

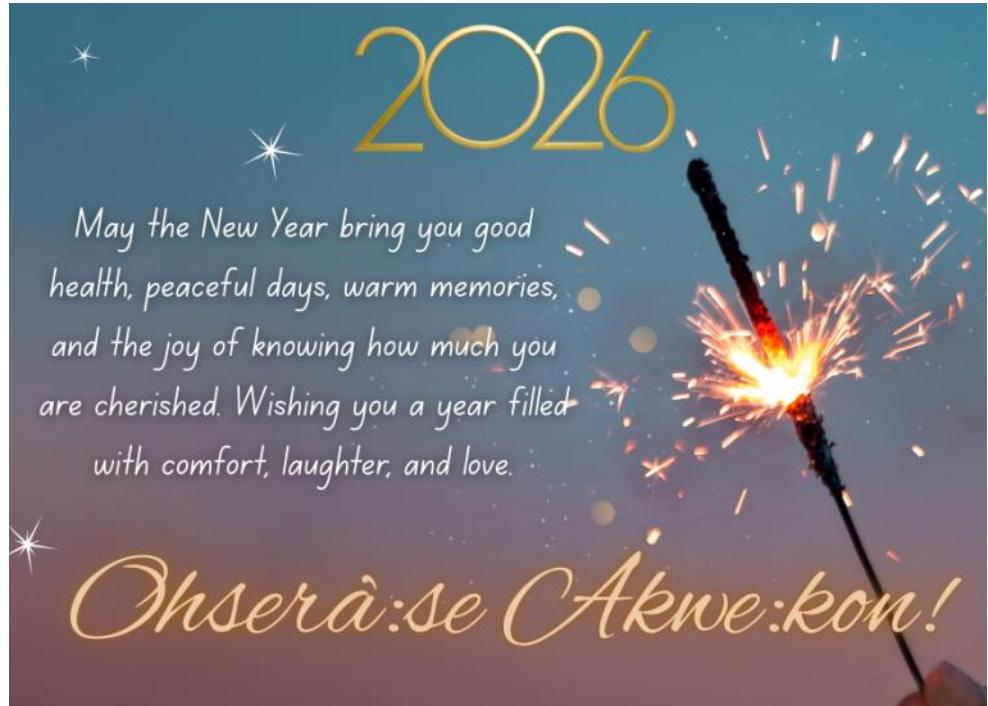


# Moccasin Trail

TSIOTHOKWÓ: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

## Inside this Issue:

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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!!!*

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.

### Club Office Hours

Mon. 11:00 am– 4:30 pm

Wed. 11:00 am– 4:00 pm

**CLOSED: Tuesday, Thursday and Friday**

### **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



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



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



## 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**

### Learn more & register:

christopher.maddaloni@oswego county ny.gov

315-349-3574

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

**GetHealthyNoCo.org**



**Get Healthy  
North Country**

*This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1.2 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](#).*

# The Importance of Hydration for Seniors in Winter

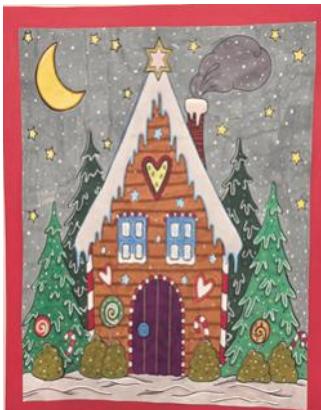
Staying hydrated is essential for everyone, but for seniors, proper hydration is particularly important — especially during the colder months. Did you know that seniors are actually at an increased risk of dehydration in the winter due to physiological changes and environmental factors? Here's why hydration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



# Tsiotthokzo:Waa/January 2026

Tsiat'ahkhaton	Kiokierénhton	Tekenháton	Ahsénháton	Kaieríháton	Wískhaton	Iahíá:kháton
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 .				<b>1</b> <b>CLOSED</b>	<b>2</b> Corn Soup Fried Bread Orange Pudding <b>Activity:</b> Coloring Pages Available	<b>3</b> 5:00 Ace to King
<b>Morning pickup is at 9:30 am—Please call before 9:00 am.</b>				<b>New Years Day</b> 		
Daily meal suggested contribution for seniors 55+ is \$3.00 U.S. Community members under 55 are also welcome—suggested contribution is \$5.00 U.S.						
<b>Menu is subject to change due to Supply Availability.</b> <b>Salads are no longer an option due to seasonal supply/freshness.</b>						
<b>4</b> 5:00 Ace to King	<b>5</b> Chili Johnny Cake Carrots & Celery Stick Apple Slices Rice Pudding	<b>6</b> Chicken Rice Soup Tomato Sandwich Chocolate Pudding Peaches	<b>7</b> Fish on a Bun Sweet Potato Fries Mixed Vegetables Fig Newton Cookie Pineapple Chunks	<b>8</b> BBQ County Style Ribs, Mixed Veggies Baked Potato, Roll Mandarin Oranges Cookie	<b>9</b> Beef Stir Fry Rice, Mixed Vegetable Roll, Melon Cup Pudding <b>Activity:</b> 10:00 Line Dancing 10:00 Coloring Contest Ends 10:30 Pool Tournament	<b>10</b> 5:00 Ace to King
<b>11</b> 5:00 Ace to King	<b>12</b> Chicken Cordon Bleu, Potato	<b>13</b> Salisbury Steak	<b>14</b> French Toast	<b>15</b> Hamburger Gravy, Boiled Potato Scrambled Eggs	<b>16</b> Chicken Tenders French Fries	<b>17</b> 5:00 Ace to King

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

# 8 A Little GRINCH, A Lot of CHRISTMAS JOY



Jackie Tarbell racing to wrap Dorothy Cole before Christmas!



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



Frank Hutt & Paulette Reid



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 hardy 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.





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!



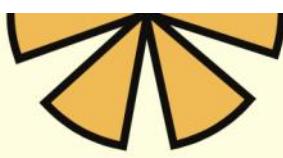
# Satonhá:ren tsi Sahsiéríte

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
- Jeffra Montroy
- 18- Vanessa M. David
- 19- Bessie Mitchell
- 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

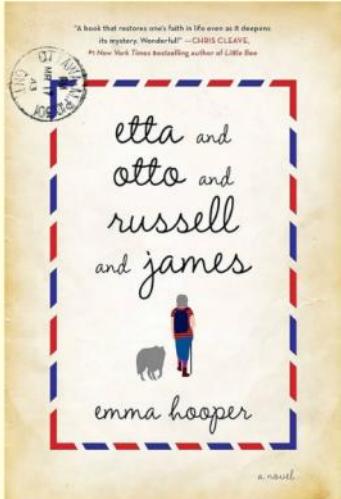
If you are a Senior Club Member and your Birthday is missing or wrong, please contact the Senior Club (518) 358-2963



## Senior BOOK CLUB

January  
BOOK:

**Etta and Otto and Russell and James**  
By: Emma Hooper

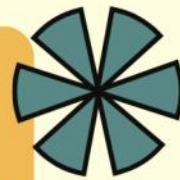


Etta and Otto and Russell and James is Emma Hooper's debut novel, a magical realist story about an elderly woman, Etta, who walks 3,000 kilometers across Canada to see the ocean, leaving her husband Otto and their friend Russell behind. The book alternates between Etta's journey, Otto's life at home, 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](mailto:katie.boots@srmt-nsn.gov)  
Or you can use Facebook Messenger





**St. Regis Mohawk Office for the Aging**  
**71 Margaret Terrance Memorial Way**  
**Akwasasne, 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..

## 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