



Moccasin Trail

ENNISKA / FEBRUARY 2025

Points of Interest:

- Winter Carnival: Virtual Bowling Tournament Thursday, Feb. 13, 2025
- Feb. Coloring Contest Feb. 3– Friday, Feb. 14th
- Family Photo Scanning Service– Presentation by Akwesasne Kahwatsi:re Genealogy and Historical Society on Feb. 24th
- Women's Heart Health Day we will be making heart pins on Feb. 7th
- **WEAR RED ON FEB. 7th**
- Pool Tourny– Feb. 21st

JOIN US FOR A
VALENTINE'S DAY
Party

BAKE SALE
11:00 am- 1:00 pm

FINISH THE LOVE SONG LYRIC GAME
11:30 am

PRIZE DRAWING FOR WEARING RED

RANDOM DOOR PRIZES

FEBRUARY 14 AT 11 AM

AKWESASNE 31st WINTER CARNIVAL

Akwesasne 31st Annual
WINTER CARNIVAL 2025
Thursday, February 13th- Sunday, February 16, 2025
Flyers and Pamphlets Available at the Senior Center the Week of

Inside this Issue:

Senior Club Page	2
February Craft Class	3
Dementia Caregiver Support Group	4
Senior Book Club: Feb.	5
Calendar	6 & 7
Heart Health Month Article	8
10 Tips for Adults Series	9
Ways to Improve Function and Cognition	10
Birthdays	11

We will be Closed on:

Monday, February 17th– Indigenous Peoples Resiliency and Recognition Day
Friday, February 28th– Planning Day





Akwesasne Senior Club



Attention Club Members:

Beginning January 6, 2025 the Akwesasne Senior Club Office will be open two (2) days per week. The schedule is as follows:

Mondays 11:00 am– 3:00 pm
Wednesdays 11:00 am– 4:00 pm

If You Did **Not Receive Your February 2025**
 Newsletter, it could be for the following reasons:

1. You did not renew your 2025 Senior Club Membership
 2. Your address is incorrect
 3. Clerical error with the Senior Club
- For any of these reasons; please contact the Senior Club at 518-358-2963 extension 3316 and leave a voicemail.

Club Meetings - Effective January 9, 2025 a motion was passed at the monthly meeting to move the Club meetings to a quarterly schedule due to the lack of participation. The motion was voted on and carried. The following will be the new quarterly Club meeting schedule that is subject to change if it is required to meet sooner or later: January 9, 2025 at 12:30 p.m., April 10, 2025 at 12:30 p.m., July 10, 2025 @ 12:30 p.m. and October 9, 2025 at 12:30 p.m. All members are welcome to attend.

♥ **HAPPY**
Valentine's
DAY ♥

Senior Club Meeting

April 10, 2025

12:30 pm

Senior Center Sunroom
 All Members Welcome

AKWESASNE SENIOR CLUB

Valentine's Bake Sale!

FRIDAY, FEBRUARY 14, 2025

11:00 AM- 1:00 PM

If you are interested in supporting the bake sale- Please sign up on the Senior Club Bulletin Board along with the baked good you would like to make and donate. Donations of desserts need to be dropped off at 10:30 am.

For more information call
 518-358-2963 ext: 3316



Important - The Akwesasne Senior Club is seeking candidates for the Office.

In a Bylaw amendment the Club amended the requirement for four officers down to two Officers. Currently, the Club is looking for a Club President and a Treasurer. Both candidates must possess the following skills; computer skills, communication skills, bookkeeping and clerical expertise and be able to actively participate in Club planning and coordination. The Club meetings are quarterly and the office hours will be Mondays and Wednesdays and can be amended to include more days at the Club President's discretion. For more information please contact Diane at 518-358-2963 ext. 3316. These positions are on a volunteer basis with a monthly stipend paid.

Volunteer Bingo Schedule

February 3rd
 Vicki Phillips
 Barbara A. Lazore
 Diane McDonald

February 10th
 Ruth Bell
 Debbie Thomas
 Nancy Jacobs

February 17th
NO BINGO
Presidents' DAY

February 24th
 Darlene Chubb
 Dorothy Shatlaw
 Iona Castagnier

If you cannot make it on the day you are scheduled, please call the club so they can find a replacement.



February Craft Class

Valentine's Painted Wreath
Tuesday, February 11, 2025
12:45 pm

We will be using a seafoam sponge and toilet-paper roll!
 We will also have an easier piece where we paint a tree with heart leaves. The class is open to 12. Please call ASAP to sign up with Katie or Tenisha in the Activities Department at 518-358-2963.

 A banner for a Virtual Bowling Tournament. The background is dark blue with white and red snowflakes. In the center, there is a red oval containing the date and time. Below that, text provides sign-up information. At the bottom, there are two sets of white bowling pins and a red bowling ball on a white snowy surface. A small logo for 'The Intergalactic' is visible in the upper center.

Senior Center Winter Carnival Event 2025

Virtual Bowling Tournament

Thursday, February 13, 2025
10:30 am- 12:00 pm

All Ages Welcome
Please Call to Sign up with Activities Department at
SRMT Office for the Aging Senior Center
Katie Boots-Lazore or Tenisha Caldwell
at (518)358-2963

Age plus score will determine final score
 Prizes for high score and most strikes
 Random prize for all participants



The SRMT Office for the Aging Senior Center sends our sincerest condolences to Linda's family and friends during this difficult time. Linda was a former Nutrition Coordinator here at the Senior Center. We'll always cherish the memories we shared with her.



Memory Matters: Dementia Caregiver Support Group at the SRMT Office for the Aging

Date: 3rd Wednesday of every month

Time: 12:00pm–1:00pm

Location: 29 Margaret Terrance
Memorial Way, Hogansburg NY 13655

To register call Rachel Jacobs at
518-358-2963 ext. 3318 or Brooke
Dubuque at 518-915-3115

Build a support system with people who
understand

Alzheimer's Association support groups
conducted by trained facilitators, are a safe
place for care partners of someone living
with dementia to:

- Development a support system
- Exchange practical information on
challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

This program is presented in partnership with the Alzheimer's Disease Caregiver Support Initiative, the Center for Neurobehavioral Health at SUNY Plattsburgh and is supported in part by a grant from the New York State Department of Health.



alzheimer's association®

Northeastern New York Chapter

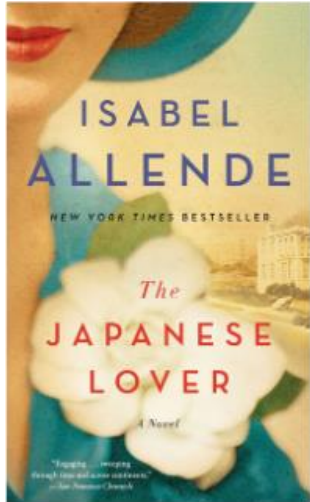


Senior BOOK CLUB

February 2025



The Japanese Lover | By: Isabel Allende



In 1939, as Poland falls under the shadow of the Nazis, young Alma Belasco's parents send her away to live in safety with an aunt and uncle in their opulent mansion in San Francisco. There, as the rest of the world goes to war, she encounters Ichimei Fukuda, the quiet and gentle son of the family's Japanese gardener. Unnoticed by those around them, a tender love affair begins to blossom. Following the Japanese attack on Pearl Harbor, the two are cruelly pulled apart as Ichimei and his family – like thousands of other Japanese Americans – are declared enemies and forcibly relocated to internment camps run by the United States government. Throughout their lifetimes, Alma and Ichimei reunite again and again, but theirs is a love that they are forever forced to hide from the world. Decades later, Alma is nearing the end of her long and eventful life. Irina Bazili, a care worker struggling to come to terms with her own troubled past, meets the elderly woman and her grandson, Seth, at San Francisco's charmingly eccentric Lark House nursing home. As Irina and Seth forge a friendship, they become intrigued by a series of mysterious gifts and letters sent to Alma, eventually learning about Ichimei and this extraordinary secret passion that has endured for nearly seventy years.

Club Meeting:
Tuesday, Feb. 25th
at 1:00 pm
in the Craft Room

Books available for pickup at the Senior Center on Tues. February 4, 2025



National Board Game Day
January 21st
The senior center set out games and 12 seniors played Scrabble and more. These games are always available to play in our lounge. Feel free to play or borrow!



Monthly Coloring Contest

*January Winners:
Lisa Krigbaum &
Carol Lee Lazore*

The next coloring pages will be available February 3rd and the voting will be held Friday, February 14th at 10:00 am



Enniská/February 2025

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<p>1 5:00 Ace to King</p> <p>Please call the Senior Center by 9:30 am reserve a Congregate or Grab N Go meal. Please call if you will not be home for your Home Delivery Meal 518-358-2963.</p> <p>Menu is subject to change due to Supply Availability.</p>						
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<p>2</p>	<p>3 Chicken Burger With Tomato and Lettuce Sweet Potato Fries Wax Beans Apple Activity: 10:00 Exercise DVD 1:00 Bingo National Carrot Cake Day</p>	<p>4 Baked Fish Rice Mixed Vegetables Roll Cherry Crisp Pineapple Activity: 9:00-12:00 Haircuts 10:00 Chair Yoga</p>	<p>5 Goulash Italian Bread Carrot & Celery Sticks Peaches Activity: 10:00 Exercise DVD 11:00 Nutrition Workshop Series pg 9 1:00 Line Dancing</p>	<p>6 Picante Chicken Rice Broccoli & Cauliflower Roll Pears Activity: 10:00 Chair Yoga</p>	<p>7 Open Face Turkey Mixed Vegetables Mandarin Oranges Activity: 10:00 DIY Heart Pins with Kyle Thompson Wear Red for Heart Health Month! We will be having a Prize Draw!</p>	<p>8 5:00 Ace to King</p>
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<p>9</p>	<p>10 Mac & Cheese Stewed Tomatoes</p>	<p>11 Pork Chops Buttered Noodles Mixed Vegetables</p>	<p>12 Italian Wedding Soup</p>	<p>13 Chicken & Dumplings with Green</p>	<p>14 Valentine's Day! Meatloaf</p>	<p>15 5:00 Ace to King</p>
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<p>Brussel Sprouts Roll Pears Activity: 10:00 Exercise Class 1:00 Bingo</p>	<p>Mixed Vegetables Apple Activity: 9:00-12:00 Haircuts 10:00 Chair Yoga Craft Class; Wreath Painting Class 12:45</p>	<p>Toss Salad Mandarin Oranges Activity: 10:00 Exercise DVD 11:00 Nutrition Workshop Series pg 9 No Line Dancing</p>	<p>Beans and Carrots Banana Activity: 10:00 Chair Yoga 10:30 Winter Carnival Event: Virtual Bowling Tournament National Cheddar Day Legal Aid Appointment</p>	<p>Mashed Potatoes Broccoli Roll Fruit Cocktail Activity: 11:00 Bake Sale Starts 11:15 Valentine's Day Finish the Love Song Lyric</p>
<p>16</p> <p>17</p> <p>CLOSED</p> <p>Indigenous Peoples Resiliency Recognition Day</p> 	<p>18 Baked Chicken Wild Rice Green Beans Apple Activity: 9:00-12:00 Haircuts 10:00 Chair Yoga</p>	<p>19 Chili Johnny Cake Carrot & Celery Sticks Fruit Ambrosia Activity: 10:00 Exercise DVD 11:00 Nutrition Workshop Series pg 9 1:00 Line Dancing 12:00 Caregiver Support Group pg 4</p>	<p>20 Hamburger Sweet Potato Fries Coleslaw Melon Cup Activity: 10:00 Chair Yoga 11:30 Box Lunch Bingo— lakhihsohtha National Muffin Day</p>	<p>21 Potato Crusted Cod Boiled Potato Asparagus Roll Peach Cookie Activity: 10:30 Pool Tournament</p> <p>22 5:00 Ace to King</p>
<p>23</p> <p>24 Salisbury Steak With Mushrooms and Gravy Mashed Potato Vegetable, Roll Pears Activity: 10:00 Exercise DVD 1:00 Bingo 11:15 Presentation by Akwasasne Genealogy Historical Society</p>	<p>25 Tomato Soup Tuna Sandwich Pears Activity: 9:00-12:00 Haircuts 10:00 Chair Yoga</p>	<p>26 Birthday Meal Roast Beef with Gravy, Beans, Roll Banana, Black Forest Cake Activity: 10:00 Exercise DVD 11:00 Nutrition Workshop Series pg 9 1:00 Line Dancing</p> 	<p>27 Chicken Alfredo Garlic Bread with Cheese Carrot & Celery Sticks Fresh Fruit Cookie Activity: 10:00 Chair Yoga National Strawberry Day Legal Aid Appointment</p>	<p>28</p> <p>CLOSED</p> <p>Planning Day</p>  



February is a month to focus on hearts. It's when we celebrate Valentine's Day and the people we love—and it's also National Heart Health Month. The first Friday in February is **Wear Red Day**, a day to raise awareness about heart disease. Heart Disease is hereditary, but the good news is that it can be prevented in most cases! Making heart healthy choices like exercising regularly, getting regular checkups from your doctor, making half your plate fruits and vegetables, making half your grains whole grains, varying your proteins, reducing your sodium intake by using herbs and spices instead of salt, choosing unsaturated fats in place of saturated fats, and maintaining a healthy weight can all help decrease your risk!

Pink Party Salad Recipe



Ingredients:

- 4 Potatoes (washed and cut in half)
- 3 cups beets, cooked (peeled and diced)
- 1 cup peas, green, fresh or frozen
- 3 eggs, hard boiled
- 1 apple
- 1 teaspoon lemon juice
- 2 Tablespoons olive oil
- 3 tablespoons vinegar
- 1 tablespoon sugar

Directions:

- 1) Wash hands with soap and water.
- 2) Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
- 3) When thoroughly cool, dice potatoes and place in a big bowl.
- 4) Add diced beets and mix with the potatoes.
- 5) Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.
- 6) Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
- 7) Peel the skin off the apple (optional) and remove the core. Cut the apple into small pieces, place in a small bowl, and sprinkle with lemon juice. Add apple to the salad.
- 8) Add the vinegar, olive oil, and sugar.
- 9) Mix thoroughly. Chill and serve.

Recipe Note:

The skin can be left on the apple to increase fiber and save time.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider and employer.

If you would like to request reasonable accommodations to participate in events,

please contact Alexandra Hooker at (518)-481-1532 or by email at alexandra.hooker@franklincountyny.gov





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10 TIPS FOR ADULTS Senior Health Improvement and Nutrition Education Workshop

Series A Topics Covered:

Session 1– Introduction to MyPlate

Session 2– Make Half Your Plate Fruits and
Vegetables

Session 3– Make Half Your Grains Whole Grains

Session 4– Vary Your Protein Routine

WHERE:

Saint Regis Mohawk Tribe
Office for the Aging

29 Margaret Terrance
Memorial Way,
Hogansburg, NY 13655

WHEN:

Session 1– Wednesday, February 5th @ 11AM

Session 2– Wednesday, February 12th @ 11 AM

Session 3– Wednesday, February 19th @ 11 AM

Session 4– Wednesday, February 26th @ 11 AM

Let Activity Coordinator Katie Boots-Lazore know if
you are interested (518) 358-2963.

Senior Center Presentation: Family Photo Scanning Service

Time and age will eventually cause your precious photos to fade and deteriorate. By scanning them into a digital format, you will preserve and protect your family memories.

The **Akwesasne Kahwatsi:re Genealogy and Historical Society** can help protect your old physical photos from deterioration or loss by creating a digital backup which allows for easier storage, sharing, and restoration of images that might degrade over time due to age, exposure to light, or physical damage. Having your photos digitized ensures they can be accessed and enjoyed for years to come.

A presentation of the free service will take place on Monday, February 24th at 11:15 a.m. at the SRMT Office for the Aging.

We will discuss:

- Best practices to get your photos ready; what to keep and what to toss.
- Formats and sizes that may require special handling.
- Appointments to get your photos scanned where you will receive your photos on a thumb/USB drive.
- Options for storing and sharing your new digital photos.

If you have any questions, please contact AKGHS by email at kahwatsire1@gmail.com.



Ways To Improve Function & Cognition

Did you know you can eat your way to better brain health? Certain foods that are rich in omega-3 fatty acids, B vitamins, and antioxidants can help support improved mental function and cognition.

What is Cognition?

Cognition refers to the “process by which knowledge and understanding is developed in the mind.” The cognitive functions of the brain refer to thinking, knowing, remembering, judging, and problem-solving. The brain is like a muscle in the sense that you can train it to strengthen its mental functions. Through simple exercises and lifestyle choices, you can constantly improve your memory and ability to solve problems. And when you eat specific foods that contain brain-boosting nutrients, your brain is able to perform all of these functions with more ease and sharpness.

Brain Foods

While it is important to remember that food alone will not be the sole source for high mental alertness, it should definitely be a focus when considering which types of foods to include more of in your diet. Here are some foods you’ll want to ensure are incorporated onto your plates. Eat up!

Vegetables

Veggies are superfoods! They offer several minerals that support cognitive functions, are low-calorie, and they protect against cancer and other diseases. For boosting brain health, focus on eating more dark leafy greens and cruciferous vegetables like broccoli and cabbage. Vegetables that are rich in B vitamins, vitamin K, lutein, and beta-carotene may help slow down cognitive decline, which as the brain and body age, is certainly something we want to take into consideration when choosing our foods

Fruit

Fruits like berries and cherries are potent sources of antioxidants that assist in supporting memory function. Dark berries are rich in polyphenols that help protect the neurons in the brain against injury brought on by neurotoxins. These antioxidants can also suppress neuroinflammation and help prevent and reverse age dependent reasons for cognitive decline. Opt. for berries in the morning with a bowl of oatmeal or throw them into a fruit smoothie. Citrus fruits like oranges make delicious, brain and immune-system boosting mid-day snacks that also work to fight off neurodegeneration. Another way to eat more fruit is to add slices of your favorite fruit into your glasses of water throughout the day to give it more flavor and help you stay hydrated.

Omega-3 Fatty Acids

Healthy fats are one of the best sources of brain-boosting foods available. They aid in building the brain’s structure and regulating its performance. Several studies have shown links between omega-3s and benefits that include defending off cognitive decline, Alzheimer's disease, and depression. Keep in mind that the brain is made up of mostly fat, and by consuming healthy fat sources, you are helping to improve your memory and protect against brain-related diseases. Opt for adding seafood, algae, fatty fish, flaxseeds, avocados, and walnuts to your diet to boost your brainpower.

Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|--------------------|----------------------|-------------------|
| 1- Irene Cook | 14- Linda Printup | 25- Ann Sylvester |
| 2- Troy Lazore | 15- Lorene Jackson | 27- Scott Jock |
| Melissa Johnson | Dyan Swamp | Sylvia Lauzon |
| 3- Frank Hutt | 16- Dorothy Cole | Jackie Mitchell |
| Paulette Hamelin | 17- Hazel Bero | 28- Rose Thompson |
| 4- Becky Bero | Everet Hampton | Lucy A. White |
| Donna C. Cook | Cecelia Thomas | |
| Robert Cook, Sr | 18- Robert Lazore | |
| 6- Pamela Brown | 19- Phyllis Jacobs | |
| 8- Alvin Jock | Paulette Reid | |
| 10- Emily Thompson | 20- Josephine Carney | |
| Artie Jacobs | Rick Ransom | |
| 11- Lucille Peters | 22- Margaret Montour | |
| 13- Diane Boots | 23- Dawn Harm | |
| Guilford White | 24- Ruth Bell | |

If you are a Senior Club Member and your Birthday is missing or wrong, please contact the Senior Club (518) 358-2963

HER HEART MATTERS

WOMEN'S HEART HEALTH DAY



DIY Heart Pins

FEBRUARY 7TH, 2025
OFFICE FOR THE AGING (OFA)
1 P.M. - 3 P.M.

Get to know your heart better!

You can register with Kyle Thompson or Katie Boots-Lazore



SAINT REGIS MOHAWK TRIBE
Health Promotion
and Planning



PLEASE REGISTER BY CALLING:
518-358-6252

Remember to Wear Red for American Heart Month!



Pool on Jan. 10th
1st- Donald Swamp
2nd- Ron Thomas

Shuffleboard on Jan. 24th
1st- Debbie Cook-Jacobs
and Hilde Barnes
2nd- Darlene Chubb and
Donna Delormier

Senior Center Tournaments

Upcoming Tournament:

Pool Tournament- Friday, February 21st
Starts at 10:30 am





St. Regis Mohawk Office for the Aging
71 Margaret Terrance Memorial Way
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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If you are not the Addressee, please
 notify us of our mistake.

To Addressee or Current Resident:

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/
 programs/
 office_for_the_aging](http://www.srmt-nsn.gov/programs/office_for_the_aging)

Or Facebook:

Office for the Aging Saint
 Regis Mohawk Senior
 Center

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

- Case Management
- Legal Aid
- Handyman
- Home Visits
- Health Promotion
- Transport Services
- Caregiver Support
- Supper Bags
- Congregate Meals
- Nutrition Counseling
- Nutritional Education
- Home Delivered Meals
- Referrals
- Craft Activities
- Socialization
- Information & Assist..

Activities in February:

- Jan. 3rd: Coloring pages available
 National Carrot Cake Day
- Jan. 7th: DIY Heart Pins w/ Kyle Thompson 10:00AM
 Wear Red for Heart Health Month *prizes*
- Jan. 11th: Craft Class; Painted Wreath 12:45
- Jan. 13th: Winter Carnival - Virtual Bowling Tournament
 National Cheddar Cheese Day
- Jan. 14h: Bake Sale 11:00AM
 Valentines Day; Finish the Love Song
 Coloring Pages due 10:00 AM
- Jan. 20th: Lunch Box Bingo - Iakhihsotha 11:30
 National Muffin Day
- Jan. 21th: Pool Tournament 10:30AM
- Jan. 27th: National Strawberry Day