



Moccasin Trail

TSIOTHOKRKÓ:WA / JANUARY 2026

Points of Interest:

- New Employee Spotlight
- Line Dancing Class Resumes on Jan. 9th at 10:00 am-11:00 am
- Pool Tournament 1/9/26
- National Dress Your Pet Day 1/14/25– Details on Page 11
- Box Lunch Bingo 1/15/25
- Shuffleboard Tournament on 1/16/25
- Book Club Gathering 1/20
- National Puzzle Day– Timed contest at 11:15 am



Happy Holiday's from the Senior Center Staff and the GRINCH! More on page 8

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We will be Closed on:

Thursday, January 1st– New Years Day
Monday, January 19th– Martin Luther King Jr Day
Friday, January 30th– Planning Day



AKWESASNE SENIOR CLUB

Mailing Address: PO Box 1106, Akwesasne, NY 13655

Phone: (518) 358-2963

Email: srclubsecretary@gmail.com

2026 Membership Dues

Dues are now being accepted. The cost for the yearly membership is just \$10 and it entitles each member to the monthly newsletter and advance notice to events happening through the newsletter.

REMINDER: To those seniors who have reached the age of 80+ years, you are considered lifetime members and all we ask is that you contact us to update your information so we can mail you a new card.

Winner of the Quilt was Stephanie Horne of Kahnawake!

The Senior Club is truly grateful for all those that stepped up and took the time to sell tickets. The raffle was successful and we look forward to more fundraisers in the new year.

Ohserase- Happy New Year!!!

Club Office Hours

Mon. 11:00 am– 4:30 pm

Wed. 11:00 am– 4:00 pm

CLOSED: Tuesday, Thursday and Friday

The Akwesasne Senior Club wishes everyone a year of good health and prosperity in the new year. We look forward to seeing you all at the center for all of the upcoming events and outings. Please stay warm and well rested. Remember to eat well and exercise daily to keep them muscles warmed up.



Volunteer Bingo Schedule

Jan. 5th
Lorene Jackson
Ruth Bell
Debbie Thomas

Jan. 12th
Barbara Lazore
Darlene Chubb
Vicky Phillips

Jan. 19th
CLOSED

Jan. 26th
Lynn LaFrance
Ruth Bell
Brenda Chubb

**Please Call if you
cannot make your
volunteer day
518-358-2963**

Check the Senior Club Board for the date of the
upcoming Senior Club Meeting.





Take Your Life Back from Chronic Pain

PATHWAYS TO FEELING BETTER

**Discover strategies
to improve daily life &
reduce discomfort.**

**A free workshop series to help
manage health and well-being.**

Details:

- **Starts Thursday, Jan. 15 at 1 pm**
- **Continues every Thursday for
six weeks**
- **Hosted online**

**To see all of our workshops, scan
the QR code or visit:**

GetHealthyNoCo.org



Learn more & register:

christopher.maddaloni@oswegocountyny.gov

315-349-3574



**Get Healthy
North Country**

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The Importance of Hydration for Seniors in Winter

Staying hydrated is essential for everyone, but for seniors, proper hydration is particularly important — especially during the colder months. Did you know that seniors are actually at an increased risk of dehydration in the winter due to physiological changes and environmental factors? Here's why hydration matters and some tips to help seniors stay hydrated this winter.

Why Hydration Is Crucial in Winter

- 1) **Reduced Sensation of Thirst:** As we age, the body's natural ability to recognize thirst diminishes. Seniors may not feel as thirsty in the winter, even when their body needs fluids.
- 2) **Dry Winter Air:** Cold air and indoor heating systems can cause increased moisture loss through the skin and breath. This makes it easy to become dehydrated without noticing.
- 3) **Immune Support:** Proper hydration is key to maintaining a strong immune system, which is especially important during cold and flu season.
- 4) **Joint and Muscle Health:** Staying hydrated helps lubricate joints and muscles, reducing discomfort and maintaining mobility.
- 5) **Cognitive Function:** Dehydration can lead to confusion, dizziness, and fatigue, which are already concerns for many seniors.

Tips to Stay Hydrated During Winter

- **Drink Warm Beverages:** Warm drinks like herbal tea, decaffeinated coffee, or warm water with lemon can be more appealing during colder months and help maintain hydration.
- **Set Reminders:** Use alarms or visual cues to remind seniors to drink water throughout the day, even if they don't feel thirsty.
- **Incorporate Hydrating Foods:** Many foods, such as soups, stews, vegetables like cucumbers and fruits like oranges, are rich in water content and can contribute to daily hydration.
- **Keep Water Accessible:** Ensure water or a preferred beverage is always within easy reach, making it convenient to take a sip regularly.
- **Use Humidifiers:** Adding moisture to indoor air with a humidifier can reduce water loss from the skin and respiratory system.
- **Track Intake:** Encourage seniors to keep a log of their daily fluid intake to ensure they are drinking enough.
- **Limit Dehydrating Drinks:** Reduce the consumption of caffeinated or alcoholic beverages, as these can lead to fluid loss.



Monthly Coloring Contest

December Winners:

*Charlene Sunday (Gingerbread house)
& Diane McDonald (Ornaments)*

The next coloring pages will be available at the Senior Center
January 2nd and judging will be
Friday, January 9th at 10:00 am



Office for the Aging Contribution Policy



The SRMT OFA has determined that the following services are normally charged for in the community and are appropriate for the generation of contributions.

Congregate Meals	Over 60 years of age \$3.00 per meal Under 60 years of age \$5.00 per meal
Home Delivered Meals	\$3.00 per meal
Supplemental Meals	\$3.00 per meal
Home Care	May be subject to cost share
Handy person Services	\$5.00 per service
Legal Assistance	\$5.00 per service
Transportation	\$5.00 per round trip



Services provided thru the EISEP program may be subject to client cost sharing. Clients will be told in advance if they have a cost share.

The OFA has a flat rate suggested contribution policy for all services.

Individuals with self-declared incomes at or above 185 percent of federal poverty line are encouraged to contribute at levels based on actual cost of services. If you can afford to contribute more than what is suggested, you can.

All contributions are voluntary, unless it is determined to be a client cost share.

You cannot be denied a service for an inability or unwillingness to contribute. Clients still need to follow program rules such as calling in for a meal, but contributions are not required to receive the meal. The OFA does not “bill” for services.

Clients may contribute by cash or check. The OFA does not accept Canadian funds. Checks can be made out to; “SRMT Office for the Aging”.

The OFA and the Senior Club are separate organizations that work together to serve the elders of Akwesasne.

You do not have to be a Senior Club member to participate in OFA services.

New Employee Spotlight








“I am Heather Durant-Benedict, the new Nutrition Coordinator. I have worked for the SRMT for 32 years, and look forward to my new adventure. I live in Bombay with my husband Sam. I have three daughters, two grandsons and a granddaughter. I am also the Bombay Food Pantry Coordinator, helping feed our neighbors in need. I enjoy making all kinds of homemade pickles, especially a 14 day old crock sweet pickle. A vintage family recipe, we all enjoy. It has been wonderful to see so many familiar faces, and a warm welcome to those I have not met yet. I appreciate this opportunity and cannot wait to work with all of you. Thank you for sharing your wisdom and stories, they are truly a treasure. Happy New Year!”



Tsiothorko:wa/January 2026

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Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahà:khaton
<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 and if you would like Grab n Go instead. Just make sure it's BEFORE 9:30 am at 518-358-2963 .</p> <p>Morning pickup is at 9:30 am– Please call before 9:00 am.</p> <p>Daily meal suggested contribution for seniors 55+ is \$3.00 U.S.</p> <p>Community members under 55 are also welcome– suggested contribution is \$5.00 U.S.</p> <p>Menu is subject to change due to Supply Availability.</p> <p>Salads are no longer an option due to seasonal supply/freshness.</p>				1 CLOSED New Years Day Happy 2026 New Year	2 Corn Soup Fried Bread Orange Pudding Activity: Coloring Pages Available	3 5:00 Ace to King
4 5:00 Ace to King	5 Chili Johnny Cake Carrots & Celery Stick Apple Slices Rice Pudding Activity: 8:30 Exercise Class 1:00 Bingo	6 Chicken Rice Soup Tomato Sandwich Chocolate Pudding Peaches Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	7 Fish on a Bun Sweet Potato Fries Mixed Vegetables Fig Newton Cookie Pineapple Chunks Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD	8 BBQ County Style Ribs, Mixed Veggies Baked Potato, Roll Mandarin Oranges Cookie Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	9 Beef Stir Fry Rice, Mixed Vegetable Roll, Melon Cup Pudding Activity: 10:00 Line Dancing 10:00 Coloring Contest Ends 10:30 Pool Tournament	10 5:00 Ace to King
11 5:00 Ace to King	12 Chicken Cordon Bleu, Potato	13 Salisbury Steak Rice, Mixed Veggie	14 French Toast Scrambled Eggs	15 Hamburger Gravy, Boiled Potato	16 Chicken Tenders French Fries	17 5:00 Ace to King

	Green Beans, Roll Apple Slices Ambrosia Activity: 10:00 Exercise DVD 1:00 Bingo National Pharmacist Day	Roll Melon Slices Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	V8, Pear Apple/Cherry Crisp Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD National Dress Up Your Pet Day	Mixed Vegetables Roll Fruit Salad Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class 11:15 Box Lunch Bingo at Iakhihsohtha	Broccoli Orange Activity: 10:00 Line Dancing 11:00 Shuffleboard Tournament– Call to sign up!	
18 5:00 Ace to King	19  Martin Luther King Jr. Day  I HAVE A DREAM	20 Chunky Beef Stew Veggie Sticks Roll Pear Activity: 10:00 Chair Yoga 1:00 Book Club Gathering for 'Etta and Otto and Russell and James'	21 Chef Salad Roll Peaches Cookie Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD National Hugging Day	22 Chicken Parmesan Tossed Salad Roll Fruit Cocktail Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	23 Ham, Hash Green Beans, Jell-O Melon Cup Activity: 10:00 Line Dancing National Pie Day	24 5:00 Ace to King
25 5:00 Ace to King	26 Liver with Onions Boiled Potato Mixed Veggies, Roll Mandarin Oranges Fig Newton Activity: 10:00 Exercise DVD 1:00 Bingo	27 Pulled Pork on a Bun 3-Bean Salad Peaches Fruit Ambrosia Activity: 10:00 Chair Yoga	28 Birthday Meal Spaghetti with Meatballs Roll Toss Salad German Apple Cake Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD	29 Corn Soup Roll Fruit Cocktail Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class National Puzzle Day	30  Planning Day 	

8 *A Little* GRINCH *A Lot of* CHRISTMAS JOY



Frank Hutt & Paulette Reid



Jackie Tarbell racing to wrap Dorothy Cole before Christmas!



Frank Hutt vs Tim Sunday playing flip cup tic-tac-toe



The Grinch putting the moves on Tim's wife Charlene Sunday!



Unravel your streamer the fastest!



Green Grinch themed snacks— green apples, celery, cucumbers, grapes and homemade green ranch dip. Next to green grinch punch and pickle puff chips.

Naughty



Grinch Theme Cookies



Emily, Charlene and Noonie enjoying the unwrap game using oven mitts



Couple vs Couple wrapping game



Barry & Cecelia Thomas having fun with the Mean One....Mr. Grinch!

Winter Greens

Winter greens are packed with vitamins (A, C, and K), minerals (like iron, calcium, and potassium), fiber, and antioxidants, making them very nutrient-dense. They support a healthy immune system, bone health, and digestive health, while also offering protection against disease.

Key Nutritional Benefits

- **Vitamins:** Rich in Vitamin A, C, and K, which support immune function, skin health, and blood clotting. They also contain B Vitamins like folate.
- **Minerals:** A good source of essential minerals such as iron, which helps carry oxygen in the blood, and calcium and potassium, which are vital for bone strength and blood pressure regulation.
- **Antioxidants:** Contain various antioxidants, including flavonoids and carotenoids, that protect the body from oxidative stress and inflammation.
- **Fiber:** Provide dietary fiber that aids in digestive health, helps regulate blood sugar, and contributes to feeling of fullness.

Collard Greens: A cold-weather crop that thrives in chilly temperatures, collard greens are rich in vitamin A, vitamin C, fiber, iron, and potassium. Try using the sturdy leaves as a wrap in place of lettuce, or cook them on the stove with savory seasonings for a comforting dish.

Spinach; Spinach is hardly enough to grow into the winter months and offers iron, calcium, iodine, and B-vitamins. Blend it into a smoothie, sauté it for a warm dish, or layer it onto a sandwich for a fresh crunch.

Kale; Kale comes in varieties like Dino and Tuscan and delivers iron, fiber, folate, potassium, magnesium, and vitamin K. Toss it into soups, use it as a salad base, or bake it in the oven for crispy chips.

Arugula; Known for its peppery flavor, arugula is loaded with calcium, iron, phosphorus, potassium, sodium, zinc, and vitamin C. Mix it into salads, layer it on sandwiches, stir it into pesto, or use it as a pizza topping.

Swiss Chard; Swiss chard brings vibrant color and a healthy dose of fiber, along with vitamins A, K, C, and E, plus potassium and calcium. Add it to stews, salads, pasta dishes, or fold it into omelets and frittatas.

Cabbage; Available in green or purple, cabbage is a cruciferous vegetable rich in calcium, iron, phosphorus, vitamin B6, vitamin C, and vitamin K. Simmer it in broth with seasonings or chop it into a fresh salad with lime juice for a zesty kick.

How to Store Your Greens

- **Refrigerate promptly:** Most leafy greens should be stored in the refrigerator. Keep them in the crisper drawer to maintain humidity and freshness.
- **Use breathable containers:** Store greens in perforated plastic bag or a container lined with a paper towel. This helps absorb excess moisture and prevents wilting.
- **Don't wash until ready to use:** Washing greens before storage can cause them to spoil faster. Instead, rinse them just before eating or cooking.





**Christmas
DINNER**



Here are some pictures from our Christmas party, which took place on December 18th. John Francis performed alongside Kati Herne and Jake Adams, getting everyone to dance in no time. We played the left right game and enjoyed exquisite appetizers and a rib eye meal. We extend our gratitude to our volunteer servers, four SRMT police officers. Thank you to the Senior Club for providing entertainment and centerpieces. It was a relaxing and enjoyable evening, and it was lovely to see everyone. We hope everyone has a very Merry Christmas!



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Best Wishes on your Birthday and throughout the coming year!

- 2- Brenda Garrow
- 4- Barry Thomas
- 6- Elizabeth Sunday
- 8- Thomas Dufresne
- 10- Caroline Tarbell
- 17- Hazel Bero
- 18- Jeffra Montroy
- 18- Vanessa M. David
- 19- Bessie Mitchell
- 19- Charlotte Green
- 21- Wanda Patterson
- Nancy Arquette

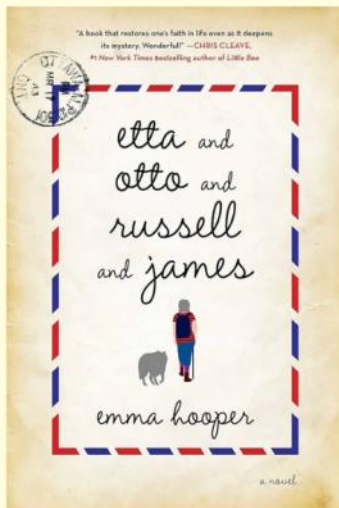
- 22- Dolly McDonald
- Connie Tarbell
- 26- Mary Cooke
- 28- Lucy White
- 29- Leona Benedict
- 30- Hazel Terrance
- 31- Marion Parker

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

Senior BOOK CLUB

January
BOOK:

Etta and Otto and Russell and James
By: Emma Hooper



Etta and Otto and Russell and James is Emma Hooper's debut novel, a magical realist story about an elderly woman, Etta, who walks 3,000 kilometers across Canada to see the ocean, leaving her husband Otto and their friend Russell behind. The book alternates between Etta's journey, Otto's life at home, and their shared past, exploring themes of love, memory, aging, and the search for meaning through lyrical prose and a non-linear structure. A coyote named James becomes Etta's companion on her journey, blurring the lines between reality and imagination.

Available Now in the
Senior Center Lounge

Club Meeting:

**Tuesday, January 20, 2025 at 1:00 pm in
the Craft Room**



National Dress Up Your Pet Day January 14, 2025

Dress up Your pet and send/bring in a picture to Activities department Katie or Tenisha! We will display all pictures at the Senior Center and winner will win a pet themed basket! Any cute costume/outfit will do.

Email: katie.boots@srmt-nsn.gov
Or you can use Facebook Messenger





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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 and we can assist with
 referrals to appropriate
 agencies.

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 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..

January Activities

Jan. 9th: Line Dancing starts every Friday

Coloring Contest Ends at 10:00

Pool Tournament– Call to sign up

Jan. 12th: National Pharmacist Day

Jan. 14th: National Dress Up Your Pet Day

Jan. 15th: Box Lunch Bingo at Iakhihsohtha

Jan. 16th: Shuffleboard Tournament–

Call to sign up

Jan. 20th: Book Club Gathering

Jan. 21st: National Hugging Day

Jan. 23rd: National Pie Day

Jan. 29th: National Puzzle Day