



Moccasin Trail

ONERAHTOKHA / APRIL 2018

POINTS OF INTEREST:

- * **Akwesasne Activities**
- * **Oneida Indian Nation Aging Well Conference**
- * **Scrabble Day**

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Spring's Arrival and Tools for You

Take a look around your home. Do you know what's in your household goods and products? Some chemicals can harm your health if too much gets into your body. Becoming aware of potentially harmful substances and clearing them out can help keep you and your family healthy.

To reduce potential toxins in your home:

- ◆ Clean with "Safer Choice" or non-toxic products.
- ◆ Dust using a damp rag.
- ◆ Use a wet mop to clean floors.
- ◆ Vacuum with a high-efficiency particulate air (HEPA) filter.
- ◆ Open a window or use a fan to improve air circulation when you're cleaning.
- ◆ Have and maintain a good ventilation system in your home.
- ◆ Wash your hands and your children's hands often.



A change in season can brighten your days with vibrant new colors. But blooming flowers can usher in more than beautiful backdrops. Airborne substances that irritate your nose can blow in with the weather. When sneezing, itchy eyes, or a runny nose suddenly appears, allergies may be to blame. Take steps to reduce your exposure to allergens:

- ◆ Avoid outdoor allergens whenever possible. If pollen counts are high, stay inside with the windows closed and use the air conditioning.
- ◆ Avoid bringing pollen indoors. If you go outside, wash your hair and clothing when you come inside. Pets can also bring in pollen, so clean them too.
- ◆ Reduce indoor allergens. Keep humidity levels low in the home to keep dust mites and mold under control.
- ◆ Avoid upholstered furniture and carpets because they harbor allergens.
- ◆ Wash your bedding in hot water once a week.
- ◆ Vacuum the floors once a week.
- ◆ Talk with your doctor about medications and allergy shots.



Friday, April 27– Planning Day

SENIOR CLUB PAGE

Any mail for the Saint Regis
Mohawk Senior Club can be
sent to: P.O. Box 1106
Hogansburg
NY 13655

Senior Club Hours:
Monday-Friday
10:00am-12:30pm

Volunteer BINGO Schedule:

April 2
Vicki Phillips
Lucille Peters

April 9
Judy Cole
Rosemary Bonaparte

April 16
Barbara Lazore
Brenda LaFrance
Iona Castagnier

April 23
Betty Kelly
Dorothy Shatlaw
Debbie Thomas

April 30
Melanie Jacobs
Minerva White

**Please make arrangements to switch
with someone if you cannot make it
on your scheduled date.**

Upcoming Events:

April 17th Club Meeting 10:00 am

Notice:

If you have sent in your membership dues,
please stop by and pick up your receipt
and membership card.



Save The Date

New York State Wide Senior Action Council will be hosting their annual **Seniorama** event on August 13, 2018 at the Akwesasne Mohawk Casino Resort. The Senior Club is looking for door prize donations and volunteers to work the registration and Senior Club Table. Contact Lora Lee or Lois for more information.

New Members

Wanda Sharrow	Ken Sharrow
Linda McElwain	Ken McElwain

Our Condolences to the Families of:

Sharon Cook	Beatrice V. White
Sharon L. Meldrum	Cecelia Gadway

Green Food Bag

Deadline to order is

Friday, April 6th before 2:00pm

Please mark your calendars to pick up your bag on

Tuesday, April 17th

12:00pm and 4:45pm

Cost is \$10.00 per bag

American OR Canadian Funds

Please Note: The items in the Green Food Bag are perishable. Your orders must be picked up on the Pick Up Day noted above. If you do not pick up or call to make other arrangements, your Green Food Bag will be given away. There are no reimbursements for bags left behind. Please call Tewentahawih'tha' at **518-358-2963** if you are having trouble picking up your bag and to talk about options.

A Big Niawenkó:wa to:

Sandy Swanger for the puzzles
Mary Wainman, Shirley Gorrow, and
Jackie Tarbell for book donations.

Florence Cook, Kerry Montour, Sandy Swanger, Helen Gray, Roger Caldwell, Mitch Sawatis, Elaine Cook and Dorothy Cole for decorating the Senior Center

Curly Phillips, Millie Cook, and Ceely King for being valuable peer leaders in our workshops

**With you helping out,
we are given "peas" of
mind!**



Expected Delays and Cancellations

April to September 2018

Due to upcoming construction of Business Park Road and the completion of the Saint Regis Mohawk Tribe Community Building, we are advising our patrons to expect delays and cancellations. The delays and cancellations may occur between April and September of this year. Business Park Road will undergo some major changes that will require tearing up the road and repaving. More information will be posted at the Saint Regis Mohawk Senior Center and in future newsletters.

Hairstylist Appreciation Day

April 30th

This day was founded by Anne Camilleri, a hairstylist in San Carlos, CA, because she feels hairstylists should be recognized for the personalized service they give in making their customers look and feel great about themselves. Since April 30 falls on a Monday this year when so many salons are closed, choose a different day to celebrate Hairstylist Appreciation Day!

Need some ideas? What better way to show your favorite Hairstylist that you appreciate them by giving them a little treat and a special thank you note! Here are some Puns for Fun to show your appreciation:

Mints: "You are MINT to be a blessing to us!"

Berries: "I am BERRY happy you style my do!"

Dill Pickles: "You are a really big DILL to me!"

Taco or Taco Seasoning: "You are the one I can go to when I want to TACO bout it. Thanks for being a great listener!"

NATIONAL SCRABBLE DAY CELEBRATION: THUR. APRIL 12TH

National Scrabble Day is observed annually in April. Originally named Lexiko and then Criss-Cross Words, Alfred Mosher Butts eventually settled on the name Scrabble. The amateur artist and unemployed architect developed the word game in the midst of the depression. Still, it wasn't until 1948, a final name change and a trademark that Butts finally began to produce the game.

Scrabble is played with two to four players who score points by forming words from individual lettered tiles on a game board marked with a 15 x 15 grid.

In the United States, the name Scrabble is a trademark of Hasbro, Inc. Scrabble is sold in 121 countries with 29 different language versions. Worldwide, over One hundred and fifty million sets have been sold with sets being found in nearly one-third of American homes.

- 1984 – Scrabble became a daytime game show on NBC
- 2004 – Scrabble was inducted into the National Toy Hall of Fame
- The word “scrabble” means to “grope frantically.”

The Senior Center will be celebrating Scrabble Day on Thursday, April 12 at 10:00 a.m. Bring in your Scrabble Boards and join us for FUN GAMES & PRIZES!



Volunteer Instructors Needed!

There are many reasons why people volunteer. They include the love of the causes they are volunteering for and/or individuals they help, to give back to the community, make new friends, challenge themselves, feel needed, and/or share skills. Other people volunteer because they need to get hours for school, work, or to add to their resumes. Volunteers add their skills, personalities, hard work, and love to the people and community they work in. As you may know, the Senior Center loves volunteers! Sometimes we have a hard time trying to figure out where volunteers can help out. Because there are so many possibilities, we want to start the conversation. So, this is a call out to anyone ready and willing to volunteer. We are asking for you to contact us if you have a talent for certain crafts, like to teach and want to share the knowledge of other skills or talents. There has been a growing interest in:

- ♦ **Line Dancing Classes**
- ♦ **Traditional Mohawk Craft Classes**
- ♦ **Crafts**
- ♦ **Vegetable Planting and Gardening at the Senior Center**
- ♦ **Health Promoting Activities**
- ♦ **Or any activity you love that would be suitable for Seniors to enjoy!**

If you think you may be willing to volunteer, please call to talk to us about it. You can speak to Emily or Tewentahawih'tha'.



Leisa Way and the Wayward Wind Band Matinee Performance Trip

Wednesday, May 2

2:00p.m.

Cost is \$31 Canadian Funds (See Emily)

Depart the Senior Center at 12:30 p.m. for the show

Return by 7:00 p.m.

Leisa Way and her phenomenally talented Wayward Wind Band will raise the roof with the hottest country songs from the last few decades. You'll sing along to Johnny Cash, Shania Twain, Vince Gill, Loretta Lynn, Patsy Cline, Lady Antebellum, Kenny Rogers, Dolly Parton,

Charlie Daniels, Zac Brown Band, Willie Nelson, Tammy Wynette, George Jones, Garth Brooks, Trisha Yearwood, Tim McGraw, Faith Hill, Hank Williams, Merle Haggard, Glen Campbell, Carrie Underwood, Taylor Swift, Toby Keith, Gretchen Wilson, Roger Miller, the Dixie Chicks and more!"



St. Patty's Day Fun!




Why shouldn't you iron a four leaf clover?.....You might press your luck!
As always a bigger-than-a-leprechaun thank you to everyone who makes our celebrations fun!

Onerahntókhna/ April

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Activity: 6:00pm Ace to King	2 Beef Stroganoff, Asparagus, Roll & Peaches Activity: 10:00-11:00 Go4Life 10:30 Virtual Bowling 1:00 Bingo 1:00-2:00 TCP Session	3 Seasoned Pork Chops Harvest Rice, String Beans, Roll & Apple Crisp Activity: 10:00-11:00 Chair Yoga 10:15 Listen to 97.3 CKON Tetewatharon! 3:00-5:00 Stepping On Session #1	4 BBQ Chicken, Mac Salad, Roasted Vegetables, Roll & Fruited Jell-O Activity: National Walking Day 8:00 Lori Oakes DSS 10:00-11:00 Go4Life 1:00-2:00 TCP 3:00-5:00 UYG Session 3	5 Chef Salad, Cheese Filled Breadsticks & Pears Activity: 10:00 Hair Cuts 10:00 Chair Yoga 11:00 Book Discuss The Round House 10:30 Tree Tapping 12:30-3:00pm HL Session # 3 1:00 Shopping 4:00-6:30pm PTC # 3	6 Fish on a Bun, Cole-slaw & Fig Newton Cookie Activity: 10:30 Virtual Bowling 12:30 Ogdensburg Nursing Home visit 2:00 Green Food Bag Order Deadline	7 Activity: 6:00pm Ace to King
8 Activity: 6:00pm Ace to King	9 Beef Stir-Fry, Brown Rice, Roll & Vanilla Pudding Activity: 10:00-11:00 Go4Life 10:30 Virtual Bowling 12:30 "Dying to Talk" Trip to Presentation 1:00 Bingo & Iakhisohtha Visits 1:00-2:00 TCP Session	10 BLT, Fries w/ Gravy, & Fresh Oranges Activity: 10:00-11:00 Chair Yoga 11:30 Box Lunch Bingo 1:00 Shopping 3:00-5:00 Stepping On Session #2 (Last chance to join!)	11 Meatloaf, Mashed Potatoes, Wax Beans, Roll & Cranberry Applesauce Activity: 10:00-11:00 Go4Life 10:30 Nutrition Bingo 12:30 Malone Nursing Home Visit 1:00-2:00 TCP Session 3:00-5:00 UYG Session #4	12 Cheese Manicotti, Toss Salad, Roll & Butterscotch Pudding Activity: 10:00 SCRABBLE DAY CELEBRATION 10:00 Chair Yoga 12:30-3:00pm HL Session # 4 1:00 Shopping 1:30 Legal Aid 4:00-6:30pm PTC Session # 4	13 Tomato Soup, Tuna Sandwich & Fruit Ambrosia Activity: Peach Cobbler Day 10:30 Virtual Bowling 12:30 St. Regis Nursing Home Visit	14 Activity: 6:00pm Ace to King
15 Activity: 6:00pm Ace to King	16 Mac-n-Cheese, Stewed Tomatoes,	17 Italian Sausage w/ works, Pork-n-Beans, Cottage	18 Chicken Tenders, Corn, Sweet Potato	19 Salisbury Steak, Buttered Noodles w/ Mushrooms, Roll &	20 Potato Crushed Cod, Rice Pilaf, Carrots,	21 Activity: 6:00pm Ace to King

12:00pm Ogdensburg Command Performance: The Buddy Holly Story	Brussel Sprouts, Roll & Yogurt Activity: 10:00-11:00 Go4Life 10:30 Virtual Bowling 1:00 Bingo 1:00-2:00 TCP Session	Activity: 8:20 Massage 10:00 Senior Club Meeting 10:00 Chair Yoga 1:00 Shopping 3:00-5:00 Stepping On Session #3 12-4:45 Green Food pick up	Activity: Animal Crackers Day 8:00 Lori Oakes DSS 10:00-11:00 Go4Life 10:30 Pharmacy Appt to talk one-on-one about medications 1:00-2:00 TCP 3:00-5:00 UYG #6	Banana Pudding Activity: 10:00 Haircuts 10:00-11:00 Chair Yoga 12:30-3:00pm HL Session # 5 1:00 Shopping 4:00-6:30pm PTC Session # 5	Fries & Jell-O Activity: Animal Crackers Day 8:00 Lori Oakes DSS 10:00-11:00 Go4Life 10:30 Pharmacy Appt to talk one-on-one about medications 1:00-2:00 TCP 3:00-5:00 UYG #6	Roll & Lemon Fluff Activity: 10:30 Virtual Bowling 12:30 Billiards at Tsi lonkwanohsote 1:00 Tina's Painting
22 Activity: 6:00pm Ace to King	23 Chicken Broccoli Alfredo, Italian Bread & Fresh Fruit Activity: 10:00-11:00 Go4Life 10:30 Virtual Bowling 1:00 Bingo (lakhishantha visits) 1:00-2:00 TCP Session	24 Chili, Corn Muffin & Applesauce Activity: 10:00 Chair Yoga 1:00 Shopping 3:00-5:00 Stepping On Session #4 12:30 Craft Class (Call the center to find out what type)	25 Birthday Meal BBQ Pork on Bun, Potato Wedges, 3-Bean Salad & Cake Activity: 10:00 Chair Yoga 1:00 Shopping 3:00-5:00 Stepping On Session #4 12:30 Craft Class (Call the center to find out what type)	26 Stuff Shells, Caesar Salad, Garlic Bread & Mandarin Oranges Activity: 10:00 Chair Yoga 12:30-3:00pm HL # 6 12:30 Plattsburgh Trip (See page 10) 1:00 Shopping 1:30 Legal Aid 4:00-6:30pm PTC # 6 ONEIDA PAYMENTS DUE BY 3:00	27 Closed Planning Day 	28 Activity: 10:00-2:00 SRMT Tribal Police Parking Lot "Drug Take Back Day" 6:00pm Ace to King
29 Activity: 1:00 Watch Waabooz (see page 10) 6:00pm Ace to King	30 Chicken Cordon Bleu, Turnips, Oven Roasted Potatoes & Fruit Cocktail Activity: Willie Nelson's Birthday! 10:00-11:00 Go4Life 10:30 Virtual Bowling 11:00 Discussion: The Round House 1:00 Bingo 1:00-2:00 TCP Class	Remember: <i>Please call the center by 9:30 am for lunch. Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am. And call the center if you will not be home for your home delivered meal. Menu is subject to change at Cook's discretion.</i> Your cooperation helps us better serve you! Legend for activities that have been abbreviated: TCP = Total Control Platinum UYG = Understanding Your Grief Support Group HL = Healthier Living: Managing Ongoing Health Conditions PTC = Powerful Tools for Caregivers				April 18th 10:30—12:00 Brian Bond from the Saint Regis Mohawk Pharmacy will be coming in to meet people one-on-one to answer questions about their medications. Bring in your medications (or a detailed list of them), including supplements and over-the-counter, to learn how they interact with each other.

What is Planning Day?

For the last few years, the Senior Center has been closed on the last Friday of every month for Planning Day. We do get a few questions about Planning Day. Here is everything you need to know about Planning Day.

How did Planning Day get started?

Four years ago during a meeting the staff was discussing how difficult it was to get everything done when we couldn't all meet together. There were problems getting our mandatory training done, major repairs completed, cleaning, and other things we need to do to keep the center running smoothly. We asked Tribal Administration to allow us to have a Planning Day to help us be more efficient and operate better. It is mandatory for all staff to attend.

What happens on Planning Day?

Unless we have full day training scheduled, we usually start off with a staff meeting. We discuss all matter of items that affect staff and programming. Then we do events planning and transportation. We plan events three months at a time, usually with the help of the Senior Club. At the same time, we look at the schedule to make sure we have vehicles and drivers for every trip, meal run, and transport for the month. This also includes scheduling for any vehicles that need maintenance or repairs done. Throughout the day we also schedule building repairs, maintenance, and cleaning. In the afternoon, we concentrate on administrative tasks: reporting, purchasing, program meetings, etc.

How does Planning Day benefit the elders?

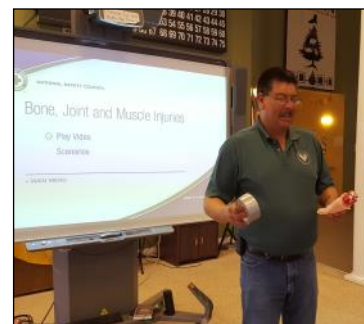
It does seem strange that elders would benefit from not receiving services for one day. In the time we've had a Planning Day, the number of cancellations and service disruptions has decreased. We can provide better services and make your time at the center more enjoyable and stress free.

Would you consider cutting back to half a day or doing away with Planning Day?

We have experimented with other meetings that weren't a full day, but we don't get the same results as the full day Planning Day.



Our staff spend the day becoming CPR and First Aid Certified...I think Doris may have tied Brenda's arm sling a little too tight!



And here we have Adrian McDonald teaching us how to duct tape a severed hand!

(Hahahaha, just kidding)

Go4Life Exercise and Physical Activity Program & Catherine Cook's Chair Yoga are meant to provide you with opportunities to be fit and add more physical activity into your daily life. Both classes are motivating for older adults, are low impact, give you a chance to reconnect with old friends, make news ones, and feel great about yourself.

Schedule of Classes at the Senior Center Sunroom:

Every Monday and Wednesday
Go4Life with Tewentahawih'tha'
10:00—11:00 a.m.

Every Tuesday and Thursday
Catherine Cook's Chair Yoga
10:00—11:00 a.m.



Oneida Indian Nation Aging Well Conference

"Finding Hope"

May 24 to May 25, 2018



Travel day from Akwesasne to Turning Stone Resort Casino: May 23rd

FINAL PAYMENTS DUE: Thursday, April 26th at 3:00 p.m.

The theme of this year's Aging Well Conference maybe a hard subject to talk about but we felt it necessary to educate our Elders and their Caregivers about substance abuse. It is a taboo subject and most of us are afraid to talk about it. We want to offer a safe environment to learn and talk about what is going on in the community. **We come together in the spirit of Finding Hope.**

Workshops will cover topics like: the journey to sobriety, medicine wheel teachings, communication skills, benefits of movement and fun physical activity, elder abuse, the opioid epidemic, food demonstrations, and much more!

Let's not forget to mention that we have some pretty awesome guest appearances by Dr. Darryl Tonemah, Kontiwennenhawi Akwesasne Women Singers, and much more!

Attention: We are in need of Akwesasne Mohawk representation on the Elder's Panel. If you are willing to share your journey to sobriety and well-being story, please let us know! Call 518-358-2963 ext. 3303 for details on helping us spread "Hope" by being an Elder's Panelist.

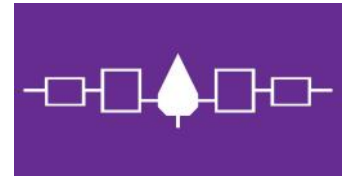
Travel on our Chartered Bus and receive a great rate and rewards!

Room Rates are done as a per person price which now includes luggage service for each guest. These rates are only available to guests who travel as part of the Akwesasne Mohawk group on the Charter Bus:

Single - \$242.00 per person (1 in a room)

Double - \$123.00 per person (2 in a room)

Triple - \$90.00 per person (3 in a room)



The above prices are for 2 night accommodations at Turning Stone Resort Casino. Also each guest who travels with the group on the Charter Bus will receive a gaming bonus. We will need your Date of Birth and, if you have a TS Rewards Card, your card number will be needed.

This trip is open to all residents of Akwesasne age 55 and over and Akwesasne family caregivers. Non-tribal members are required to pay a Conference Fee set by Oneida Indian Nation. Visit Tewentahawih'tha' Cole or call her at 518-358-2963 ext. 3303 or e-mail tewentahawihtha.cole@srmt-nsn.gov for more information.

Save the Date:

Mother's Day Meal tickets will go on sale Tuesday, May 1st "Reservations" for tickets will not made. Please plan accordingly. Details for the dinner will be in the May newsletter.

Dying to Talk Trip Information

**Monday, April 9 at the St. John's Episcopal Church
Leave the Center at 12:30 p.m.**

This group-directed discussion is aimed at uncovering end-of-life planning. Topics include health care options, advanced care planning and other topics we tend to shy away from. Sponsored by Hospice and Palliative Care of St. Lawrence Valley in partnership with St. John's Episcopal Church. See Emily to sign up.

Akwesasne Activities:

SUPPORT GROUP FOR CARE PARTNERS OF THOSE LIVING WITH DEMENITA

WHEN: April 26, 2018, 6:00

WHERE: Tri-District Elders Center Kawehnoke Recreation and Community Center

****Monthly meeting every 2nd Thursday of the month at 6:00 starting May 10th, 2018**

For more information contact:

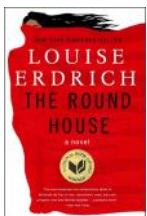
Josee Desrochers, Education Coordinator of the Alzheimer Society, Cornwall & District (613) 932-4914 ext. 202 or e-mail alzheimeredcoor@one-mail.on.ca

NATIONAL DRUG TAKE-BACK DAY

WHEN: April 28, 2018 from 10:00 AM to 2:00 PM.

WHERE: In the parking lot of SRMT Tribal Police Department

Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. That's why it was great to see thousands of folks from across the country clean out their medicine cabinets and turn in - safely and anonymously - a record amount of prescription drugs.



THERE IS STILL TIME TO JOIN THE NEA BIG READ: THE ROUND HOUSE

Below are part of a month long festival taking place from here to Plattsburgh, NY.

This festival acknowledges the Onkwehonwe of our region. And highlight sexual assault awareness, Native American culture, literacy, community, and joy of reading through the sharing of THE ROUND HOUSE by Louise Erdrich. **BOOKS ARE STILL**

AVAILABLE AT THE SAINT REGIS MOHAWK SENIOR CENTER AND AKWESASNE LIBRARY. For more event listings, visit www.plattsburghbigread.com

Thursday, April 5—11:00 a.m.— Book Discussion at the Saint Regis Mohawk Senior Center

Friday, April 6—5:00 to 8:00 p.m.—Dave Fadden Art Opening at the Champlain Wine Company (See below for Senior Center Trip on April 26)

Wednesday, April 25—Wear Denim to raise sexual assault awareness

Sunday, April 29—1:00 p.m.—Watch Waabooz (a movie about an Ojibwe Superhero) at the Saint Regis Mohawk Senior Center

Monday, April 30—11:00 a.m.—Book Discussion at the Saint Regis Mohawk Senior Center
Native American themed programming throughout April on **Mountain Lake PBS:**

- ♦ **April 1—1:00 p.m.** Navajo Math Circles
- ♦ **April 8—1:00 p.m.—**The Forgotten War: The Struggle for North America
- ♦ **April 22—2:00 p.m.—**Mankiller
- ♦ **April 29—12:00 p.m.** Mystery of Chaco Canyon

In conjunction with the Plattsburgh Big Read, we will be attending

Dave Fadden's art show in Plattsburgh, NY on Thursday, April 26.

We will leave the Senior Center at 12:30 p.m. and return by 7:00

p.m. Shopping and dinner may be included. We have invited Dave to join us at the exhibit and hopefully he will be able to fit it into his busy schedule. See Emily for details or sign-up.



Happy Birthday!



1—Lilly Swamp
 2—Sally Hamelin & Nancy Jacobs
 3—**Bettie Jacobs, Ellen Savage & Mamie David**
 6—Angela Mapes
 7—Cecelia LaFrance, Felicia Jock, Lil Jingleton & Joan Mitchell
 9—Phyllis LaMay & Marion Shelton

10—Betty Kelly, Beverly Ray & Grace Frazier
 11—Nelson Leaf
 12—Michael David
 14—**Pat Tarbell & Ann Marie Laughing**
 16—Janice Brown
 18—**Louise Jock & Giselle Cook**
 19—Stacey Thomas
 21—**Gladys White & Arthur Benedict**

22—Isabelle McDonald
 25—Gail White
 27—Marvin Ward & Ester Jock
 28—Irene Ward
 29—Linda McElwain
 30—Louvina Donaldson

Bold are Saint Regis Mohawk Senior Club Members



March Birthdays!



Our Birthday meal was held on Wednesday, March 28th and our Birthday Buddies who came to celebrate with us were

Annette Armstrong, Elizabeth Smith, Barbara Namias, Lud Beeson, Winifred Mitchell, Florence Patterson, Marion Campbell, Christie Horn, and Maxine Stone.

Unfortunately, we missed a grand opportunity to gather up our Birthday Buddies and take the birthday meal pictures...DOH! Please have patience with us as we experience some unusual bumps in the road. And be sure to come in the month of your Birthday to celebrate with us!

Did You Know: Newsletters may also be received by e-mail. Just e-mail tewentahawihtha.cole@srmt-nsn.gov to be placed on the list.



St. Regis Mohawk Office for the Aging

29 Business Park Road

Akwesasne, NY 13655

***Newsletters may also be received by e-mail**

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

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Akwesasne, NY

PERMIT # 4

If you are not the Addressee, please
notify us of our mistake.
To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:

www.srmt-nsn.gov/office_for_the_aging

We're Here to Serve You!

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**