



Moccasin Trail

OHIARÍ:HA/JUNE 2018

POINTS OF INTEREST:

- * **Father's Day Luncheon with Walleye!**



INSIDE THIS ISSUE:

Senior Club Page	2
Reminders & Senior Submission	3
Nia:wens & upcoming events	4, 5
Calendar	6, 7
June Activities & Oneida Trip Pictures	8, 9
Farmers Market Checks are in!	10
Birthdays	11

F.A.T.H.E.R.S.



Faithful

Always there

Trustworthy

Honoring

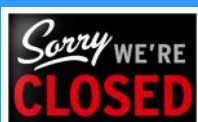
Ever-loving

Righteous

Supportive



On Friday, June 15th is the Father's Day Luncheon. Let's remind the men in our lives that they are important to us! Show us your **BLUES** at the Father's Day Luncheon in honor of our men and to celebrate fatherhood, paternal bonds, and the positive influence fathers have in our families and community. Menu: Walleye, roasted potato wedges, cauliflower and broccoli salad, and an ice cream cup.



Friday, June 29—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:

June 4

Betty Kelly
Dorothy Shatlaw
Debbie Thomas

June 11

Melanie Jacobs
Iona Castagnier

June 18

Vicki Phillips
Lucille Peters

June 25

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.

If you have changed your address or phone number, since you joined The Club, please stop by to update your information.

Upcoming Events

June 12: Club Meeting 10:00 am

August 13: Seniorama

October 6: Annual Craft Show

November 4—7: Trip to Foxwoods & Mohegan Sun



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.



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.

Our condolences to the family of
Vernon Hopps and Julia King

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 experience "Yogi", the class offers low impact yoga that are 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.

***New* 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.

Green Food Bag

Deadline to order is:

Friday, June 8 before 2:00pm

Please pick up your bag on:

Tuesday, June 19

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!

Construction of Business Park Road and of the new Saint Regis Mohawk Tribe Administration Building is ongoing until Fall. 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

glock•en•spiel



Does anyone know what Glockenspiel music is?

Apparently the Akwesasne Mohawk School students do and are coming to perform for us on **Thursday, June 14th at 11:00 a.m.** A couple of months ago, they came in to show us their guitar and ukulele skills. So make sure you support our blossoming musicians and attend their show!

Cloth Dinner Napkins in a Cotton/Poly Blend are needed:

Tsi ionkwanonhso:te Long Term Care Facility is looking for cloth dinner napkins in a cotton/poly blend. They are wanting to replace paper napkins with a more environmentally friendly reusable napkin. If you have some and would like to contribute, Emily will be taking donations.

A Big Niawenkó:wa to:

Dennis Phillips, Mary Wainman, and Isabelle McDonald for books

Barbara Hillyard, Marion Campbell, Florence Cook, Marion Parker, and Sandy Swanger for helping out with the newsletter

And to our mystery magazine donator, Sandra Fox, who has been providing a great variety of magazines!

We “DONUT” know what we could have done without you!



Heritage Mohawk

Baskets and Beadwork

Ottawa Museum of History Trip:

The Akwesasne elders have been invited by the Canadian Museum of History in Ottawa, Ontario. They extended the invitation to view a collection of heritage Mohawk baskets and beadwork. Some of the styles have not been seen in a long time so this will be of special interest to our basket makers and beadworkers. The trip is planned for Tuesday, June 19 and transportation will be provided. Call Emily Tarbell at 518-358-2963 ext. 3310 to sign up.



JUNE 15TH, 2018

10:00 A.M.—2:00 P.M.

WORLD ELDER ABUSE AWARENESS DAY

AKWESASNE MOHAWK CASINO RESORT

873 STATE ROUTE 37
Akwesasne, NY 13655



Sponsored by the Akwesasne
Elder Abuse Case Review
Multidisciplinary Team

Honor ~ Respect ~ Dignity

This event is a worldwide
movement!

World Elder Abuse Awareness Day (WEAAD) aims to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons. This observance serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation.

We love our elders and want them to be safe. Our elders deserve to be honored and respected. The Akwesasne Elder Abuse Case Review Multidisciplinary Team is hosting the World Elder Abuse Awareness Day on June 15th from 10 am to 2 pm at the Akwesasne Mohawk Casino Resort. There will be food, educational information from programs, giveaways, speakers, and most of all FUN!!!

The Akwesasne Elder Abuse Case Review Multidisciplinary Team is comprised of professionals representing various programs from the entire territory of Akwesasne. The organizations collaborate to prevent fragmented or duplicated services elder abuse victims receive. We also provide education and awareness about abuse and neglect of our elders.

For more information, contact the St. Regis Mohawk Tribe Office for the Aging at (518)358-2963.

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.

Ohiaí:ha/June

Tsia't'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahia:khaton
<p>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!</p>						
3 Activity: 6:00pm Ace to King	4 BBQ Ribs, Wild Rice, Mix Veggies, Roll & Applesauce Activity: lakhishohta is here 10:00-11:00 Arthritis Exercise Program 10:30 Virtual Bowling 11:00 Golf Putting 12:30 Button Star Fish Craft Class 1:00 Bingo	5 Chef Salad, Cheese Filled Breadsticks & Yogurt Activity: 8:20 Massage 10:00-11:00 Chair Yoga 11:00 Kerplunk 1:00 Shopping	6 Cold Cut Buffet, Macaroni Salad & Fruit Cocktail Activity: 8:00 Lori Oakes, DSS 10:00-11:00 Arthritis Exercise Program 11:00 Nutrition Bingo 12:30 Horse Shoes Game	7 Chicken Noodle Soup, Biscuit, Cottage Cheese & Peaches Activity: 10:00-11:00 Chair Yoga 11:00 Bean Bag Toss 1:00 Shopping 1:30 Legal Aid 5:00-7:00 Memory Café/Caregiver Support Group	8 Pancakes, Hash Browns, Bacon & Cantaloupe Slices Activity: 10:30 Virtual Bowling 11:00 Lawn Darts Green Food Bag deadline to order 2:00	9 Activity: 6:00pm Ace to King
10 Activity: 6:00pm Ace to King	11 Sweet & Spicy Picante Chicken, Rice, Brussel Sprouts, Roll & Pineapple	12 Stuff Pork Chops, Sweet Potatoes, Mix Veggies & Mandarin Oranges	13 Cheese Burger, Fries, 3-Bean Salad & Cookie Activity:	14 Bake Ziti, Ceaser Salad, Garlic Toast & Chocolate Pudding Activity:	15 Father's Day Luncheon Walleye, Roasted Potatoes, Waffles	16 Activity: 6:00pm Ace to King

	<p>Activity: 10:00-11:00 Arthritis Exercise Program 11:00 Line Dancing 11:00 Giant Floor Checkers</p>	<p>Activity: 8:20 Massage 10:00 Senior Club Meeting 10:00-11:00 Chair Yoga 11:00 Dice Game 11:30 Box lunch Bingo 1:00 Shopping</p>	<p>Activity: 10:00-11:00 Arthritis Exercise Program 10:30 Virtual Bowling 11:00 Ladder Ball 1:00 Bingo</p>	<p>Activity: 10:00-11:00 Arthritis Exercise Program 10:30 Virtual Bowling 11:00 Washer Toss 1:00 Bingo</p>	<p>25 Beef Stroganoff, Asparagus, Roll & Peaches Activity: Kahnawake is here 10:00-11:00 Arthritis Exercise Program 10:30 Virtual Bowling 11:00 Washer Toss 1:00 Bingo</p>	<p>26 Tomato Soup, Tuna Sandwich & Lemon Fluff Activity: 10:00-11:00 Chair Yoga 11:00 Jumbo Bowling 12:30 Craft Class 1:00 Shopping</p>	<p>27 Birthday Meal Open Face Turkey, Peas, Cranberries, Fries & Cake Activity: 10:00-11:00 Arthritis Exercise Program 10:30 Vitals 11:00 Line Dancing 11:00 Pig Dice</p> 	<p>28 Sesame Pork, Noodles, Broccoli, Roll & Fruit Cocktail Activity: 10:00 Haircuts 10:00 Chair Yoga 11:00 Jumbo Badminton 12:30 Ride to Nowhere 1:00 Shopping 1:30 Legal Aid</p>	<p>29 Closed Planning Day</p> 	<p>30 Activity: 6:00pm Ace to King</p>
<p>24 Activity: 6:00pm Ace to King</p>	<p>25 Chili, Johnny Cake & Melon Cup Activity: 10:00-11:00 Arthritis Exercise Program 10:30 Virtual Bowling 11:00 Shuffleboard 1:00 Bingo</p>	<p>19 BBQ Chicken, Potato Salad, Tomato & Cucumbers, Roll & Jell-O Activity: 10:00-11:00 Chair Yoga 1:00 Shopping Time TBD Trip to Museum of History in Ottawa, Ontario</p> <p>Green Food Bag order pick ups 12:00—4:45</p>	<p>20 Pork Loin Sauerkraut, Roasted Veggies, Rice Pilaf, Roll & Apple Cobbler Activity: 8:00 Lori Oakes, DSS 10:00-11:00 Arthritis Exercise Program 11:00 Line Dancing 11:00 Flickin’ Chicken</p>	<p>21 International Yoga Day Stuff Shells, Toss Salad, Italian Bread & Pears Activity: 10:00 Laugha Yoga 11:00 Chair Yoga 1:00 Shopping 1:00 Alzheimer’s Association Support Group</p>	<p>22 Fish on Bun, Fries, Green Beans & Butterscotch Pudding Activity: 10:30 Virtual Bowling Tournament 11:00 Horseshoes 12:30pm Billiards @ Tsionkwanonhsote</p>	<p>23 Activity: 6:00pm Ace to King</p>				



Support Group and Memory Café

Thursday, June 7th

5:00—7:00 p.m.



The Saint Regis Mohawk Tribe Office for the Aging Caregiver Support Services and the Caregiver Support Initiative have partnered to introduce memory café and a revitalize the Caregiver Support Group. The first Memory Cafe and Support Group will be held **Thursday, June 7 from 5:00 to 7:00 p.m.** Family Caregivers may bring their Care Receivers to enjoy activities as they attend an educational support group in a nearby room. Dinner will be served. The support group topic will be Understanding Dementia. We will talk about some basics of dementia and how to talk to family and friends about dementia. The memory cafe will have music by Danny Klebes and we will be painting flower pots.

Danielle Hance, Education Specialist with the Alzheimer's Disease Caregiver Support Initiative, provides education and training about dementia that can be done in a professional or public setting, and in the comfort of a family or individual's home.

INTERNATIONAL YOGA DAY: THURSDAY, JUNE 21st

Join in on some yoga related activities that are happening in the community. Notice the Senior Center has a couple of activities on this day and we encourage you to join us! Other activities will be taking place at Kateri Hall, and the SRMT Community Building Lobby.

Schedule of Events:

- 6:00 a.m. Sunrise Yoga at Kateri Hall (outside)
- 7:00 a.m. Guided Meditation with Heather Pontius at Kateri Hall (outside)
- 10:00 a.m. "Laugha Yoga" with Bharata Wingham at SRM Senior Center Sunroom**
- 10:00 a.m. Chair Yoga: Saint Regis Mohawk Tribe Community Building Lobby
Snipe Clan Botanicals for tea samples and sales (*#buylocalakwesasne)
- 11:00 a.m. Chair Yoga with Catherine Cook at SRM Senior Center Sunroom**
- 12:00 p.m. Laugha Yoga with Bharata Wingham at Kateri Hall (outside)
- 1:00 p.m. Tai Chi for Arthritis with Catherine Cook at Kateri Hall (outside)**
- 3:30 p.m. Guided Meditation with Jennifer Hutchins at Kateri Hall (outside)
- 6:00 p.m. Family Yoga with Shannon Boyea-Pitcher at Kateri Hall (outside)
- 7:00 p.m. Evening Sound Bath with Chantal & friends at Kateri Hall (outside)

*All events are bring your own supplies. But, the Senior Center has some yoga mats available for people participating in activities in the Sunroom. The schedule is subject to change.

June Activities

Some activities throughout the month of June will be a special sort. We decided to include friendly games here and there that could be fun and rewarding to participate in. Most of them are scheduled at 11:00, but some may be included at special events as well. So, here are the rules: 1—participate in an activity, 2—earn participation points, 3—be entered into a random drawing, 4—win prizes at the end of the month! It's that easy. Take a look at the calendar on pages 6 and 7 and you'll notice games like giant floor scrabble, flicking chicken, horseshoes, and many more! We keep track of your participation. And you get to have fun!



The **Oneida Indian Nation Aging Well Conference** was held on May 24 and 25 at the Turning Stone Resort Casino. This year's theme focused on healing and hope, with keynote presentation on national drug trends with Oneida Nation Health Service Kara Kaplan. After keynote speakers in the morning, everyone broke out for a variety of presentation ranging from a personal story about the struggles with addiction to effectively communicating with loved ones as a caregiver. On day two, the conference wrapped up with a very nice social by the Kontiennahawi, Akwesasne Women Singers.

The conference drew in nearly 200 elders from Mohawk, Cayuga, Seneca, Oneida, and Onondaga nations. The conference planners missed Tuscarora Nation attendees and hope they are able to attend next year! From the Senior Center, more than 50 Mohawks from Akwesasne attended. The conference was an eye opener, speakers were uplifting, and everyone had a great time! Mark your calendars for 2019 conference on May 23 and 24



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).

Happy Birthday!

June 1—Lois Terrance
 June 2—Kevin Montour
 June 4—Nelson Connell
 June 5—Denise White & **Beatrice Cole**
 June 6—Glen Lazore & **Shirley Pitts**
 June 7—**Esther Mitchell**
 June 9—**Shirley Fetterly**
 June 10—**Doris Sharpsten, Rose Oakes, Rita Cree, Helen White, & Donald Jocko**
 June 11—**Phyllis Dillard, Betty Sunday, Judy Cole-Hemlock & Francis Cree**
 June 12—Viola Marshall
 June 13—Charlotte Lynch & Janice Tallett
 June 14—**Diane Garrow & Lawrence Tarbell**
 June 15—**Antonia Herne, Verda Tarbell & Mitchell Sawatis**

June 16—Gilbert Terrance & **Wayne Thomas**
 June 17—**Rose Ann Terrance**
 June 18—Lynn LaFrance & **Elizabeth Tarbell**
 June 19—Susan Hayn
 June 20—Wilbert Tarbell
 June 22—**Christina Hamel & Phyllis Point**
 June 25—**Alma Ransom & Bernard White**
 June 26—Carl Patterson, **Mabel Thomas & Donald Thompson**
 June 27—**Gerald Jacobs**
 June 28—**Victoria Conners & Martha Mitchell**
 June 29—Leona Thompson

Names in bold are Saint Regis Mohawk Senior Club members



May Birthdays!

Our Birthday meal was held on Wednesday, May 30th and our Birthday Buddies who came to celebrate with us were John "Neil" Laughing and Carmen Paquin (Lois Thomas was here, but was too shy!)



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

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

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- **Transportation**
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- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
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