be willing to listen to the other person's point of view
- Be willing to discuss all issues
- Think about possible solutions

*Mediation focuses on the future and creating a workable plan that allows the children to have meaningful, relationship with both parents.*

If you would like more information, or would like to schedule an intake session, please contact the Saint Regis Mohawk Tribe's Child Support Enforcement Unit at (518) 358-2272 Ext. 2410. ◇

Judging	Mediation
Past Oriented	Future Oriented
Judge Has Power	Parents Have Power
Parents Focus on Judge	Parents Focus on Children
A Winner And a Loser	Win-Win Situations
Judge Makes Decision	Parents Make Decision
No Negotiations	Encourages Negotiations
Decision Based on Law	Decision Based on Compromise

# Employee Spotlight:

## Megan Bushey Receives Nicole Bailey Outstanding Achievement Award

*By Melerena Back, A/CDP Prevention Coordinator*

Megan Bushey received the Nicole Bailey Outstanding Achievement Award at the annual Northern Tier Providers Coalition conference held in Lake Placid, NY in *Kentehkó:wa*/November 2016. Megan is a Credentialed Prevention Specialist with the Saint Regis Mohawk Health Service's Alcohol/Chemical Dependency Prevention Program (A/CDP).

A/CDP is a program that increases awareness about chemical dependency and related issues, while recognizing and respecting the cultural distinctions of the Akwesasne community. The program helps provide services for youth, families and the community that promote a safe and healthy lifestyle through education, presentations, and other intervention/prevention programs.

Megan works closely with Akwesasne youth whose lives have been affected by drug and alcohol use through prevention activities and offering support. Her caring nature has helped increase their self-esteem and social skills by



*Megan handing out stress balls at Disabilities Awareness Day*



*A/CDP Superheroes at Halloween's Trunk or Treat event*

exposing them to opportunities as they embark on their new path to living an alcohol and drug-free life.

*"Megan has provided outstanding services by consistently going above and beyond in all aspects of her work. She promotes positivity and healthy lifestyle choices and makes everyone she comes into contact with feel valued. We are so fortunate to have someone who truly believes in the value of prevention and who is committed to positive change for our community," wrote Melerena Back, A/CDP Prevention Coordinator.*

As a member agency of the Northern Tier Providers Coalition, A/CDP submitted an essay that nominated Megan based on the award's criteria, which is someone who continually exemplifies high standards and expectations. Individuals must also demonstrate loyalty, compassion and patience—all qualities that Megan naturally possesses.

Congratulations on your achievement Megan, and for going above and beyond to help brighten someone's day, every day. ♦

# So, You Say I'm an Airhead, eh?

*By Angela Benedict, Air Quality Program Manager, Environment Division*

Well guess what? You're right! All my friends are airheads, too. Some people may wonder exactly what that means. It's loosely defined as someone who has air instead of brains in the head, but we are far from that. It could also mean we have our head in the clouds, which may be a little closer to the truth. There are certain things that a true airhead, like myself, understands. We use acronyms and very specific words like SIP, TIP, FIP or SO<sub>x</sub>, NO<sub>x</sub>, PM<sub>2.5</sub>, PM<sub>10</sub>; as well as point source, mobile source, minor source and Title V. There are lots of others, but I won't put all that in here. I must say though; I am proud to be an airhead!

Across the nation from Barrow, Alaska down to Miccosukee, Florida, up to coastal Maine and everywhere in between, there are tribal airheads. We all know where to get training on air quality and we all know where to go when it comes to air policy. I have been an airhead for more than 16 years and I have dealt with monitoring and sampling, as well as worked on policy.

For several years now, the SRMT Saint Regis Mohawk Tribe has been part member of the National Tribal Air Association (NTAA). As the Region 2 Representative on the Executive Committee of the NTAA, I represent all tribes within Region 2; which covers New York, New Jersey and Puerto Rico.

The NTAA is a very highly regarded association throughout the air quality world. When we meet, we meet with the people that can

really make changes. The reason I am going through this is because of what we are doing. Some of our the highlights this past year are the Volkswagen Settlement and the Clean Energy Incentive Program and the Indoor Air Quality Workgroup's (IAQWG) Needs Assessment for Indian Country.

The Needs Assessment is a national snapshot of the housing conditions in tribal communities. It was created so we can try to get funding to help us understand the issues we are facing. If you don't know what the issues are, how do you know what and how much to fund. The IAQWG has also been sponsoring federal listening sessions. These sessions take tribal programs and their individual communities, and showcase problems they have had and how they dealt with them. The first one was on radon in New Mexico, mold in the Northwest and

dealing with respiratory illness in Alaska. The second listening session was titled, "Bees, Bedbugs and Hoarding." The webinar had three local presenters: Alison Herne, SRMT Health Service's Mental Health Program; Wayne Samphier, SRMT Environment Division; Elizabeth Jacobs, Akwesasne Housing Authority and a presenter from the Winnebago Tribe of Nebraska. These webinars help the federal agencies understand what is really going on in tribal communities, rather than trying to guess what people need.

So, as you can see, I AM AN AIRHEAD and proud of it!



*2016 National Tribal Forum on Air Quality Fresh Air Fun Run/Walk participants Rocking their 'Airhead' shirts*



# Tribal Monthly Meetings

*Kentenhkó:wa / November 5, 2016*  
*Chairperson: Tribal Chief Ron LaFrance*

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## *Agenda*

1. Call Meeting to Order
2. Previous Action Items from October
3. High Energy Initiative HUD Grant by Retha Herne
4. Legislative/Lobbying Update from Tribal Council
5. Update on Veteran's Memorial Monument
6. Announcements
7. Business from the floor
8. Questions/comments from the floor
9. Review of Action Items
10. Adjournment

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## *Follow-up on Action Items from October Meeting:*

1. Request for status update on the meetings regarding the drug epidemic in the community.

*Follow-up: Michael Cook, SRMHS, provided an update at the November Tribal Meeting.*

2. Request to look into solution/waivers for the local furnace cleaning companies regarding the requirement for insurance.

*Follow-up: Various options were researched into the general liability insurance for the Furnace Cleaners registered with the Furnace Cleaning Pilot Project. After evaluating the risk factors involved, which could impact a community members' home and/or heating source, it was not recommended to change the current format due to the risk factors involved. We encourage any furnace cleaners to contact the Compliance Department.*

## *Follow-up on Action Items from November Meeting:*

1. Request for report on the taxes on the IGA Property.

*Follow-up: Report distributed at the December Monthly meeting.*

*Tsiothóhrba / December 10, 2016*  
*Chairperson: Tribal Chief Beverly Cook*

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## *Agenda*

1. Call Meeting to Order
2. Previous Action Items from November
3. Introduction of SRMHS Dr. Brian Cole
4. Tribal Recognition of Students
5. Heating Assistance Program Presentation
6. Land Claim Update from Tribal Council
7. Announcement from Tribal Council
8. New Business
9. Review of Action Items
10. Adjournment

- 
2. Request for list of all expenses of Legal department.

*Follow-up: List distributed at the December Monthly meeting.*

3. Request for report on where the expenditures will come from for the proposed \$200 Elder's Benefit.

*Follow-up: Any potential funding for Elder's Benefit would come from Tribal General Fund.*

## *Actions Items from December Meeting:*

1. Request for statistics on average age of life expectancy of the Saint Regis Mohawk Tribal community.
2. Motion was made by Pat Thomas:

*The nine members of the Senior's Benefit committee responsible for bringing forward the Elder Benefit Referendum becomes the Selection Committee to select members for the Elders Benefit working group and will work in unity with the Saint Regis Mohawk Tribal Council to get the process moving. ◇*

# Calendar

## January 2017

2 - New Year's Holiday - All Tribal offices and programs closed  
7 - Tribal Monthly Meeting - 10:00 a.m. - Lobby  
10 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk's Office  
11- Police Commission - 3:00 p.m. - Executive Boardroom  
16 - Martin Luther King, Jr. Holiday - All Tribal offices and programs closed

## February 2017

4 - Tribal Monthly Meeting - 10:00 a.m. - Lobby  
8 - Police Commission - 3:00 p.m. - Executive Boardroom  
14 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk's Office  
20 - President's Day - All Tribal offices and programs closed  
Wednesdays - Tribal Council Work Session - 9:00 a.m. - Executive Boardroom, Community Building

# New Faces

Tanya M. Barilko  
Mitchell T. Reynolds  
Sierra Rourke  
Hannah E. Sardella  
Shannon Sunday  
Michelyne L. Tarbell  
Kirsten Thompson  
Holly M. Ward  
Christine M. Wolfendale

Grants & Contracts  
Home Improvement  
Early Childhood Development  
Family Support  
Health Service  
Compliance  
Health Service  
Family Support  
Family Support

Administrative Assistant  
Carpenter  
Teacher Assistant  
Habilitation Aide  
Business Office Clerk  
Animal Control Officer/Trapper Helper  
Business Office Clerk  
Habilitation Aide  
Habilitation Aide

# Donations

Community Events - \$ 1,500    Funerals - \$ 5,000    Sports - \$ 2,250    Cultural Development \$600

# Jobs

All current positions with the Saint Regis Mohawk Tribe are posted on the Tribe's website at [www.srmt-nsn.gov](http://www.srmt-nsn.gov).

Positions with our gaming operations are posted on the Akwesasne Mohawk Casino Resort's website at [www.mohawkcasino.com](http://www.mohawkcasino.com).

Akwesasne and surrounding area employment opportunities are posted at the Akwesasne Employment Resource Center (AERC) at [www.myaerc.org](http://www.myaerc.org).

# Health Services Update

## From the Health Administration Office

*EDITOR'S NOTE: The Saint Regis Mohawk Tribe's Health Services strives to treat the body, mind, and spirit of its clients with respect, courtesy, confidentiality and professionalism. To support their efforts, Health Services Director Michael Cook has provided the following program highlights and responses to some commonly asked questions regarding the many programs and services they have available.*

### Commonly Asked Questions & Answers

*My 13-year-old niece is staying with me while parents are on travel, can I take her to a medical appointment?*

Yes, if the appointment is for an acute issue. You must be listed as an authorized adult on the "Consent for Medical Treatment for a Minor" form that the parent has completed with us. Otherwise the minor's parent, legal guardian or other legally empowered individual must bring in the child.

*I just saw my provider and they want me referred to an offsite provider. How long should I expect to wait after my appointment to be notified of the referral status?*

Immediately, if your provider has indicated this is a stat (emergent) request. Otherwise, it normally takes one week to process your referral. Feel free to contact referrals at (518) 358-3141 if you don't hear from us within a week after your appointment. Please make sure we have your current phone number, address and your voicemail has been setup or is not full.

*I have paperwork (bills, solicitations, etc.) from an outside agency, what do I do?*

Before you sign or agree to anything please come in (or call) to review any paperwork with us. We will provide you with advice on how best to

proceed. To make an appointment, please call patient registration at (518) 358-3141 ext. 7102 or 7219.

*It's that time of the year that falls are the number one risk of injury for Elders. How can you reduce their risk of falling?*

- Talk to your healthcare provider about falls and fall prevention. Tell your provider if you've had a recent fall. Although one out of four older Americans falls each year, less than half tell their doctor.
- Talk to your provider or pharmacist about medications that may make you more likely to fall.
- Have your eyes checked by an eye doctor once a year. Update eyeglasses as needed.
- Participate in evidence-based programs (like Tai Chi) that can improve your balance and strengthen your legs. Contact your local Council on Aging for information about what is available in your community.
- Make your home safer by getting rid of fall hazards.

### Holiday Dinners and Your Medications

*By Joan, Health Services Pharmacist*

What you eat and drink for a holiday dinner may interact with some of your medications.



A glass of spiked eggnog is often associated with the holiday season. **Alcoholic beverages** like wine, beer, or spirits combined with certain medications that may make you drowsy, such as allergy meds, narcotic pain medications, antidepressants, and sedatives, can be dangerous, as it can make you excessively drowsy and sedated. The combination can impair your ability to operate machinery such as an electric carving knife or drive.

Alcohol can also decrease the ability of your blood to clot, so drinking alcohol while taking a medication that has the same effect, such as ibuprofen, anticoagulants, and antiplatelets like clopidogrel, you may put your at an increased risk for bleeding.

**Vegetables** may not be the main course of a holiday dinner, but there may be salad, spinach, broccoli, asparagus, or green bean casserole as a side dish. It is important to keep the amount of green vegetables you eat consistent because they contain a lot of vitamin K.

Increasing the amount of vitamin K in your diet could decrease the effectiveness of some medications. If you rarely eat green vegetables and then decide to eat several servings with your holiday meal, it could affect your international normalized ratio (INR). Vitamin K can also be found in things you may not think about, like green tea, mayonnaise and salad dressing.

**Salt** makes food taste good, but usually there is an excess in our diet. Increased salt intake has a couple effects on the body. First, it increases blood pressure because the body will hold on to more fluid in an attempt to dilute the extra salt that you have eaten. If your diet contains a lot of salt, then blood pressure-lowering medications for hypertension will be less effective.

Increasing salt intake can also worsen heart failure. Patients with chronic heart failure have to be very careful with their salt and fluid intake, as it can affect the ability of their heart to pump effectively. An increase in salt and fluid intake can be very dangerous and life threatening for patients with heart failure.

When cooking, limit the amount of salt added to the recipe and try to use fresh ingredients when possible. Salt hides out in processed

and canned foods to extend the shelf-life and prevent them from going bad.

Salt substitutes can also be a concern as they can contain large amounts of potassium. Medications in the angiotensin-converting-enzyme inhibitor class like lisinopril and potassium-sparing diuretics like spironolactone can cause dangerously high levels of potassium in your body, especially when you have a lot of potassium in your diet. Salt substitutes still have sodium in them, too, so they can increase your blood pressure just like regular table salt.

### **Carbohydrates or Carbs**

Carbohydrates are contained in foods like bread, stuffing, potatoes, yams, gravy, cookies, ice cream and pies, oh my!, Too many can send your blood sugar through the roof if you're diabetic.

Just like any other day, it's critical for diabetics to monitor their carbohydrate intake and try not to overdo. If you eat an abnormally large amount of carbs, then the medications you take to keep your blood sugar normal may not be effective enough to handle the sudden rise in blood sugar.

Moderating your carb intake is the key to keeping your blood sugar under control. Don't change the amount of medication you take without consulting your physician first, as taking too much could lead to dangerously low blood sugar. ◇

### **Motor Vehicle Accidents. Be careful out there.**

Injuries are the leading cause of death for American Indian/Alaskan Natives (AI/AN) ages 1 to 54 and the third leading cause of death overall.

Motor vehicle crashes are a leading cause of unintentional injury for AI/AN ages 1 to 44. Adult motor vehicle-related death rates for AI/AN are 1.5 times more than that of whites and that of blacks.

Among infants less than one year of age, AI/AN have 8 times the rate of motor-vehicle traffic deaths than that of non-Hispanic whites.

Among AI/AN 19 years and younger, motor vehicle crashes are the leading cause of unintentional injury-related death, followed by drowning and poisoning.

### **Teen Driving. How big is the problem?**

In 2014, 2,270 teens in the United States ages 16–19 were killed and 221,313 were treated in emergency departments for injuries suffered in motor vehicle crashes. That means that six teens ages 16–19 died every day from motor vehicle injuries.

In 2013, young people ages 15-19 represented only 7% of the U.S. population. However, they accounted for 11% (\$10 billion) of the total costs of motor vehicle injuries.

# Callout for Elders Benefit Working Group

The Saint Regis Mohawk Tribe is seeking a maximum of nine (9) tribal members to voluntarily serve on an Elders Benefit Working Group, which is a follow-up to the results from the December 3rd Tribal Referendum affirming support for a \$200/month Elders Benefit.

The composition of the Working Group will consist of elders (62 and older), youth (18-29) and tribal members (30-61). The Working Group members will be responsible for:

- Attending and participating in Working Group meetings
- Corresponding/meeting with Tribal Council and Tribal staff
- Compiling and reviewing information on the proposed benefit
- Discussing possible options for funding and administration of a benefit
- Suggesting criteria or eligibility standards for an Elders benefit
- Attending/presenting to the community at public meetings in regards to the Elders benefit
- Maintaining respect and courtesy for group members

To volunteer for the Working Group, individuals must meet the following criteria:

1. Be at least eighteen (18) years of age
2. Be an enrolled member of the SRMT
3. Pass a criminal background check and drug test
4. Reside within the Tribe's jurisdiction or the designated 15-mile radius of the SRMT (U.S. resident)

Please submit letter of interest with statement of background to [jori.rourke@srmt-nsn.gov](mailto:jori.rourke@srmt-nsn.gov), or by mail/in person to:

Saint Regis Mohawk Tribe  
Attn: Jori Rourke  
412 State Route 37  
Akwesasne, NY 13655

**Closing Date:** *Tsiothohrkó:wa*/January 27, 2017 ◇



Saint Regis Mohawk Tribe  
412 State Route 37  
Akwesasne, NY 13655

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POSTAL PATRON

**On the Cover:** *The Communications Department presents a collage of this year's biggest events and fondest memories from 2016 as they were shared through social media. Our favorite posts include road construction updates and the SRCS Girls Lacrosse team attending the Tribeca Film Fest. Through social media, we have been able to reach a large demographic and will continue to keep everyone up-to-date on events and news. Niawen:kówa to all our followers for making 2016 such a successful social media year!*

