



# Moccasin Trail

SESKEHKÓ:WA / SEPTEMBER 2018

## POINTS OF INTEREST:

- ⇒ Ride to Nowhere
- ⇒ Snow Removal
- ⇒ Green Food Bag
- ⇒ Falls Prevention Day
- ⇒ Healthier Living:  
Managing Ongoing  
Health Conditions
- ⇒ Show in Ogdensburg
- ⇒ August Senior Picnic

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## 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.



**Monday, September 3rd— Labor Day**  
**Friday, September 28th— Planning Day**

# **SENIOR CLUB PAGE**

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**



# 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.

# Drop-In Anytime!

**Catherine Cook's Chair Yoga:** will only be held on 4th and 6th. It will be replaced by Tai-Chi for Arthritis on the 11th. Please see page 9 for more information.

**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.

**Classes will be held every Monday and Wednesday at 10:00 a.m.**

**You do not have to have Arthritis to join. All are welcomed!**

## 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! \*\***



# Alexandria Bay Boat Trip

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!



Dorothy Shatlaw & Barbara Derouchie



Tewentahawih'tha' Cole & son Hunter



Clover Dishaw & Grace Barnes

## Traditional Medicines Monthly Class Series

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

# alzheimer's **Know the 10 Signs** **association® 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**

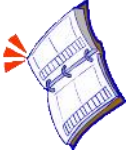
*Services are funded by EISEP and TGF*

# Seskehkó:wa/September

6

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahí:khaton
<b>2</b> <u>Activity:</u> 6:00 Ace to King	<b>3</b> Closed: Labor Day	<b>4</b> Mac & Cheese Stewed Tomatoes Green Beans, Roll Cranberry Applesauce <u>Activity:</u> 10:00 Chair Yoga with Catherine Cook 11:00 Registration Table 1:00 Mohawk Class 1:00 Shopping	<b>5</b> BBQ Ribs, Sweet Potato Fries, Wax Beans, Roll Mandarin Oranges <u>Activity:</u> 8:00 Lori Oakes DSS 10:00 AEP 11:00 Registration Table 12:30 Farmer's Market	<b>6</b> Chef Salad Cheese Filled Bread Sticks, Ice Cream Sandwich <u>Activity:</u> 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	<b>7</b> Lemon Bake Chicken, Rice Pilaf, Broccoli & Cauliflower, Roll, Peaches <u>Activity:</u> 10:30 Virtual Bowling Green Food Bag Orders Due by 2:00	<b>8</b> <u>Activity:</u> 6:00 Ace to King
<b>9</b> <u>Activity:</u> 6:00 Ace to King Happy Grandparents Day!	<b>10</b> Chili, Johnny Cake, Oatmeal Cookie <u>Activity:</u> 10:00 AEP 10:30 Virtual Bowling 1:00 Bingo	<b>11</b> Italian Sausage Rigatoni, Garlic Bread Tapioca Pudding <u>Activity:</u> 8:30 Massage 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	<b>12</b> Red Bean & Rice, Brussel Sprouts Roll, Pears <u>Activity:</u> 10:00 AEP 11:30 Cornwall Lunch and Shopping 12:30 Farmer's Market 1:00-5:00 UYG Pre- Screenings *Must go through screenings first*	<b>13</b> Potato Crusted Cod, Coleslaw, Red Potatoes, Melon Cup <u>Activity:</u> 10:00 Tai chi #2 1:00 Mohawk Class 1:00 Shopping & Farmer's Market in Massena	<b>14</b> Beef Barley Soup, Biscuit, Fruited Jell-O <u>Activity:</u> 10:30 Virtual Bowling	<b>15</b> <u>Activity:</u> 6:00 Ace to King
<b>16</b> <u>Activity:</u> 6:00 Ace to King	<b>17</b> Baked Ziti Italian Bread Asparagus	<b>18</b> Beef Stew Corn Muffins, Sliced Pears	<b>19</b> Chicken Burger Fries, 3 Bean Salad Cranberry	<b>20</b> Vegetable Soup Tuna Sandwich Brownies	<b>21</b> Fish on a Bun Coleslaw, Fries Tapioca Pudding	<b>22</b> <u>Activity:</u> 6:00 Ace to King



6:00 Ace to King	Chocolate Pudding <b>Activity:</b> 10:00 AEP 10:30 Virtual Bowling 1:00 Bingo (Kahnawake)	<b>Activity:</b> 10:00 Tai Chi #3 1:00 Mohawk Class 1:00 Shopping  12:00-4:45 Pick up Green Food Bag	Applesauce <b>Activity:</b> 8:00 Lori Oakes, DSS 8:00 Watertown Trip 10:00 AEP 3:00-5:00 pm UYG #1 12:30 Farmer's Market: Malone	<b>Activity:</b> 10:00 Tai Chi #4 10:00 Haircuts 10:00 Kahnawake Trip: Senior Club 1:00 Mohawk Class 1:00 Shopping 12:30 5 Pin Bowling in Cornwall	<b>Activity:</b> 10:00 Virtual Bowling Tournament 12:30 Billiards at Tsiionkwanosote  National Falls Prevention Day	6:00 Ace to King
<b>23</b> <b>Activity:</b> 6:00 Ace to King	<b>24</b> Chicken & Broccoli Alfredo Garlic Bread Mandarin Oranges <b>Activity:</b> 10:00 AEP 10:30 Virtual Bowling 1:00 Bingo	<b>25</b> Pancakes Scrambled Eggs Bacon, Yogurt <b>Activity:</b> 10:00 Tai Chi #5 1:00 Mohawk Class 1:00 Shopping 12:30 Craft Class: Beaded Purses	<b>26</b> Chicken Parm With Spaghetti Toss Salad, Bread <b>Birthday Meal</b> <b>Activity:</b> 10:00 AEP 10:30 Vitals 12:30-3 Cough/Cold Syrup: Traditional Medicine Workshop 12:30 Ride to Nowhere 3:00-5:00 UYG #2	<b>27</b> Cesar Salad Bread Sticks, Jell-O <b>Activity:</b> 10:00 Tai Chi #6 1:00 Mohawk Class 1:00 Shopping & Farmer's Market in Massena 1:30 Legal Aid	<b>28</b> <b>Closed:</b> <b>Planning</b> <b>Day</b> 1:00 Tina's Painting 	<b>29</b> <b>Activity:</b> 6:00 Ace to King
<b>30</b> <b>Activity:</b> 6:00 Ace to King	<p><b>AEP = Arthritis Exercise Program</b></p> <p><i>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!</i></p> <p><b>Remember:</b> 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. <b>Your cooperation helps us better serve you!</b></p>					

# <sup>8</sup> **Understanding Your Grief: Support Group**

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<sup>th</sup>**

**Group starts September 19<sup>th</sup>:**

**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 for Arthritis

Dr Paul Lam | A Tai Chi for Health Program

Sign up with  
Tewentahawih'tha' Cole  
518-358-2963 ext. 3303

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 cardio-respiratory 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.**

**Please Note: This is a 12-week series of classes. Your progression through the poses are important. Attending classes from the start is very important. Please enroll early to reserve your spot. “Drop-Ins” may be turned away. Transportation is available.**

# 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**

# 30 Years of Service

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.



## 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. Relive 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**



## CAREGIVER SUPPORT

Alzheimer's Disease and Other Dementias

**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 Aericia 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 Klebes**

Caregivers will rejoin their family members for activities and musical entertainment.

# Happy Birthday!

1- Lorene Herne	9- Helen Sherwood	24- Anna Lambert
2- Helen Samson	13- Larry Hodge	25- Abe Gray
Hilda Smoke	Jackie Latulipe	26- Roy Tarbell
3- Peter Back	14- Marion Lazore	27- Elizabeth Perkins
Clover Dishaw	Yvonne White	<b>Kerry Montour</b>
Mary Ellen Gardner	15- Sheila Benn	28- Janice Duso
Leo Belfy	16- Gerald Grenom	Julia David
4- Barney Rourke	Greta Barnes	John Herne
Doris Thomas	18- Donna Loewen	Barbara Lazore
Alice Thompson	19- Sylvia Quenneville	29- Karen Benedict
5- Carolyn Durant	20- Margie Francis-	30- Joseph Cooke
Beverly Barney	Thompson	
Dewey Garrow Sr.	22- Cynthia Sawatis	<b>Bold are Saint Regis Mohawk</b>
	Bonnie McDonald	<b>Senior Club Members</b>



# Senior Picnic



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](mailto:katie.boots@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**

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**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!**

- **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..**