Thursday, March 15th

Corn Beef Dinner
Roll & Butterscotch Pudding

Come in dressed to impress! The person wearing the most green wins!
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

New Members:
Trudy Putnam
John

Upcoming Events:
March 13th Club Meeting 10:00 am
March 14th Trip to Deer Valley
(Sign-up in Club Office)

Volunteer BINGO Schedule:

<table>
<thead>
<tr>
<th>Date</th>
<th>Volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 5th</td>
<td>Judy Cole, Rosemary Bonaparte</td>
</tr>
<tr>
<td>March 12th</td>
<td>Barbara Lazore, Brenda LaFrance, Iona Castagnier</td>
</tr>
<tr>
<td>March 19th</td>
<td>Betty Kelly, Dorothy Shatlaw, Debbie Thomas</td>
</tr>
<tr>
<td>March 26th</td>
<td>Melanie Jacobs, Minerva White</td>
</tr>
</tbody>
</table>

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

Our condolences to the families of Mary Manning & Robert Thompson

2018 Club Dues!
Beginning January 1, 2018, Membership dues are $5.00 per person for the year.

New Members
Esther M. Jock
Sandra Burnett
James Montour
Margaret Montour

Notice:
If you have sent in your membership dues, please stop by and pick up your receipt and membership card.
To the Staff and Tota’s for the gift cards for Baby Amelia Lazore.

Green Food Bag
Deadline to order is
Friday, March 2nd before 2:00pm
Please mark your calendars to pick up your bag between
12:00pm and 4:45pm
Tuesday, March 20th
Cost is $10.00 per bag in American OR Canadian Funds

Social Workers Have Doubts

A husband and wife who work for the circus go to an adoption agency looking to adopt a child, but the social workers there raise doubts about their suitability. So the couple produce photos of their 50-foot motor home, which is clean and well maintain and equipped with a beautiful nursery.

The social workers are satisfied by this but then raise concerns about the kind of education a child would receive while in the couple’s care. The husband puts their mind at ease, saying “We’ve arranged for a full-time tutor who will teach the child all the usual subjects along with French, Mandarin, and computer skills.”

Next though, the social workers express concern about a child being raised in a circus environment. This time the wife explains, “Our nanny is a certified expert in pediatric care, welfare, and diet.”

The social workers are finally satisfied and ask the couple, “What age child are you hoping to adopt?” The husband says, “It doesn’t really matter, as long as the kid fits in the cannon.”
-Seaway News

HOROSCOPE

Monthly Horoscope for ARIES (March 21 to April 20): The start of every New Year is a time to reset our goals and ambitions for the months ahead. But this year, you are going to be super-motivated to achieve the things that are important to you. Don't underestimate mind, that along with determination and self-discipline, a good deal of subtlety can also help you. And from the middle of the month, one friend can also be so influential.

Monthly Horoscope for TAURUS (April 21 to May 21): Your ruler Venus is cosseted by the Sun at the turn of the year, suggesting the more open you are to change and new experiences, the more enriching it can be to you. This may see you on the move in January, perhaps to enjoy a vacation, but equally it can be an opportunity to widen your horizons professionally, and this is going to be even more the case from the 11th.
Winter Carnival was here at the Senior Center. In total, over 200 elders participated in various events. Many activities were held such as a Shuffleboard Tournament, Virtual Bowling Tournament and many board games. The winners received a cash prize.

Virtual Bowling Tournament Winner
Sandy Swanger (337)

The Virtual Bowling game was on the big screen in the Senior Dining Room area. Sixteen senior competitors participated in the tournament. The winner, Sandy Swanger, bowled a 258 then with her age-as-handicap bowled a 337!

Board Game Winners:
Fifteen seniors participated playing the board games.
- **Scrabble:** Brenda LaFrance & Millie Cook
- **Puzzling:** Rosemarie Jacobs
- **Bounce-Off:** Sandy Swanger & Val Garrow

The Event Organizers, Emily and Krista stand beside Marion Parker & Jackie Mitchell. They are two of the grand prize winners.

**Go4Life Exercise and Physical Activity Program** is such a hit that it will be continued through the month of March. Even more good news, we have added an extra day on the calendar. Look for Go4 Life on the calendar and plan on being there.

Krista Oakes has done a great job implementing this free program. Her internship ends mid-March, so be sure to come in and thank her for the great work she’s done. She will be training someone to take her place in Go4Life.

Go4Life is designed to help you fit exercise and physical activity into your daily life. Motivating older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines. This program offers exercises, motivational tips, and free resources to help the participants get ready, start exercising, and keep going.
Shuffleboard Tournament Winners
Dave Mitchell & Lilly Swamp
The Shuffleboard Tournament played doubles with 8 teams. The game was fun and competitive. There were a lot of laughs, silly mishaps, and each player was incredibly skilled at navigating the off-balance shuffle board! Congratulations to all winners and players of the Winter Carnival games. Your participation is the reason it keeps going.

The Art of Winter & Watertown Shopping Trip—Tues. March 20th
Please join us for a trip to the Thousand Islands Arts Center’s to view the exhibit: The Art of Winter. Following the exhibit, we will take a trip up to Watertown for a day of lunch and shopping. Call Emily for details.

Bluebirds of Happiness
Monday, March 19th at 11:00am
Join us for an interesting, informative and educational program on bluebirds presented by a New York State Bluebird Society representative. They are dedicated to bringing back bluebirds since 1982. Visit www.nysbs.org for more information.
### Ennisko:wa/March

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Meatloaf</td>
<td>Lemon Bake Fish</td>
<td>Activity: 6:00pm Ace to King</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mash Potatoes</td>
<td>Mac &amp; Cheese</td>
<td>10:00 Haircuts</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Carrots</td>
<td>Stew Tomatoes</td>
<td>10:00-11:00 Chair Yoga</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Roll</td>
<td>Cookie</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Apple Cobbler</td>
<td>jell-O</td>
<td>1:30 Legal Aid</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Activity: 10:30 Virtual Bowling</td>
<td>Activity: 10:00-11:00 Chair Yoga</td>
<td>Activity: 6:00pm Ace to King</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:00-11:00 Go4Life</td>
<td>10:00-11:00 Haircuts</td>
<td>11:00-5:00pm The Round House Book Launch @ Children’s Pow Wow (Former IGA Building)</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Chicken &amp; Dumpling Soup</td>
<td>Pork Chops Stuffing Turnips Roll</td>
<td>Activity: 6:00pm Ace to King</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Roll</td>
<td>Peaches W/Cottage Cheese</td>
<td>Activity: 8:00 Lori Oakes DSS 10:30-11:30 Eat Healthy, Be Active</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Roll</td>
<td>Applesauce</td>
<td>10:00-11:00 Eat Healthy, Be Active</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Roll</td>
<td>UYG Screenings by appointment only</td>
<td>10:00-11:00 Eat Healthy, Be Active</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Roll</td>
<td>1:00 Shopping</td>
<td>10:00-11:00 Chair Yoga</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Roll</td>
<td>1:00 Shopping</td>
<td>1:30 Legal Aid</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Activity: 6:00pm Ace to King</td>
<td>Activity: 6:00pm Ace to King</td>
<td>Activity: 6:00pm Ace to King</td>
<td>Activity: 6:00pm Ace to King</td>
<td>Activity: 6:00pm Ace to King</td>
<td>Activity: 6:00pm Ace to King</td>
<td>Activity: 6:00pm Ace to King</td>
</tr>
<tr>
<td>5 Activity: 6:00pm Ace to King</td>
<td>Spanish Rice Green Beans Roll Brownie</td>
<td>Chicken &amp; Dumpling Soup Roll</td>
<td>Pork Chops Stuffing Turnips Roll</td>
<td>Chicken Tenders Seasoned Fries Wax Beans Fig Newton Cookie</td>
<td>Bean Soup Egg Salad Sandwich Pineapple Chucks</td>
<td></td>
</tr>
<tr>
<td>6 Activity: 10:00-11:00 Go4Life 10:15 Listen to 97.3 CKON Tetewatharon! 10:30 Virtual Bowling 1:00 Bingo</td>
<td>Activity: 10:00-11:00 Chair Yoga</td>
<td>Activity: 8:00 Lori Oakes DSS 10:30-11:30 Eat Healthy, Be Active</td>
<td>Activity: 10:00 Haircuts</td>
<td>Activity: 10:00-11:00 Chair Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 Activity: 10:00-11:00 Chair Yoga</td>
<td>Activity: 1:00 Shopping</td>
<td>Activity: 1:00 Shopping</td>
<td>Activity: 1:30 Legal Aid</td>
<td>Activity: 1:00 Shopping</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 Activity: 6:00pm Ace to King</td>
<td>9 Activity: 6:00pm Ace to King</td>
<td>10 Activity: 6:00pm Ace to King</td>
<td>11 Activity: 6:00pm Ace to King</td>
<td>12 Activity: 6:00pm Ace to King</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 Activity: 6:00pm Ace to King</td>
<td>12 Activity: 6:00pm Ace to King</td>
<td>13 Activity: 6:00pm Ace to King</td>
<td>14 Activity: 6:00pm Ace to King</td>
<td>15 Activity: 6:00pm Ace to King</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 Activity: 6:00pm Ace to King</td>
<td>11 Activity: 6:00pm Ace to King</td>
<td>12 Activity: 6:00pm Ace to King</td>
<td>13 Activity: 6:00pm Ace to King</td>
<td>14 Activity: 6:00pm Ace to King</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 Activity: 6:00pm Ace to King</td>
<td>12 Activity: 6:00pm Ace to King</td>
<td>13 Activity: 6:00pm Ace to King</td>
<td>14 Activity: 6:00pm Ace to King</td>
<td>15 Activity: 6:00pm Ace to King</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 Activity: 6:00pm Ace to King</td>
<td>13 Activity: 6:00pm Ace to King</td>
<td>14 Activity: 6:00pm Ace to King</td>
<td>15 Activity: 6:00pm Ace to King</td>
<td>16 Activity: 6:00pm Ace to King</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 Activity: 6:00pm Ace to King</td>
<td>14 Activity: 6:00pm Ace to King</td>
<td>15 Activity: 6:00pm Ace to King</td>
<td>16 Activity: 6:00pm Ace to King</td>
<td>17 Activity: 6:00pm Ace to King</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14 Activity: 6:00pm Ace to King</td>
<td>15 Activity: 6:00pm Ace to King</td>
<td>16 Activity: 6:00pm Ace to King</td>
<td>17 Activity: 6:00pm Ace to King</td>
<td>18 Activity: 6:00pm Ace to King</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 Activity: 6:00pm Ace to King</td>
<td>16 Activity: 6:00pm Ace to King</td>
<td>17 Activity: 6:00pm Ace to King</td>
<td>18 Activity: 6:00pm Ace to King</td>
<td>19 Activity: 6:00pm Ace to King</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 Activity: 6:00pm Ace to King</td>
<td>17 Activity: 6:00pm Ace to King</td>
<td>18 Activity: 6:00pm Ace to King</td>
<td>19 Activity: 6:00pm Ace to King</td>
<td>20 Activity: 6:00pm Ace to King</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Remember:**
- Please call the center by 9:30 am for lunch.
- Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00 am.
- 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!*

**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

Remember:
- Please call the center by 9:30 am for lunch.
- Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00 am.
- 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!*
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Meal</th>
<th>Activity</th>
<th>Meal</th>
<th>Activity</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>6:00pm Ace to King</td>
<td>18</td>
<td>6:00pm Ace to King</td>
<td>19</td>
<td>Salisbury Steak</td>
<td>19</td>
</tr>
</tbody>
</table>
**Healthier Living**

It’s easy to make resolutions but much harder to keep them. Let Healthier Living help you take action for your health and feel good! Most health conditions like heart disease, diabetes, arthritis, and lung problems make it hard to join in on everyday activities. This can lead to feeling unmotivated and socially isolated.

**Healthier Living: Managing Ongoing Health Conditions** helps you to live a healthy, productive life. The class will increase your confidence. And give you tools to manage your illness that are useful for: **Taking Care of Your Health Condition; Carrying Out Normal Activities; and Managing the Changes Brought On by Your Illness.**

- **Starts March 15th and ends April 19th**
- **Sessions are held every Thursday 12:30 – 3:00 p.m.**
- **Saint Regis Mohawk Senior Center Sunroom**

---

**Powerful Tools for Caregivers**

Powerful Tools for Caregivers is a six-week workshop series for family caregivers. You will gain an understanding of the importance of self-care, as you care for a loved one, and why everyone benefits. As well as tips and strategies to reduce personal stress, communicate feelings, understanding and learning from difficult emotions, and rediscovering joy.

**This workshop will benefit you if you are a:**
- Spouse or partner, adult child, close friend or family member of an adult with ongoing physical, mental, and emotional health issues
- Long-distance caregiver
- Parent of an adult child with special health and behavioral needs
- Grandparent raising a grandchild with special needs

- **Starts March 15th and ends April 19th**
- **Sessions are held every Thursday 4:00 – 6:30 p.m.**

---

**Stepping On Workshop**

Did you know: 1 in 4 people age 65 or older has a fall each year. You don’t have to be one of them. Don’t let a fall cramp your style!

**Take a Stepping On workshop!**

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you’ll learn:
- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

Please note: *February’s newsletter had the wrong time for this workshop. This is the correct dates and time.*

- **Starts April 3rd and ends May 15th**
- **Sessions are held every Tuesday 3:00 - 5:00 p.m.**
- **Saint Regis Mohawk Senior Center Sunroom**

---

**Understanding Your Grief**

Understanding Your Grief Support Group is a nine-week grief support group for adults age 55 and over and family caregivers. Each week, you will learn about physical, emotional, cognitive, and social actions to take to help yourself heal. Topics covered include: **Misconceptions about grief; Six needs of mourning; Understanding the uniqueness of your grief; and Appreciating your transformation.**

Registration is required as space is limited. A one-on-one meeting with the facilitator will be scheduled in the afternoon of March 7, 2018.

- **Starts March 14th and ends May 9th**
- **Meetings are held every Wednesday 3:00 to 5:00 p.m.**
- **Saint Regis Mohawk Senior Center Sunroom**
Total Control Platinum®
Due to unforeseen circumstances, Total Control Platinum has been rescheduled. Please see details below.
More than a "Kegel's class", this six-week fitness and education workshop will improve your pelvic and bladder health. Designed for older women, the exercises include chair-based activities.
This program represents a truly effective way for women to take control of their pelvic health, their function and their quality of life.

RESCHEDULED CLASS:
Starts March 19th and ends April 25th
Sessions are held every Monday & Wednesday
1:00—2:00 p.m.
Saint Regis Mohawk Senior Center Sunroom

The workshops listed on this and the previous page are open to all residents of Akwesasne who are:
- Adults over age 55
- Family caregivers
- Younger adults with physical, mental or emotional limitations also welcome.
Transportation is available, but must be scheduled at least 48 hours ahead of each session.
If you are worried about how you will attend the workshops, please call us to find out how we can help.
518-358-2963 ext. 3303
tewentahawinhtha.cole@srmt-nsn.gov
Funding for these programs are provided by: Saint Regis Mohawk Tribe Office for the Aging Health Promotion Services, Caregiver Support Services, EISEP and NYSOFA and OAA Title III-D, Title III C-1, Title VI-C, and a partnership between the Saint Regis Mohawk Tribe’s Health Services Mental Health Program.

Oneida Indian Nation Aging Well Conference
May 24 to May 25, 2018
Travel day from Akwesasne to Turning Stone Resort Casino is May 23, 2018
It’s that time of the year again! Mark your calendars for our annual trip to the Oneida Indian Nation. Broaden your mind, meet old friends and make new connections. Detailed information will be published in the April newsletter, but to give you a head start, here is some trip information.
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. Lodging information is being gathered for guests who plan to travel on their own and will be made available in by mid-March. The Casino Free play and Meal Credit will not be available to guests who travel on their own.
As part of registration, 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 Tewentahawinhtha’ Cole or call her at 518-358-2963 ext. 3303 or e-mail tewentahawinhtha.cole@srmt-nsn.gov for more information.
Recently, the Akwesasne Library had partnered with SUNY Plattsburgh to carry out an initiative funded by the National Endowment for the Arts. It’s called the NEA Big Read and they’ve asked if the Senior Center can be involved. The Big Read helps to broaden our understanding of our world, our communities, and ourselves through the joy of sharing a good book. Showcasing a diverse range of contemporary titles that reflect many different voices and perspectives, the NEA Big Read aims to inspire conversation and discovery.

Studies show that reading for pleasure reduces stress, heightens empathy, improves students' test scores, slows the onset of dementia, and makes us more active and aware citizens. Book clubs and community reading programs extend these benefits by creating opportunities to explore together the issues that are relevant to our lives. The book chosen for this initiative is called The Round House and is written by award-winning author and Minnesota bookstore owner Louise Erdrich. Erdrich is from North Dakota and is a member of the Turtle Mountain Band of Chippewa Indians. The Round House, tells the suspenseful tale of a 13-year-old boy's investigation and desire for revenge following a brutal attack on his mother that leaves his father, a tribal judge, helpless in his pursuit to bring the perpetrator to justice. "Erdrich threads a gripping mystery and multilayered portrait of a community through a deeply affecting coming-of-age novel" (O, The Oprah Magazine). A preeminent tale in an essential American saga” (Booklist, starred review). "This novel will have you reading at warp speed to see what happens next" (Star Tribune).

How The Big Read works:

The Senior Center will distribute free copies of the book. Books are also available at the Akwesasne Library.

Once you receive your book, read and enjoy! Then join us on Thursday, April 5 at 11 a.m. for The Round House book discussion.

There will also be a Book Pre-Launch event on Saturday, March 10 from 11 a.m. to 5 p.m. at the Children’s Pow Wow being held at the former First American’s IGA building.

In April’s Newsletter, be on the lookout for events in and around Akwesasne that connect with The Round House. Why April? SUNY Plattsburgh has chosen April as our Big Read month because it coincides with Sexual Assault Awareness Month, Celebrate Diversity Month, and National Poetry Month. Through an array of programming with a diverse group of partners, The Big Read aims to highlight sexual assault awareness, Native American culture, literacy, community and the joy of reading.

From a personal perspective, I've just read this book and feel it is a very good read. It was definitely a page turner for me. And helped me to remember, learn, and experience the complexities we often times have to “live with” as Onkwehonwe. I highly recommend giving this a read. Give me a call or come visit me if you want to take part. Nia:wen.

~ Tewentahawih'tha' Cole
Our Birthday meal was held on Wednesday, January 31st and our Birthday Buddies who came to celebrate with us were Bessie Mitchell, Caroline Tarbell, Jimmy Cook, Kerney Cole. Be sure to come in the month of your Birthday to celebrate with us!

Alzheimer’s Association Presents: Understanding and Responding to Dementia-related Behavior
DATE: March 15, 2018      TIME: 1:00 pm
LOCATION: St. Regis Mohawk Senior Center, 29 Business Park Road, Hogansburg NY
For more information and to register, contact: Sierra Snoody at 518-867-4999 ext: 207
This program is supported in part by a grant from the New York State Department of Health.
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.