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
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 Caregiver. 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.

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:

Checking 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).
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!

**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:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
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<tr>
<td>Every Monday &amp; Wednesday</td>
<td>Arthritis Exercise Program with Tewentahawih’tha’</td>
<td>10:00—11:00 a.m.</td>
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<tr>
<td>Every Tuesday &amp; Thursday</td>
<td>Chair Yoga with Catherine Cook</td>
<td>10:00—11:00 a.m.</td>
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<tr>
<td>Every Wednesday</td>
<td>Line Dancing with Catherine and Tewentahawih’tha’</td>
<td>11:00—12:00 p.m.</td>
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Never, ever underestimate the importance of having fun and laughing!

July Eleven O’Clock Fun—Almost Daily!
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<td><strong>2</strong> BBQ Chicken, Coleslaw, 3 Bean Salad &amp; Apple Cobbler</td>
<td><strong>8:00 Wild Center in Tupper Lake Trip “Ways of Knowing” with Dave Faddon</strong></td>
<td><strong>6:00 Ace to King</strong></td>
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<td><strong>11:00 Jenga</strong></td>
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<td><strong>11:00 Tic Tac Toss</strong></td>
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<td><strong>1:00 Shopping</strong></td>
<td><strong>10:00 Chair Yoga Today</strong></td>
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<td><strong>5:00 Caregiver Support Group &amp; Memory Café</strong></td>
<td><strong>1:00 Shopping</strong></td>
<td><strong>5:00 Caregiver Support Group &amp; Memory Café</strong></td>
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<td><strong>Closed:</strong></td>
<td><strong>10:30 Virtual Bowling</strong></td>
<td><strong>6:00 Ace to King</strong></td>
<td><strong>10:30 Virtual Bowling</strong></td>
<td><strong>5:00 Caregiver Support Group &amp; Memory Café</strong></td>
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<td><strong>Closed:</strong></td>
<td><strong>11:00 Giant Badminton</strong></td>
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<td><strong>9</strong> Cheese Manicotti, Toss Salad, Garlic Toast &amp; Pineapple Chunks</td>
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<td><strong>10:00 Exercise Class</strong></td>
<td><strong>10:00 Senior Club Meeting</strong></td>
<td><strong>10:00 Chair Yoga</strong></td>
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<td><strong>11:00 Line Dancing Class</strong></td>
<td><strong>12:30 Traditional Medicines Teachings</strong></td>
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<td><strong>16</strong> Roast Pork with Mushrooms, Roast Potato, Wedges, Carrots &amp; Cauliflower</td>
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<td><strong>10:00 Haircuts</strong></td>
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<td><strong>11:00 Bounce Off</strong></td>
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<td><strong>12:30 Traditional Medicines Teachings</strong></td>
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<td><strong>1:00 Tina's Painting</strong></td>
<td><strong>6:00 Ace to King</strong></td>
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**Notes:**
- Green Food Bag Orders Due by 2:00
- Farmer’s Market Checks are ready
- 12:30 Traditional Medicines Teachings
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<tr>
<th>Day</th>
<th>Activity:</th>
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<td>22</td>
<td>6:00 Ace to King</td>
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<td>23</td>
<td>Spanish Rice, Green Beans, Roll &amp; Cantaloupe Slices</td>
<td>Cold Cut Buffet, Mac Salad &amp; Fresh Fruit</td>
<td>Roast Beef, Mash potatoes, Glaze Carrots, Cherry Cobbler</td>
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<td>24</td>
<td>Activity: 10:00 Exercise Class 10:30 Virtual Bowling 11:00 Darts 1:00 Bingo</td>
<td>Activity: 10:00 Chair Yoga 12:30-2:30 Youth Group Visiting to do activities 1:00 Shopping</td>
<td>Birthday Meal Activity: 10:00 Exercise Class 10:30 Vitals 11:00 Line Dancing</td>
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<td>25</td>
<td>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. <em>Your cooperation helps us better serve you!</em></td>
<td>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.</td>
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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.
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.
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

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

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

- 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.