



Moccasin Trail

OHIARIKO: WA / JULY 2018

POINTS OF INTEREST:

For trips in July,
please call Emily at
518-358-2963.

July Trips are:
Massena Mini Putt,
"Ways of Knowing"
at Tupper Lake Wild
Center & Alexandria
Bay lunch/boat tour
*There is a cost for the
boat tour.

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Senior Club Quilt Raffle has Begun!

\$1.00 per ticket

Senior Club Members: Be on the lookout for
your set of tickets to sell.



SORRY, WE'RE CLOSED:

Wednesday, July 4—Independence Day
Friday, July 20—Planning Day
Friday, July 27—SRMT Staff Day



SENIOR CLUB PAGE



Volunteers are urgently needed for Bingo, Seniorama and in the Senior Club office.

If someone has some new ideas for the annual Craft Show, please let us know.

Help is needed for the auction and kitchen.

Call 518-358-2963 and ask for the Senior Club.

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:

July 2

Barbara Lazore
Brenda LaFrance

July 9

Betty Kelly
Dorothy Shatlaw
Debbie Thomas

July 16

Melanie Jacobs
Iona Castagnier

July 23

Vicki Phillips
Lucille Peters

July 30

Judy Cole
Rosemary Bonaparte

Substitutes:

Lois Thomas
Annie King

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

Upcoming Events

July 10: Club Meeting 10:00 am

July 17: St. Regis Falls Trip

August 13: Seniorama

August 29: Rideau Carleton Trip

October 6: Annual Craft Show

November 4—7: Trip to Foxwoods &
Mohegan Sun

New members:

Leslie Thompson

Elaine Thompson

Our condolences to
the family of
Marjorie Beaubien

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.

Support Group and Memory Café

Thursday, July 5th ... 5:00—7:00 p.m.

This program will discuss the different stages of Alzheimer's Disease and how it affects both the individual with dementia and the role of the Care-giver. Learning about the progression of the disease and finding supportive services can make coping easier.

For the memory café, we will be working on some sun catchers. And maybe learning line dance moves!

Dinner will be served. Please call ahead to let us know you'll be coming.
518-358-2963 ext. 3303

IMPORTANT NOTICE:

The Lawn Care Program is no longer accepting any applications. The list is full and there is a waiting list. All approved clients should have received a letter with their acceptance. We no longer accepting applications for the Air Conditioner lending program. All those who signed up had their A/C units installed today.



A glockenspiel sounds a lot prettier than the word sounds!
Also, the Akwesasne Mohawk School band and students did a terrific job at entertaining us.
Niawenko:wa!

Green Food Bag

Deadline to order is:

Friday, July 6 before 2:00pm

Please pick up your bag on:

Tuesday, July 17

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. There are no reimbursements for bags left behind. Please call **518-358-2963** if you are having trouble picking up your bag and to talk about options.

Reminder: expect delays on the road to the Senior Center...BUT IF YOU WANT, WE CAN PICK YOU UP!

Please be aware the Senior Center may experience cancellations or delays until September 2018. Arriving to and departing from the Senior Center may take longer than usual. Please plan ahead and call if you have concerns.

And remember, we offer local transportation services. Maybe you want to come in, but the construction makes you nervous about driving through. Give us a call before 9:00 a.m. on the day you want to come in and we'll come pick you up.

TRANSPORTATION: 518-358-2963

Farmers Market Checks Are In!

The Farmers Market Check program promotes the increased use of locally grown fruits and vegetables and supports local farmers

You will receive a booklet of 5 checks worth \$4 each for a total of \$20.00

Distribution of checks will be **Monday-Friday, 1 pm – 4 pm**

Checks will be given out starting July 2, 2018 until ALL are gone. Recipients may use the checks until the end of 2018 season. (These dates are listed on each check and in the folders that are issued with the checks).

Please visit **Lora Lee La France** or **Giselle Cook** at the Senior Center in Akwesasne (or call 518-358-2963) to sign a Statement of Eligibility. If you are eligible, you are to sign the statement and will then receive your Farmers Market Checks.

Eligibility Requirements:

New: Must be a New York State Resident

Any number of people in a household may receive a check booklet, as long as they are of age 60+ and meet income requirements.

Gross monthly income must be at or below:

185% of FPL that is \$1872 for a single-person household

\$2538 for a two-person household

\$3204/month for a three-person household

Important Things to Remember:

Checks are distributed on a first come first serve basis.

You must personally sign the eligibility form and the check receipt form. Checks cannot be mailed. A valid Power of Attorney (POA) may sign for check and pick up books for an eligible adult. Must bring proof that you are a POA.

If someone is unable to come to the center, please speak to Lora Lee to arrange a home visit

Checks may use at authorized farmers markets with multiple vendors participating in the program – not grocery stores or roadside stands (if registered through New York State).

Checks may be used to buy locally grown fresh fruits and vegetables – farmers will not accept checks for items like cider, jams, honey or baked goods

Farmers accepting checks will display a brightly colored sign saying “We Gladly Accept Farmers Market Nutrition Program Checks”

Individual Farmers Market Checks are worth \$4.00. Farmers will not give change. If a purchase is less than \$4.00, farmers will add additional items of your choice to make up the difference

Lost checks cannot be replaced

The New York State Department of Agriculture and Markets collaborates with the New York State Department of Health, the New York State Office for the Aging, and Cornell Cooperative Extension in administering the Farmers’ Market Nutrition Program (FMNP).



**Checks will be
given out
starting
July 2, 2018
until ALL are gone.**

Drop-In Anytime!

Catherine Cook's Chair Yoga: a drop-in class that is motivating and geared for older adults. No matter if you are a beginner or experienced "Yogi", the class offers low impact yoga that is tailored to your ability. Take advantage of an opportunity to reconnect with old friends, make new ones, and feel great about yourself. Please dress appropriately. We provide all equipment in the class.

Arthritis Exercise Program: a drop-in exercise class that will help keep your joints flexible and muscles strong. And will help you stay focused on positive lifestyle choices. We offer this class for older adults who want to increase energy, improve well-being and sleep better. Please dress in comfortable clothing and wear good fitting sneakers or shoes for movement. We provide all equipment in the class.

Line Dancing: get your boot-strapping boogie on with line dancing classes! These classes will start at the beginners level. Please dress in comfortable clothing and wear good fitting sneakers or shoes for movement.

Schedule of Classes at the Senior Center Sunroom:

Every Monday & Wednesday	Every Tuesday & Thursday	Every Wednesday
Arthritis Exercise Program	Chair Yoga	Line Dancing Class
with Tewentahawih'tha'	with Catherine Cook	with Catherine and Tewentahawih'tha'
10:00—11:00 a.m.	10:00—11:00 a.m.	11:00—12:00 p.m.

Never, ever underestimate
the importance of
having fun and laughing!


Eleven o'clock fun activities were so much fun in June, we decided to keep them going through the month of July. Again, you may participate in any of the friendly 11:00 games. And again, they are REWARDING. Once you participate, your name goes into a pool for the month. And, at the end of the month, the two people who participate the most get a prize! But, don't let that stop you if you can't make it every day. Because just by participating once, you are entered into a separate random drawing, and still have a chance to win something. Take a look at the calendar on pages 6 and 7 and you'll notice games like shuffleboard, jenga, bounce-off and many more! We keep track of your participation. And you get to have fun!

July Eleven O'Clock Fun—Almost Daily!

Ohia'riko:wa/July

6

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahìà:khaton
1 <u>Activity:</u> 6:00 Ace to King	2 BBQ Chicken, Coleslaw, 3 Bean Salad & Apple Cobbler <u>Activity:</u> 10:00 Exercise Class 10:30 Virtual Bowling 11:00 Shuffleboard 1:00 Bingo Farmer's Market Checks are ready	3 Hash, Mixed Vegetables, Roll, Melon Cup <u>Activity:</u> 10:00 Chair Yoga 11:00 Jenga 1:00 Shopping	4 Closed: Independence Day	5 Mac-n-Cheese, Stewed Tomatoes, Roll & Prune Whip <u>Activity:</u> 8:00 Lori Oakes, DSS No Chair Yoga Today 11:00 Tic Tac Toss 1:00 Shopping 5:00 Caregiver Support Group & Memory Café	6 Beef Barley Soup Roll & Brownies <u>Activity:</u> 10:30 Virtual Bowling 11:00 Giant Badmington Green Food Bag Orders Due by 2:00	7 <u>Activity:</u> 8:00 Wild Center in Tupper Lake Trip "Ways of Knowing" with Dave Fadden 6:00 Ace to King
8 <u>Activity:</u> 6:00 Ace to King	9 Cheese Manicotti, Toss Salad, Garlic Toast & Pineapple Chunks <u>Activity:</u> 10:00 Exercise Class 10:30 Virtual Bowling 11:00 Dice Game 1:00 Bingo	10 Tomato Rice Soup, Tuna Sandwich & Watermelon Slices <u>Activity:</u> 8:20 Massage 10:00 Senior Club Meeting 10:00 Chair Yoga 11:00 Jumbo Bowling 11:30 Box Lunch Bingo 1:00 Shopping	11 Slice Turkey Stuffing, Bake Beans Calif. Blend, Roll & Mixed Berries with Cool Whip <u>Activity:</u> 10:00 Exercise Class 11:00 Line Dancing Class 12:30 Traditional Medicines Teachings	12 Liver & Onions Boiled Potatoes, Wax Beans, Roll & Fresh Peaches <u>Activity:</u> 10:00 Haircuts 10:00 Chair Yoga 11:00 Bounce Off 12:30 Massena Mini Putt 1:00 Shopping 1:30 Legal Aid	13 Hot Dog with Sauerkraut on a bun, French Fries & Fruited Jell-O <u>Activity:</u> 10:30 Virtual Bowling 11:00 Bocce Darts 12:30 Billiards	14 <u>Activity:</u> 6:00 Ace to King
15 <u>Activity:</u> 6:00 Ace to King	16 Roast Pork with Mushrooms, Roast Potato, Wedges, Car-	17 Bake Chicken, Rice Pilaf, Asparagus, Roll & mand. oranges	18 Beef Stroganoff with noodles, Calif. Blend, Roll & Fruit	19 Bean Soup with Meatballs, Biscuit, Fig Newton	20 <u>Activity:</u> 1:00 Tina's Bristle	21 <u>Activity:</u> 6:00 Ace to King

6:00 Ace to King	rots, Roll & Tapioca Activity: 10:00 Exercise Class 10:30 Virtual Bowling 11:00 Shuffleboard 1:00 Bingo	Activity: 10:00 St. Regis Falls 10:00 Chair Yoga 11:00 Bean Bag Toss 12:30 Ride to nowhere 1:00 Shopping 12:00-4:45 Pick up Green Food Bag	Cocktail Activity: 8:00 Lori Oakes, DSS No Exercise Class Today 11:00 Line Dancing Class	Activity: 10:00 Chair Yoga 11:00 Giant Checkers 11:00 Alz. Assoc. Support Group 12:30 Possible Fan Making Class (Call us) 1:00 Shopping 1:30 Legal Aid	Closed: Planning Day 	1:00 Tina's Painting Class 6:00 Ace to King
22 Activity: 6:00 Ace to King	23 Spanish Rice, Green Beans, Roll & Cantaloupe Slices Activity: 10:00 Exercise Class 10:30 Virtual Bowling 11:00 Darts 1:00 Bingo	24 Cold Cut Buffet, Mac Salad & Fresh Fruit Activity: 10:00 Chair Yoga 12:30-2:30 Youth Group Visiting to do activities 1:00 Shopping	25 Roast Beef Mash potatoes, Glaze Carrots Cherry Cobbler Birthday Meal Activity: 10:00 Exercise Class 10:30 Vitals 11:00 Line Dancing	26 Chicken Alfredo, Broccoli, Roll & Jell-O Activity: 10:00 Haircuts 11:00 Ladder Ball 10:00 Chair Yoga 1:00 Shopping	27 Closed: SRMT Staff Enrichment Day	28 Activity: 6:00 Ace to King
29 Activity: 6:00 Ace to King	30 Bake Fish, Sweet Potatoes, Mix Vegetables, Roll & Cookie Activity: 10:00 Exercise Class 10:30 Virtual Bowling 11:00 Shuffleboard 1:00 Bingo	31 Chef Salad, Bread Sticks, Yogurt Parfait Activity: 8:20 Massage 10:00 Chair Yoga 10:00-5:00 Alexandria Bay Boat Tour 11:00 Horseshoes 1:00 Shopping	Remember: 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. Your cooperation helps us better serve you! A special note about July 11th and July 19th: We are in the midst of making arrangements for a Traditional Medicines Teachings Class (July 11th) and a Fan Making Class (July 19th). If you want to learn more, please call Tewentahawih'tha' Cole at 518-358-2963 ext. 3303. We are encouraging people to sign up ahead of time so we know how many kits to get.			

This is why the Senior Center Rocks!



On June 19th, we went to the Canadian Museum of History in Hull, Quebec. These are just some of the pictures that were taken. We were able to view pieces of beadwork and basketry. And other pieces that were carefully stored away. It was an emotional trip for some. But a good trip overall. It was nice being able to see and feel a real piece of our history. There is opportunity to go on this trip again. If you are interested, just call us. If we have enough interested, then the museum will gladly help us attend.

Upcoming Culture and Language Classes!

We are in the midst of making arrangements for Mohawk Language Classes (dates TBD), Traditional Medicines Teachings Class (July 11th) and a Fan Making Class (July 19th). All to be held at the Senior Center. If you want to learn more, please call Tewentahawih'tha' Cole at 518-358-2963 ext. 3303. Flyers will be posted at the Senior Center once plans have been finalized.



Here are some pictures from the International Yoga Day that was held in Akwesasne on June 21st. There were 115 total participants. Which is a fantastic turnout for all sessions that were held. We had Laugha Yoga and Tai Chi at the Senior Center. The Laugha Yoga was incredible and reminded a lot of us that laughing is not only good for the soul, but great for the body and mind. And then, Catherine Cook followed that up with a great session in Tai Chi. Her classes are due to start in September 2018 on Tuesdays and Thursdays at 10:00 a.m. If you are interested in trying some yoga type activities, see page 5 for our Drop-In Anytime sessions.

A big Niawenkó:wa to:

Caring Hearts for the rainboots for men.

Marilyn Gale for the book donation.

Marion Campbell, Sandy Swanger, and Brenda Lafrance for the help with getting out our newsletter.

Sesi Herne, Les Benedict and Jaylene for planting the raised gardens beds, putting fresh plants around our sign, and donating some of the plants.



Traditional Medicines Teachings Series

Four weeks of education on traditional methods of managing life's common ailments and illnesses are planned to begin on July 11th. The classes will be held once a month. The purpose is to revitalize traditional methods of healing and knowledge. The educational series will include advice on growing, picking, harvesting, preparing and using traditional medicines in healing tinctures, salves, teas, and syrups. **For more information, please call 518-358-2963 ext. 3303.**



For June's craft class we had a creatively, relaxing time putting together beach themed painted, button, art canvas things! Not sure what we call them, but that's as descriptive as I can get.



Driver Safety

Wednesday July 25th & Thursday July 26th

12:30—4:30 p.m.

Instructor: Christopher Belair

Duration: 6 hours, two days

Please call 518-358-2963 to register. \$20 for AARP Members, \$25 for non-members. You must bring you AARP membership card and New York State drivers license. Please pay with exact cash or make check/money order made out to AARP.



World Elder Abuse Awareness Day (WEAAD) was held on Friday, June 15th at the Akwesasne Mohawk Casino Spring/Summer Ballroom. There were twelve programs which participated in the event to help raise awareness of elder financial, physical, sexual, and mental mistreatment. The elders who registered were entered into a drawing for a chance to win prizes and given two free meal certificates for the Seniors Center. The programs had giveaways and information for elders to learn more about being secure, safe, and aware. We had about fifty elders participate in the festivities, which included food, and a line dancing activity hosted by Tewentahawih'tha' Cole, Health Educator, SRMT Office for the Aging. Theresa Gardner spoke about falls prevention. Programs involved in creating awareness were SRMT Office for the Aging, SRMT Outreach, MCA Home Care Home Support, SRMT Adult Protective Services, MCA Akwesasne Mohawk Ambulance, SRMT Tribal Police, Legal Aid, Project Lifeline, Seacomm, Mohawk Indian Housing, SRMT Environment, and MCA Community Support Nurses. Nia:wen kowa to all programs, and elders for attending World Elder Abuse Awareness Day.



Happy Birthday!

Names in bold are Saint Regis Mohawk Senior Club members

July 1—Richard Phillips

July 2—Freida Schmenkel

July 3—Anna Boots, James Montour, Linda Jackson, Mona Via

July 5—Gloria Arquette

July 6—Sidney Armstrong, Gerald McElwain, Dennis White, Mary Grow, Abram White

July 7—Karilyn Phillips

July 8—Dorothy Benedict, Ken Sharrow, Leslie Thompson

July 9—Shirley Gray

July 11—Caroline Bigtree, Geraldine Jacobs, Elaine Cook

July 12—Katherine White

July 13—Vanessa LaVare, George Adams

July 18—Hubert Jock, Gary Burnham

July 19—Jack Leaf

July 20—Ella L. Cook, Doris Benedict

July 24—Mary Frego

July 26—Karen White, Yvonne Chubb, Cecelia Derosia

July 28—Mary Beth Horn, Deborah Thomas,

July 29—Grace Barnes, Stella Jesmer

July 31—Carole Ross



June Birthday Buddies!

Our Birthday meal was held on Wednesday, June 27th and our Birthday Buddies who came to celebrate with us were...GOING...GOING...GONE!

Everyone skipped out before any of the staff could take a picture, so Carl Patterson, Shirley Fetterly, Glen Lazore, Janice Tallett, Leona Thompson-David, and Alma Ransom, you all owe us a picture! Happy Birthday!



The escapees



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

Presorted Standard
US Postage Paid
Akwesasne, NY
PERMIT # 4

If you are not the Addressee, please
notify us of our mistake.

To Addressee or Current Resident:

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

Services Available Through the OFA

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

Visit us on our Web
Page:

[www.srmt-nsn.gov/
office_for_the_aging](http://www.srmt-nsn.gov/office_for_the_aging)

**We're Here to
Serve You!**

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