



Moccasin Trail

ONERAHTÓ:WA / APRIL 2025

Points of Interest:

- April Craft 4/24/2025
- Monthly Coloring Contest Starts 4/1, Ends 4/10/25
- Plattsburgh Shop 4/4/25
- Ride to Nowhere 4/8/25
- Easter Bonnet Decorating Supplies 4/7/25
- Box Lunch Bingo 4/10/25
- Pool Tournament 4/11/25

All listed on back page



Leona Cook, Barbara Lazore, DJ Lazore, and Patti Mancuso Enjoying our St. Patty's Day activities held on March 14th. More on page 4

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We will be Closed on:

Friday, April 18th– Family Day
Friday, April 25th– Planning Day





Akwesasne Senior Club



IMPORTANT: The Akwesasne Senior Club is Seeking Candidates for the Office.

In 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; 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 518-358-2963, extension 3316. These positions are on volunteer basis with a monthly stipend paid.

Club Office Hours

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

Upcoming Used Purse Sale Fundraiser

The Akwesasne Senior Club is hosting a Used Purse Sale as a fundraiser for the 2025 Senior Games. The fundraising will allow the Club to purchase prizes for the winners of each challenge and provide a continental breakfast. You may drop off your gently used purses at the Club office on Monday and Wednesdays from 11 a.m. to 4 p.m. Remember to clean out your purses.

Senior Club Meeting

April 10, 2025

12:30 pm

Senior Center Sunroom
All Members Welcome

*Our heartfelt condolences
to the family and friends of
Richard H. Phillips*



Save the date for the upcoming 2025 Senior Games to be held on Thursday, June 5, 2025 and Friday, June 6, 2025. Registration will take place at 9 a.m. both days with a continental breakfast available. Games will include: Pool, Shuffleboard, fishing pond, Corn Hole, golf putting, bingo, puzzle race and virtual bowling.



The Akwesasne Senior Club coordinated with the Office for the Aging to take our seniors on a field trip to Deer Valley Trails for lunch and to visit with nature and the animals. OFA provided the transportation and the Club sponsored the drivers for lunch.

If You Are Not Receiving Your Newsletter by Mail;
Please contact the Senior Club 358-2963 and leave a voicemail with your name, address, phone number and birthdate

Our sincerest condolences to the family and friends of Monica White.



If you want to attend 'The Highwaymen' show at Upper Canada Playhouse in Morrisburg, please pay your deposit to secure your seat. First come - first served. The first 11 to pay their deposit will have secured their seat. We will leave at 11:30 am on Wed. April 23rd for lunch on your own first. Show starts at 2:00 pm. For more information please contact the Club office at 518-358-2963 ext. 3316.

Volunteer Bingo Schedule

April 7

Vicki Phillips
Barbara A. Lazore
Darlene Chubb

April 14

Ruth Bell
Debbie Thomas
Nancy Jacobs

April 21

Iona Castagnier
Dorothy Cole
Barbara A. Lazore

April 28

Darlene Chubb
Debbie Thomas
Ruth Bell

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



Records Department Workshop: *Archiving Photos*



She:kon Everyone

APRIL IS

Records And Information Management Month!

The Tribal Records Management team would like to Invite our Senior Community members to Archiving Photographs at the Senior Center to learn how we can best preserve photos from your collection and get creative in the process.

Basic Supplies like scrapbook, glue, variety of paper, and corner picture tabs, will be provided to you. Please bring some photos that you would like to use for the workshop. We hope to see you there. Niá:wen

Location: SRMT Senior Center

Date: April 15th, 2025

Time: 1:00PM - 2:00PM

Contact:

THPORecords@srmt-nsn.gov

Phone: 518-358-2272 (Records)



April Craft Class

Bird Whittling for Beginners

Thursday, April 24, 2025

12:45 pm– 3:00 pm



Have you ever heard about a comfort bird? These birdies bring comfort to people who are going through tough times. And we can carve such a bird! This hobby craft kit includes 2 wood carving blocks (1 cherry and 1 basswood), a super sharp carving knife, sharpening supplies, a birdie template, and 3 types of sandpaper. All the carving tools & tutorials provided in the wood carving kits will help you carve the bird out of wood!

Please call ASAP to sign up with Katie or Tenisha in the Activities Department at 518-358-2963.



**Make sure you check out our Facebook page
"Office for the Aging Saint Regis Mohawk Senior Center"
for any updates, events or changes in the menu!**



When We Shook Our Shamrocks!



Fruit Rainbow Platter



Charlene & Tim Sunday

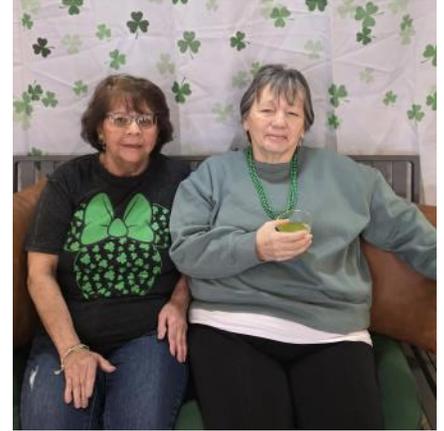


Veggie Rainbow Platter



Brenda LaFrance & Leona Cook

We had a lot of fun celebrating St. Patty's day on March 14th. The Senior Club provided the entertainment: Seaway Swing Band. We also welcomed Iakhihsotha and ate a delicious corn beef dinner with green poke cake. We hope everyone enjoyed!



Florence Cook & Loretta Benedict

JOIN US FOR A

SENIOR EASTER EGG HUNT

Thurs. April 17th | 11:00 am

SOME EGGS WILL BE NUMBERED FOR GREAT SPRING TIME PRIZES!
 DIY EASTER BONNET COMPETITION (SUPPLIES AVAILABLE 4/7/2025 ONLY)
 BRING YOUR OWN BASKET
 3 GAMES



DEER VALLY 2025





'The Talk'

No One Wants to Have
(But Needs To!)



It is never a pleasant or comfortable talk to have about end of life wishes, but it really needs to be told to your family and caregivers. It doesn't matter if you are a new Senior or experienced one, this discussion is better to have before it becomes a necessity. Looking to the future, this series will give you information to help make those plans. Many times, our loved ones are not prepared to make these decisions due to grief or there may be arguments amongst themselves due to final wishes not being properly talked about. This series will offer many different topics surrounding these difficult discussions. Please feel free to bring your family members and friends, it is good information for all. The series will begin on April 16, 2025.

All presentations will take place on Wednesday's at 1:00 pm. For each date you attend, you will receive a lunch voucher and be entered to win a prize drawn at the movie event. The more presentations you attend, the better your chances to win!

These are the following topics:

- April 16th- Health Care Decisions Day, Intro to 'The Talk' Series 2.0
- April 23rd- Name that Scam
- April 30th- Medicaid, Medicare, and The Who, What, When, Where?
- May 7th- Caregiver and SRMT OFA Maintenance Support Program
- May 14th- Hospice: 5 Wishes
- May 21st- Donaldson's Funeral Home Presentation
- May 28th- Legal: Wills, estates, executor
- June 4th- Mental Health/Grief Acceptance
- June 11th- Movie 'Touch the Water'
- June 18th- 10:00 am- 3:00 pm World Elder Abuse Awareness Day
(Theme- Joyful Aging in Place)

Any questions regarding this series please contact Lyndie Brann or Rachel Jacobs at 518-358-2963

Onenahkhaton: Waj! April 2025

Tsiat'ahkhaton	Kiokieréhnton	Tekeníhnton	Ahsénhnton	Kakérhnton	Wiskhaton	Iahia:khaton
		1 Fish on a Bun Fries Coleslaw Pear Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes	2 Strawberry Spinach Salad Roll Fruit Cocktail Activity: 9:00-12 Haircuts 10:00 Exercise DVD	3 Turkey Rice Soup Biscuit Veggie Sticks Apple Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes National Chocolate Mousse Day	4 Picante Chicken Mexican Rice Broccoli & Cauliflower Salad Roll Fruit Cocktail Activity: 9:00 Plattsburg Shopping Trip	5 5:00 Ace to King
	6 7 Potato Crusted Cod, Roll Sweet Potato Fries Mix Vegetables Pears Yogurt Parfait Activity: 10:00 Exercise DVD 1:00 Bingo Easter Bonnet Supplies Available	8 Baked Ziti Roll Green Beans Cauliflower Grapes Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes 12:45 Ride to Nowhere	9 Chef Salad Roll Banana Activity: 9:00-12 Haircuts 10:00 Exercise DVD 11:00 10 Tips for Adults— page 8	10 Beef Stir-Fry Noodles, Roll Mandarin Oranges Activity: 10:00 Chair Yoga 10:00 Coloring Contest Ends 11 & 12:30 Mohawk 11:15 Box Lunch Bingo 12:30 Senior Club Meeting Legal Aid Apt.	11 Chili Roll Carrot & Celery Sticks Banana Activity: 10:30 Pool Tournament National Pet Day: Kittens coming to Visit	12 5:00 Ace to King
13 14 Cream of Broccoli Soup	15 BBQ Ribs Rice Mixed Vegetables	16 Scrambled Eggs Yogurt with Granola	17 EASTERMEAL Ham Mashed Potatoes	18	19 No A2K	

<p>Chicken Salad Sandwich, Apple Activity: 10:00 Exercise Class 1:00 Bingo</p>	<p>Mixed Vegetables Roll, Orange Cranberry Applesauce Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk 1:00 Photo Archive with Records Management– page 3</p>	<p>Mashed Potatoes Broccoli Roll Fruit Salad Activity: 10:00 Chair Yoga 11:00 Easter Festivities 11 & 12:30 Mohawk Classes</p>	<p>and Honey, Bacon Melon Slices Apple Juice Activity: 9:00-12 Haircuts 10:00 Exercise DVD 11:00 10 Tips for Adults 1:00 'The Talk' Page 5</p>	<p>CLOSED Kahwa:tsire Raonenhnsira Family Day </p>	<p>20</p>
<p>21 Liver and Onions Boiled Potato Mixed Vegetables Roll, Apple Butterscotch Pudding Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>22 Corn Soup Roll Cookie Vegetable Stick Orange Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes National Jelly Bean Day</p>	<p>23 Chicken Broccoli Alfredo, Roll Carrot & Celery Sticks Pineapple Chunks Activity: 9:00-12 Haircuts 10:00 Exercise DVD 11:00 10 Tips for Adults 1:00 'The Talk' Series 11:30 Leave for UCPH– The Highway Men Show</p>	<p>24 Adirondack Salad Roll Banana Activity: 10:00 Chair Yoga 11:00 Presentation by Entewatatha:wi page 9 Legal Aid Apt. 11 & 12:30 Mohawk National Pigs in a Blanket Day</p>	<p>25 CLOSED Planning Day </p>	<p>26 5:00 Ace to King</p>
<p>27</p>	<p>28 Baked Chicken Coleslaw Baked Beans Orange Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>29 Shake n Bake Pork Chops Buttered Noodles Mixed Vegetables Roll, Pear Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes 1:00 Book Club Gathering</p>	<p>30 BIRTHDAY MEAL Bacon Wrapped Pork Loin, Grapes Mashed Potato Green Beans, Roll Black Forrest Cake Activity: 9-12:00 Haircuts 10:00 Exercise DVD 11:00 10 Tips for Adults 1:00 'The Talk' Series National Bubble Tea Day</p>	<p>29 Shake n Bake Pork Chops Buttered Noodles Mixed Vegetables Roll, Pear Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes 1:00 Book Club Gathering</p>	<p>27</p>

Please call the Senior Center by 9:30 am to reserve a Congregate or Grab N Go meal.
Please call if you will not be home for your Home Delivery Meal 518-358-2963.

Menu is subject to change due to Supply Availability.

April is National Food Month

In honor of National Food Month we would love to take this opportunity to remind our readers of some healthy ways to celebrate! For starters, it's always recommended to choose foods from every food group every day! Try to focus on choosing foods and beverages with less added sugar. When assembling a meal, make half of your plate fruits and vegetables, and make half of your grains whole grains. Varying your protein routine is also a great way to stay healthy! Try to plan meals and snacks ahead of time and choose a variety of foods from all the food groups! Don't be afraid to try new foods and keep in mind that your favorite food was once a food you had never tried!

Spring Vegetable Sauté Recipe

Directions:

- 1) Wash hands with soap and water.
- 2) Heat the oil in a skillet. Cook the onion for 2 minutes, then add the garlic and cook another minute.
- 3) Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
- 4) If the vegetables start to brown, add a tablespoon or two of water
- 5) Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender—about 4 minutes more.
- 6) Serve immediately.

Ingredients:

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 Garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Upcoming Events:

10 Tips for Adults Series A

Where: SRMT Office for the Aging
29 Margaret Terrance Memorial Way,
Hogansburg, NY 13655

When: April 9th, 16th, 23rd, 30th

Time: 11:00 AM

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



A PRESENTATION BY

Entewatathâ:wi

"We Will Govern"
Mohawk Council of Akwesasne Program

SRMT OFFICE FOR THE AGING
SENIOR CENTER
THURSDAY, APRIL 24, 2025
11:00 AM- 1:00 PM

Entewatatha:wi is currently negotiating a self-government agreement with the Government of Canada to recognize and expand the Mohawks of Akwesasne jurisdiction and authority.

The Presentation Will Include:

- An education session on the consultation process
- What is the best way to communicate with the community survey
- Current negotiation standpoints

All members of Akwesasne, no matter the Canadian or American residence can attend and give opinions

For more information, call our office at 613-575-2250 Extension 3191



March for Meals 2025

It was a fun time playing Nutrition Bingo with Kyle Thompson from SRMT Health Promotion and Planning. Everyone also enjoyed the parfait bar with all of it's fixings.



Hangin' With Our Friends At Iakhihsohtha!

Along with our monthly Box Lunch Bingo visits, we also visited for National Laugh Day on March 19th. We really enjoyed the 12 Days of Rez Christmas song the comedian group 'Outlaws' sang. We also attended their first Ace to King tournament.



Monthly Coloring Contest

March Winners:

Cow— Linda Montour

Fence— Dorothy Cole

The next coloring pages will be available March 3rd and the voting will be held Thursday, April 10th at 10:00 am



Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!

- 1- Lily Swamp
Helen Jones
- 2- Sally Hamelin
Nancy G. Jacobs
Edith Oakes
- 3- Ellen Savage
Mamie David
- 4- Brenda Arquette
- 6- Philip Lauzon
Ray Cooke
Angela Jock-Mapes

- 7- Felicia Jock
Cecelia LaFrance
Joan Mitchell
- 8- Karen Speer
- 9- Marion Shelton
Phyllis LaMay
- 12- Michael David Jr.
- 13- William Loran
- 14- Ann Marie Laughing
- 16- Janice Brown
- 17- Rodney L. Herne
John Oakes
Delinda Comins

- 18- Giselle Cook
- 19- Bruce Kelly
- 22- Isabelle McDonald
- 24- Gail White
- 25- Pamela Cappione
- 27- Diane Connors
- 28- Nancy David
- 29- Linda McElwain

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

Office for the Aging Presents

Name That SCAM

Wednesday, April 23, 2024 at
1:00 pm- 3:00 pm
SRMT Office for the Aging
29 Margaret Terrance Memorial Way

More Information :

Elder Abuse Prevention Coordinator
Lyndie Brann
(518) 358-2963

This is a fun-filled, interactive informative presentation is brought to you by the Upstate Elder Abuse Center at Lifespan. Like the event held in November...listen to summer-time 50's & 60's themed songs to try and "Name that Scam" for PRIZES!

Tsi Telewatakens



Ride to Nowhere is Back!

Sign up- hop in the van and only the driver knows Where we are Going!

Tuesday, April 8, 2025

Leave the Senior Center at 12:45 pm

Call to Register with Katie or Tenisha in the Activities office at 518-358-2963.



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 April:

- April 3– National Chocolate Mousse Day
- April 4– Plattsburgh Shopping Trip (leave at 9 am)
- April 7– Easter Bonnet Supplies Available
- April 8– Ride to Nowhere
- April 10– Box Lunch Bingo at Iakhihsotha
 Coloring Contest Ends at 10:00 am
- April 11– Pool Tournament
 National Pet Day: Kittens coming to visit!
- April 15– Scrapbooking/Archiving Photos at 1:00 pm
- April 17– Easter Meal: Bonnet Contest & Egg Hunt
- April 22– National Jelly Bean Day
- April 24– National Pigs in a Blanket Day
- April 29– Book Club Gathering
- April 30– National Bubble Tea Day



Sign up for any Activities with Katie or Tenisha ASAP!