Elder Abuse Presentation
Monday, September 17, 2018
11 A.M. to Noon
Dining Area

Elder Abuse is defined by the World Health Organization as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.”

Elder abuse often occurs when there is an imbalance of control. The abuser either limits or takes control over the rights and freedoms of the senior. The abuse/violence is used to intimidate, humiliate, coerce, frighten or simply to make the senior feel powerless.

Elder abuse or elder mistreatment is a multidimensional phenomenon, which encompasses a broad range of behaviors, events, and circumstances. Unlike random acts of violence or exploitation, elder abuse does not always occur as an isolated incident; rather it is recurrent in up to 80% of cases.

Helen Gray, OFA Elder Abuse Prevention Coordinator, and Norman King, AMPS Community Service Officer, will be presenting on elder abuse. Participants will learn to recognize warning signs, risk factors, ageist attitudes and behaviors, and local services and programs that can help.
Volunteers are urgently needed for Bingo 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:

Sept. 3rd
Closed—Labor Day

Sept. 10th
Judy Cole
Rosemary Bonaparte

Sept. 17th
Barbara Lazore
Lou Ann Pacquin

Sept. 24th
Betty Kelly
Dorothy Shatlaw
Debbie Thomas

Substitutes:
Lois Thomas
Annie King

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

Upcoming Events

September 11: Club Meeting
September 20: Trip to Turtle Bay Lodge in Kahnawake
October 6: Annual Craft & Food Show
November 4—7: Trip to Foxwoods & Mohegan Sun

New Members:
Rebecca Massic
Sallie Dannan

IN OTHER NEWS

KIDS ARE GOING BACK TO SCHOOL
Green Food Bag

Deadline to order is:
Friday, Sept. 7th before 2:00pm
Please pick up your bag on:
Tuesday, Sept. 18th
12:00pm and 4:45pm
Cost is $10.00 per bag
American OR Canadian Funds

Please Note: Pre-Orders for months ahead will now be accepted! Also, please remember 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.

An Article by Rachel Benedict,
Summer 2018 Student Intern:

During the month of July the senior center hosted daily activities at 11 a.m. Our top 3 participants were Roger Caldwell, Peter Back and Carol Ann Thompson. They will each receive a prize for participating in the activities. To encourage more people to play, we are doing a random draw which means the amount of activities you participate in the more your name will be entered into the random draw. Our random draw winner for the month of July is Bea White. To all the winners please pick up your prize in Tewentahawih’tha’ Cole’s office.

I was a summer intern at the senior center and for the month of July I was in charge of running 11 a.m. activities. My favorite activity was Giant Badminton, we played this activity in the beginning of my internship. It was very nice seeing many seniors participating and playing team sports with each other. It was such a nice experience because I got to see the seniors enjoy themselves and laughing away at our activities.

**Unfortunately, Rachel’s internship with our Senior Center ended a bit early due to funding. But, we all wish her good things as she makes her way back to Le Moyne College! **
The Alexandria Boat tour was held on Tuesday, July 31st. Although this was a first time trip for some, others were repeat attenders because of the fun expected to be had on the boat. The tour by Uncle Sam’s Boat tour offered a lunch buffet and a spunky blonde tour guide (who was very comfortable with talking NON-STOP). And a volunteer helper, Hunter, who helped to get food for members of our group. It was a hot, sunny day and everyone was able to enjoy the tour on all different levels of the boat. Even though there were a chance of rain, the clouds held off until us Mohawks were done with the tour and had our fun (Nia:wen!) Some people were able to get off the tour boat at Boldt Castle. They later rejoined the group. Another trip will be planned for next year!

The Salve making class was done on Wednesday, Aug. 22nd where a group of us got together to make our own Aches and Pain Salve. The class was taught by Sateiokwen Bucktooth, owner of Snipe Clan Botanicals and graduate of the Akwesasne Cultural Restoration Program where she was an apprentice for Traditional Medicines and Healing. The class was very informative and worthwhile. And the salve was, surprisingly, very easy to make! Participant had a hand in making the salve and even took recipes homes with them for future use. I would highly recommend attending this monthly series. The next class will cover Cough Syrups and how to make them using traditional medicines.

In the Photo above: Sateiokwen Bucktooth, Mabel White, Donnie White, Glen Lazore, Doris Burns, Dolores Stanfield, & Tewentahawih’tha’ Cole

Next Class: Cough Syrup- Wednesday, September 26th at 12:30-3:00 pm
Sign up with Katie or Emily (518) 358-2963 ext.: 3309
Know the 10 Signs
Early Detection Matters

A workshop presented by the Alzheimer’s Association. If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer’s disease.

Thursday, September 20, 2018
1:00 pm at the Saint Regis Mohawk Senior Center
To register contact: Victor Coles at (518) 867-4999 x200
This program is supported in part by a grant from the New York State Department of Health.

OFA Snow Plowing and Walkway/Ramp Snow Removal

Sign up’s begin September 1st and end December 1st. 30 available spots with waiting list

- Those seniors wishing to be on the snow plow list must meet eligibility requirements and complete a release of liability form. Forms are available at the front desk. Applicants will be notified if they have been approved and are on the snow plow list.
- Those individuals who qualify but do not make the list will be put onto a waiting list.
- The Office for the Aging will not pay for a private plow driver. You must pay for this service yourself if you do not make it on our list.
- The snow plow service has a suggested contribution of $5.00. You will not be denied service if you cannot make a contribution. All contributions are used to cover costs for the snow plow service such as gasoline and vehicle maintenance.
- Priority for snow plow services is given to those seniors who are receiving medical care in the home or those who must leave their home for medical treatments. After those driveways have been cleared, then the driver will continue with the list.
- Applicants must apply every year, applications are available at the front desk.

Any Questions? Call Doris Burns, Andrew Person, or Quentin Thomas at (518) 358-2963
Services are funded by EISEP and TGF
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td><strong>Closed:</strong></td>
<td>Labor Day</td>
</tr>
</tbody>
</table>
|      | ** Kiokierénhton** | Mac & Cheese  
Stewed Tomatoes  
Green Beans, Roll  
Cranberry  
Applesauce  
**Activity:**  
10:00 Chair Yoga  
with Catherine Cook  
11:00 Registration Table  
1:00 Mohawk Class  
1:00 Shopping  |
| 3    | **Activity:** | 6:00 Ace to King  
**Activity:** | 6:00 Ace to King  |
| 4    | **Ahsénhaton** | BBQ Ribs, Sweet Potato Fries, Wax Beans, Roll  
Mandarin Oranges  
**Activity:**  
8:00 Lori Oakes DSS  
10:00 AEP  
11:00 Registration Table  
12:30 Farmer’s Market |
| 5    | **Wískhaton** | Chef Salad Cheese Filled Bread Sticks, Ice Cream Sandwich  
**Activity:**  
10:00 Chair Yoga  
10:00 Haircuts  
11:00 Registration Table  
1:00 Mohawk Class  
1:00 Shopping  
5:00 Caregiver Support + Group + Memory Cafe |
| 6    | **Iahià:khaton** | Lemon Bake Chicken, Rice Pilaf, Broccoli & Cauliflower, Roll, Peaches  
**Activity:**  
10:30 Virtual Bowling |
| 7    | **Activity:** | 6:00 Ace to King  
10:00 AEP  
11:30 Cornwall Lunch and Shopping  
12:30 Farmer’s Market in Massena  |
| 8    | **Activity:** | 6:00 Ace to King  
10:00 Senior Club Meeting  
10:00 Tai Chi Class #1  
11:30 Box Lunch Bingo  
1:00 Mohawk Class  
1:00 Shopping  
1:30 Legal Aid  |
| 9    | **Activity:** | 6:00 Ace to King  
10:00 AEP  
10:30 Virtual Bowling  
1:00 Bingo  |
| 10   | **Activity:** | 6:00 Ace to King  
10:00 AEP  
10:30 Virtual Bowling  
1:00 Bingo  |
| 11   | **Activity:** | 6:00 Ace to King  
10:00 AEP  
11:30 Cornwall Lunch and Shopping  
12:30 Farmer’s Market in Massena  |
| 12   | **Activity:** | 6:00 Ace to King  
10:00 AEP  
10:30 Virtual Bowling  |
| 13   | **Activity:** | 6:00 Ace to King  
10:00 AEP  
10:30 Virtual Bowling  |
| 14   | **Activity:** | 6:00 Ace to King  
10:00 AEP  
10:30 Virtual Bowling  |
| 15   | **Activity:** | 6:00 Ace to King  
10:00 AEP  
10:30 Virtual Bowling  |

*Green Food Bag Orders Due by 2:00*
### Activity Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>23</td>
<td>Chicken &amp; Broccoli Alfredo Garlic Bread Mandarin Oranges</td>
<td>6:00 Ace to King</td>
</tr>
<tr>
<td>24</td>
<td>Pancakes Scrambled Eggs Bacon, Yogurt</td>
<td>10:00 AEP 10:30 Virtual Bowling 1:00 Bingo</td>
</tr>
<tr>
<td>25</td>
<td>Chicken Parm With Spaghetti Toss Salad, Bread Birthday Meal</td>
<td>10:00 Tai Chi #5 1:00 Mohawk Class 1:00 Shopping</td>
</tr>
<tr>
<td>26</td>
<td>Cesar Salad Bread Sticks, Jell-O</td>
<td>10:00 Tai Chi #6 1:00 Mohawk Class 1:00 Shopping</td>
</tr>
<tr>
<td>27</td>
<td>Closed: Planning Day 1:00 Tina’s Painting</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**AEP = Arthritis Exercise Program**

Now is the time to enroll in all upcoming workshops and classes. Tables will be set up during the day for your convenience. Please visit a registration table to learn more!

**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!
When someone you love dies, it can be hard to understand your often complex—and painful—thoughts and feelings. This compassionate group will help accompany you on your journey through grief and mourning.

**Understanding Your Grief** is a ten-week grief support group for adults age 55 and over, family caregivers, and for adults under age 55 who identify as having a physical, mental, or emotional limitation. Each week, you will learn about physical, emotional, cognitive, and social actions to take to help yourself heal. Group members also read portions of *Understanding Your Grief* and have the option to write down their thoughts and feelings in the guided journal.

**Topics covered include:**
- Misconceptions about grief
- Six needs of mourning
- Understanding the uniqueness of your grief
- Appreciating your transformation

A one-on-one screening is required & will be scheduled in the afternoon of:

**Wednesday, September 12**

**Group starts September 19th:**
Every Wednesday for 10-weeks
3:00 to 5:00 p.m.
SRM Senior Center Sunroom
* * Transportation is available * *
518-358-2963 ext. 3303

---

**2018 Falls Prevention Awareness Day**
Celebrated in Akwesasne on Friday, September 21, 2018
10:00 a.m.—12:30 p.m.
Everyone is welcomed!

The annual Falls Prevention Awareness Day (FPAD) raises awareness about how to prevent fall-related injuries among older adults. The Senior Center and its local partners are collaborating to educate you and your loved ones about the impact of falls, share fall prevention strategies, and show you where to sign up for evidence-based community fall prevention programs.

Also, we will have prizes and fun activities to take part in!
To learn more call Tewentahawih’tha’ at 518-358-2963. ext. 3303

---

A new class for Family Caregivers will be starting in October. It’s called **Powerful Tools for Caregivers**. For more information, please contact the Senior Center. Also, be on the lookout for advertisements in the Saint Regis Mohawk Tribe Facebook page, Indian Time, and CKON 97.3 FM Radio Station. We promise, it’s something Family Caregivers will benefit from!
Tai Chi (Tie-chee) is sometimes described as “meditation in motion.” Originally developed in China as a form of self-defense, this graceful form of exercise has existed for about 2,000 years. **Who is Tai chi for?** Tai Chi is generally safe for people of all ages and levels of fitness. Tai Chi appears to offer both physical and mental benefits. **Why should I attend?** If your goals are to increase your flexibility, strengthen muscles, improve cardiorespiratory function, or improve balance and coordination, then this class is for you. **Do I need any special equipment?** No. All you need to wear is comfortable/loose clothing for movement and flat shoes. The classes will be taught by Catherine Cook and Katie Boots. **The classes will be held every Tuesday and Thursday at 10:00 am at the SRM Senior Center Sunroom beginning Sept. 11, 2018.**

---

**Healthier Living: Managing Ongoing Health Conditions**

“Before this class I was angry with myself. I had a lot of health issues. And, I guess I felt sorry for myself. I really didn’t know how to deal with or get myself out from this feeling that I had.” ~ An Akwesasne Resident

If you suffer from any type of ongoing health condition, like heart disease, diabetes, arthritis, and/or lung problems, this class can help you better understand your individual treatment plan and how to accomplish the things you want to do. **Let Healthier Living help you take action for your health and feel good!**

**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.*

---

**Join us in October!**

We will have a lunch and learn sessions on October 3 where you'll be able to sign up for this 6-week class. Classes start October 10 and will be held on Wednesdays, 11:30 a.m. – 2:00 p.m. in the SRM Senior Center Sunroom.

518-358-2963 ext. 3303
Doris Thomas started in 1988 as a Janitor and her duties listed, “General clean-up, assist in Home deliveries, substitute bus driver, general handyman”. Since that time many things have changed, but Doris is still working at the Senior Center. She worked way up to Kitchen Aid, Cook’s Assistant, and now Head Cook. We’ve been eating good ever since.

In a typical year, Doris and the kitchen staff prepare up to 10,000 home delivered meals and 9,500 congregate meals. Doris knows exactly how much to order, what the best prices are, how much to cook, and what needs to be recorded. All those things to remember and she still knows likes and dislikes of every Tota who eats at the center. Who gets extra sauce, who doesn’t like onions, and who really likes chocolate pudding. Doris takes it all in stride.

The one thing to know about Doris is that she is always smiling. It could be a hundred degrees in the kitchen, Doris is glowing like crazy, and she will still be smiling. Doris’ smile is one the first things we see when we enter the dining room. It’s one of the things that we will miss most when she retires, along with her cabbage rolls.

---

**30 Years of Service**

**Stand By Your Man**

*The Tammy Wynette Story*

Show is Sunday, Oct. 28th at 4:00 pm, Tickets are $29.00. Follow this music legend’s journey from triumph to heartbreak to everlasting love. Relieve 28 hits including *I Don’t Want to Play House Anymore, D-I-V-O-R-C-E, Golden Rings & many more!*

**Deadline to reserve your ticket is Sept. 14th!**

**Call if interested Katie or Emily**

---

**Thursday, September 6**

**5:00 to 7:00 p.m.**

**Saint Regis Mohawk Tribe: Memory Café & Support Group**

FREE and Open to the Public!

SRM Senior Center

For more information or to RSVP, call Aerica Biggers at 518-481-1534.

**Dementia Support Group—5:00 - 6:00 p.m.**

**Dementia Caregiving & Family Dynamics**

Caregivers are invited to attend a support group while individuals with memory loss have a chance to socialize. A light meal will be served.

**Memory Café—6:00 - 7:00 p.m.**

**Featuring Entertainer Daniel Klebe**

Caregivers will rejoin their family members for activities and musical entertainment.
Our annual Senior Picnic was held on Fri, Aug. 17th. We had so much fun with games, dancing and great food! We played opposite hand virtual bowling and the classic bean bag toss. We had a hilarious relay race with some staff, seniors, and even our pharmacist Brian Bond! We played a timed team table game and even played bingo. Lonewolf & the Spaghetti Corner Band was our entertainment for the afternoon and they played not only original songs but great covers that we couldn’t sit still to! Thank you to everyone that brought a dish and participated in our activities on that beautiful day.

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