



Moccasin Trail

SESKÈHA / AUGUST 2018

POINTS OF INTEREST:

- * Green Food Bag Dates
- * July Morning Fun
- * Lawn Care Notice

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Senior Picnic!

**Friday
August 17th, 2018
10:00 am-3:00 pm**

Do you make that one special dish that Everyone loves? Bring it in to share at our annual Senior Picnic! We cook the hot dogs, hamburgers, Italian sausage, and potato salad. We are looking for volunteers to bring in drinks, snacks, salads, and desserts. There will be a sign-up poster hanging here at seniors to post what everyone will be bringing, or you can call 518-358-2963 and we will write your dish down for you. Lunch is FREE!!! We will also have games and prizes!

Sorry WE'RE
CLOSED

Friday, August 31st— Planning Day

SENIOR CLUB PAGE

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.

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

Upcoming Events

August 13: Seniorama

August 14: Club Meeting

August 29: Rideau Carleton Trip

September 20: Kahnawake Trip

October 6: Annual Craft Show

November 4—7: Trip to Foxwoods &
Mohegan Sun

Volunteer BINGO Schedule:

August 6

Barbara Lazore
Brenda LaFrance

August 13

Betty Kelly
Dorothy Shatlaw
Debbie Thomas

August 20

Melanie Jacobs
Iona Castagnier

August 27

Vicki Phillips
Lucille Peters

Substitutes:

Lois Thomas/Annie King

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

Our Condolences to the families of
Rita Leblanc, George Adams and
Thelbert Bigtree

New Members:

Jane Thrana
Marion Baker
Rebecca Massic



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.

Green Food Bag

Deadline to order is:

Friday, August 3rd before 2:00 pm

Please pick up your bag on:

Tuesday, August 21st

12:00 pm– 4:45 pm

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.

Cost is \$10.00 per bag
American/Canadian Funds

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 are no longer accepting applications for the Air Conditioner lending program. All those who signed up had their A/C units installed today.

Survey Time!

Please approach the Activities Department Katie/Emily and the Health Educator Tewentahawihtha to fill out a survey to tell us how we are doing and to make any suggestions on improving our department. Help us to make our Senior Center better for you!

Ice Cream Social

**STOP BY THE SENIOR CENTER FOR A TREAT
TO CELEBRATE NATIONAL ICE CREAM
MONTH!**

**Thursday, August 21st
at 12:30 pm**

SPONSORED BY:



“No Kid Hungry” Summer Reading Program



Tisha Benedict & Lyn Thomas from the Akwesasne Boys and Girls Club handing out lunches



Reader for the day on July 26th was Lilly Swamp

Thank you Melanie Jacobs and Linda Printup for your donation of puzzles.

Thank you Carol Cree for the wheelchair.

Thank you Joanne Reyome for the sewing notions and beads.

Thank you Sandra Rourke for donating the exerciser.

Thank you Hilda Herne for the beautiful flowers from your garden.

Thank you July Newsletter helpers: Lou Ann P., Katherine T., Sandy S., and Beverly L.

Thank you Helen Sherwood for the fresh vegetables from your garden.

Niawen:kowa

New Yorkers, Get Cool

Older adults and people with certain medical conditions are at higher risk of heat-related illness. Spending at least a few hours in air conditioning is one of the best ways to protect yourself. Find out if your household is eligible to receive a free air conditioner through a Home Energy Assistance Program (HEAP) Cooling Assistance Benefit and take steps to get cool.

Households with U.S. Citizens or qualified aliens may be eligible to receive a free air conditioner through a HEAP Cooling Assistance Benefit starting May 1st if:

- Your gross monthly income is at or below HEAP's monthly income limits, or you receive SNAP, Temporary Assistance, or Supplemental Security Income Living Alone
- A household member has a documented medical condition worsened by heat
- You received a Regular HEAP Heating benefit greater than \$21 this year
- You have no working air conditioners or your air conditioner is at least 5 years old
- You have not received a HEAP-funded air conditioner in 10 years.

Learn more about the HEAP Cooling Assistance Benefit at:

www.otda.ny.gov/programs/heap/#cooling-assistance or 1-800-342-3009

If you do not have air conditioning at home, find a place to get cool in your community:

www.health.ny.gov/environmental/weather/cooling



Tips to Get Cool:

- Stay indoors in air conditioning for at least a few hours
- Drink plenty of cool nonalcoholic and caffeine-free liquids
- Talk to your doctor about how to stay hydrated and medications that might make you sensitive to heat
- Avoid working or playing outside during the hottest part of the day (11 a.m. to 4 p.m.)
- Take a cool shower or bath

Find more extreme heat advice at www.health.ny.gov/extremeheat

For more information, please contact Tracy Holcomb or Alison Cooke at (518) 358-2834

Seskeha/August

Tsiat'ahkhaton

Kiokierénhton

Tekeníhaton


Ahsénhaton

Kaieríhaton

Wískhaton

Iahiá:khaton

<p><i>Remember to call the center by 9:30 am for lunch, call the center if you will not be home for your delivery 358-2963</i></p>	<p>Sponsor By: NYS OFA Title 111, Title V1, Native American Funding & Tribal General Funding</p>		<p>1 Stuffed Chicken Breast Beets Wild Rice Vanilla Pudding Activity: 8:00 DSS Lori Oakes 12:30 Farmer's Market: Malone</p>	<p>2 Chuck Wagon Sandwich Cucumber Salad Fruit Cocktail Activity: 10:00 Mary T. Yoga 1:00 Shopping 5:00-7 Caregiver Support Group & Memory Cafe</p>	<p>3 Goulash Wax Beans Garlic Toast Pears Activity: 10:30 Virtual Bowling</p> <p>Green Food Bag Order Deadline 2:00pm</p>	<p>4 Activity: 6:00pm Ace to King</p>
<p>5 Activity: 6:00pm Ace to King</p>	<p>6 Salisbury Steak with Noodles Brussels Sprouts Roll Mandarin Oranges Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo</p>	<p>7 Chicken Caesar Salad Garlic Breadsticks Raspberry Cookie Activity: 8:20 Massage 10:00 Yoga DVD 1:00 Shopping</p>	<p>8 Spanish Rice Butternut Turnips Roll Cantaloupe Slices Activity: 10:00 Exercise Class 10:30 Nutrition Bingo</p>	<p>9 Chicken Burger Mac Salad Pickle Fruited Jell-O Activity: 10:00 Haircuts 10:00 Mary T. Yoga 11:00 Malone Fair 1:00 Shopping 1:30 Legal Aid 12:30 Farmer's Market: Massena</p>	<p>10 Italian Sausage with the Works Sweet Potato Fries Butterscotch Pudding Activity: 10:30 Virtual Bowling 12:30 Billiards at Tsiionkwanonsote</p>	<p>11 Activity: 6:00pm Ace to King</p>

12 Activity: 6:00pm Ace to King 11:00 Leave for Ottawa Baseball Game	13 BBQ Ribs Sweet Potatoes Peas & Carrots Roll Tapioca Pudding Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo 10:00-3:00 pm-Seniorama @ Casino	14 Sesame Pork over Noodles Broccoli Roll Applesauce Activity: 10:00 Yoga DVD 10:00 Senior Club Meeting 11:30 Box Lunch Bingo 1:00 Mohawk Language Class 1:00 Shopping	15 Hash Mix Vegetables Cornbread Lemon Fluff Activity: 8:00 DSS Lori Oakes 10:00 Exercise Class 12:30 Farmer's Market: Malone	16 Sweet & Spicy Picante Chicken Roll Pineapple Slices Activity: 10:00 Yoga DVD 1:00 Mohawk Class 1:00 Shopping	17 Senior Picnic Potluck! Hot Dogs/Sausage/Burgers, Potato Salad and much more! DEADLINE to sign up for Adirondack Museum Trip on Aug. 25th	18 Activity: 6:00pm Ace to King
19 Activity: 6:00 Ace to King	20 Bake Ziti w/ Sausage Green Beans Italian Bread Peach Cobbler Activity: 10:00 Exercise Class 10:30 Virtual Bowling 11:00 Elder Abuse Presentation 1:00 Bingo	21 Chef Salad Bread Sticks Cookie Activity: 8:20 Massage 10:00 Yoga DVD 12:30 Ice Cream Social! 1:00 Mohawk Class 1:00 Shopping 12:00-4:45 Pick up Green Food Bag	22 Chicken Alfredo with Broccoli Roll Berries & Whip Activity: 10:00 Exercise Class 12:30 Salve Making Class	23 French Toast, Ham Scrambled Eggs Hash Browns Fresh Banana Activity: 10:00 Mary T. Yoga 10:00 Haircuts 1:00 Mohawk Class 1:00 Shopping 12:30 Craft Class: Beaded Birds 12:30 Farmer's Market: Massena 1:30 Legal Aid	24 Swedish Meatballs Brown Rice Cauliflower Roll Mandarin Oranges Activity: 10:30 Virtual Bowling	25 Activity: 6:00pm Ace to King 9:00 Adirondack Museum Trip: Art Market (deadline to sign up Fri. Aug. 17)
26 Activity: 6:00 Ace to King	27 Hamburg Gravy Boiled Potatoes Corn Roll Fresh Fruit Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	28 Creamy Ranch Chicken With Noodles Tomato & Cucumber with Dressing Roll, Peaches Peaches Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	29 Birthday Meal Boiled Ham Dinner Roll Creamsicle Parfait Activity: 10:00 Exercise Class 10:30 Vitals 10:00 Rideau Carleton Trip 	30 Cold Cut Buffet Tuna Mac Salad Yogurt Parfait Activity: 10:00 Mary T. Yoga 12:30 Birding at Malone County Club 1:00 Mohawk Class 1:00 Shopping	31 Closed Planning Day Activity: 1:00 Tina's Painting	

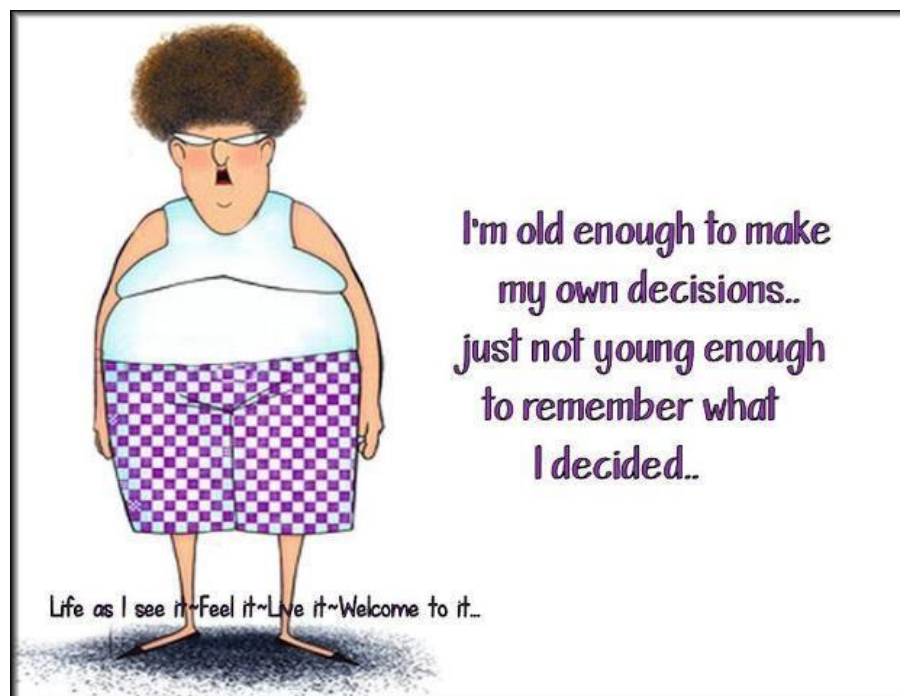
Fan Making Class



The fan making class held at the Senior Center at 12:30 p.m. on Thursday, July 19th was taught by Ian Clute and his 2 summer students Troy Francis and Brendan Lazore-McDonald. The instructor taught us a very simple way to create fans. The materials used to create a fan were goose feathers, string, double sided tape, fan holder, and leather. We had 12 participants and everyone was so proud of their creations and we all had a very fun time making them.



Dolores Stanfield, Doris Burns, Bea White, Donnie White, Beverly Lazore, Rachel Benedict & Roseanne Terrance. Not in photo Barbara Lazore



July Eleven O'Clock Fun!

Due to the construction for the month of July the Senior Center had planned an activity at 11 am every day to encourage the seniors to come. Our attendance shows that the seniors enjoyed participating in our activities. Their favorite activities were Jumbo Bowling, Bean Bag Toss, and Giant Badminton. Our activities champion is Roger Caldwell, he has participated in 12/14 activities we played. For Jumbo Bowling we set up 10 lightweight pins and the seniors have to stand at least 10 feet back and they use a ball to knock the pins down. We only play 5 frames due to the cardio the staff is receiving for picking up and setting the pins. For Bean Bag Toss they are throwing the bean bags underhand to a slanted board with a hole. We play however many rounds you want, and the first one to 11 wins. If you land on the board but the bean bag does not go in then that is 1 point and if you get the bean bag in the hole then that is 3 points. For Giant Badminton we set up at little court and use a pickle ball net as the net so the game isn't too rigorous, there can be 2-4 players and they are sitting in chairs to accommodate the seniors needs. We love getting the seniors moving and look forward to doing activities with them next month!

Traditional Medicines and Language Classes Now Offered

*Please join us for some culture and language classes now being offered.
Registration is encouraged. Please call Katie Boots at 518-358-2963 ext. 3309.*

Mohawk Language Classes:

Every Tuesday and Thursday at 1:00—2:00 p.m. (beginning August 14th)

Taught by Grace Mitchell.

This is a beginner level class for our seniors. No matter your Mohawk language ability, you are welcome to attend. Please register so we know how many to expect. This class is being sponsored in part by the Saint Regis Mohawk Tribe Historical Preservation Program.

Salve Making Class using Traditional Medicines:

Wednesday, August 22 at 12:30—3:30 p.m.

This is a salve making workshop where you will walk away with a product you made, using traditional medicines, to treat minor cuts, wounds, or burns. Wear comfortable clothing and shoes for walking outdoors as we may go on a medicine walk to identify medicines grown locally. Please register ahead of time so we may know how many kits to purchase.

Drop-In Anytime!

Yoga DVDs and Yoga with Mary Terrance: drop in anytime for an hour of easy-to-do yoga. No matter if you are a beginner or experienced “Yogi”, the class offers low impact yoga that is tailored to your ability.

On Tuesdays: We will alternate between Stronger Seniors Yoga DVD and Arthritis Friendly Yoga DVD. **Stronger Seniors Yoga DVD** is designed to help seniors develop strength and enhance the ability to function in daily life. It is a beginning Yoga DVD that improves respiration and circulation and reduces tension. **Arthritis Friendly Yoga DVD** for people who want to reduce pain, increase strength and flexibility, and overall well-being. Please dress appropriately. We provide all equipment in the class.

On Thursdays: We will join Mary Terrance in a yoga class that anyone can benefit from. Whether you are new to yoga or experienced, you’ll find this practice easy to follow and gentle on your joints. You’ll start to feel how good yoga is for you!

Arthritis Exercise Program every Monday and Wednesday: 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 may sweat in this class, please be prepared with your own towel. We provide all equipment in the class.**

Schedule of Classes at the Senior Center Sunroom:

Every Monday & Wednesday	Every Tuesday	Every Thursday
Arthritis Exercise Program	Yoga DVD’s	Yoga with Mary Terrance
with Tewentahawih’tha’ Cole	Stronger Seniors Yoga or Arthritis-Friendly Yoga	with Mary Terrance
10:00—11:00 a.m.	10:00—11:00 a.m.	10:00—11:00 a.m.

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.



- | | | |
|--|---|---|
| 1- Cecil Garrow
Marilyn Kelly | 11- Sylvia Beeson
Shirley Brown | 21- Bernice Lazore
Shirley Mainville |
| 2- Margaret Revier
Beverly Cook | Elizabeth Clary | Barb Lizette |
| 3- Iris Herne
Ron Garrow | 12- Brian Thomas | Dorothy Costello |
| 4- Iona Castagnier
Nancy Raville | 15- Marvin Baker | 24- Polly Mulvana |
| 5- Linda Montour
Valerie Garrow | 16- Richard Francis
Claudia Martin | 25- Mary J. Francis
Patricia White |
| 6- Benjamin Tarbell
Donna Delormier | 17- Helen E. Phillips
Peter Sunday | 26- Lloyd Pitts |
| 7- Gerald Ghostlaw | 18- Dorothy Shatlaw
Harvey Thompson | 27- Francine Palermo
David Printup |
| 8- Alice Jock | Suzanne Hall | 29- Wayne White |
| 9- Carol Ann Thompson
Ann Jacob | 19- Louis Jacobs
Norma Brock | 30- Joyce Kelso |
| 10- Krystal Hallman
Debbie Cook-Jacobs
Patricia Rubado
Carole Francis
Elaine Durant | 20- Karmen Miller
Louise Cook
Virginia Willie
Cocoa D'Agostino
Ron Cook | 31- Phoebe Curran
Elaine Scott |

**Bold are Saint Regis
Mohawk Senior Club
Members**

We still have Farmer's Market Checks!

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 have been available since July 2nd and will be available 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 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

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).



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/
division/
office_for_the_aging](http://www.srmt-nsn.gov/division/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..**