



Moccasin Trail

OHIARIHKO:WA / JULY 2025

Points of Interest:

- Port Theater Movie July 3rd
- Coloring Contest Starts July 1st, Ends July 10th @ 10 am
- Virtual Bowling Tournament Friday, July 11th
- New Sign-up Process for Senior Center Activities
- Farmers Market Coupons anticipated date is July 1st with Doris, Joy, or LoraLee



Winner's of our Father's Day Trivia Game: Terry Garrow, Dr. Ben Kelly, Jocelyn & Bruce Kelly, Cecelia & Barry Thomas. They were gifted travel water bottles for 1st place!

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We will be Closed on:

Friday, July 4th– Independence Day
Friday, July 18th– Staff Beach Day
Friday, June 25th– Planning Day

Akwesasne Senior Club

Niawen:kowa!

Next Senior Club Meeting: July 10, 2025 at 12:30 pm

The Akwesasne Senior Club offers a sincere Niawen:Kowa to the following who generously donated to support the 2025 Annual Senior Games with prizes for the challenges.

Saint Regis Mohawk Tribe - \$1,000

Gray's Fuel (#9) - \$250

Twinleaf Enterprises - \$400

Tarbell Management Group – Coffee Basket and (2) Gift Cards (Bears Den \$50 and Tim Horton's \$25)

Keegan's Tobacco – Noonie and Navy Thomas – Handmade tissue box

Akwesasne Mohawk Casino Resort – One hotel stay and 1-\$25 Resort Play and 1- \$25 Slot Play

State 8 Printing - \$100 Donation



Rose Jacobs was the Grand Prize Winner at the 2025 Senior Games and she won \$200 Cash Prize. Congratulations Rose!

A Fond Farewell to Club President Diane McDonald

On June 6, 2025, the President of the Akwesasne Senior Club retired from her position that she held since January 2024. While it is sad to say farewell to Diane, we are extremely grateful to the tireless efforts and achievements she brought to the Club over the past four years. Diane served as Club Secretary for the first two years then stepped into the role of President.

Diane brought a great deal of skills, coordination, communication, outreach, and collaboration to the Club for its myriads of activities and contributions in support of the Club's mission which is to offer seniors social and cultural events and activities. Diane's achievements include but not limited to:

Established a Public Relations platform for Club information.

Successfully obtained a grant from the Akwesasne Community Settlement Fund in 2024 that helped support social activities, cultural classes, and other dedicated events, and celebrations for our Seniors.

Collaborated with the Club's Finance Committee (Dr. Ben Kelly, Gail McDonald, and Glory Cole) in developing financial policies, and procedures, annual budgets, working plans, job descriptions and contracting with local Certified Public Accounting firm, Montour CPA, and Associates, for bookkeeping and audit services.

Under Diane's leadership, the Club now has structured corporate Bylaws and Procedures for efficient operations as a non-profit entity. The Bylaws and Procedures will assist in operational transition for future officers.

Maintaining a strong, visual presence in the Clubs dedicated office at the Office for the Aging facility and consistently participated in the OFA monthly planning sessions where collaboration and sharing of human and financial resources supports our Seniors.

Re-structured office administration, including rules, membership records and internal bookkeeping procedures. She also initiated approaches to increase Club membership.

Through Diane's leadership and fundraising efforts, she assisted the Office for the Aging by purchasing a new 2024 Riding Lawnmower, 2025 Equinox vehicle for delivering meals to our Seniors, and a new grill for the Senior Picnic.

In closing, the Club and Club Members wish Diane a wonderful retirement and congratulate her on a job well done for the Akwesasne Senior Club and our community. We will miss her hard work and dedication.

Volunteer Bingo Schedule

July 4th– Closed

July 7th

Nancy Jacobs
Barbara Lazore
Debbie Thomas

July 14th

Lorene Jackson
Ruth Bell
Dorothy Shatlaw

July 21st

Nancy Jacobs
Debbie Thomas
Ruth Bell

July 28th

Lorene Jackson
Barbara Lazore
Dorothy Cole

Our 2025 Annual Senior Games is now complete. We had a lot of fun June 5th and 6th. We hope everyone enjoyed themselves! Take a look at our winners list:

Jigsaw Puzzle Race:

- 1st- Donna Delormier & Jackie Cree– Arquette
2nd- Melanie Jacobs & Sandra Binan
3rd- Rose Jacobs & Debbie Thomas.



Golf Chipping Challenge:

- 1st- Charlene Sunday
2nd- Rose Jacobs
3rd- Sandra Binan



Golf Putting Challenge:

- 1st- Lorene Jackson
2nd- Melissa Johnson
3rd- Sandra Binan

Cornhole Tournament:

- 1st- Jackie Tarbell & Dorothy Cole
2nd- Mel Jacobs & Sandra Binan
3rd- Darlene Chubb & Ron Thomas

Virtual Bowling:

- 1st- Sandra Binan
2nd- Mel Jacobs
3rd- Dorothy Cole

Shuffleboard Tournament:

- 1st- Beverly Barney & Ernestine Oakes
2nd- Rosemary Bonapart & Carol Ross
3rd- Mel Jacobs and Sandra Binan

Pool Tournament:

- 1st- Tim Sunday
2nd– Mel Jacobs



LU6 Member Remembers His Ironworker Life For Ironworkers By Ironworkers Magazine

John “Jack” Leaf was born on July 19, 1924. Jack is a Mohawk Native American from the Native American Reservation in Akwesasne, Ontario. The reservation straddles the Ontario, Quebec and the border of New York State. He grew up on Cornwall Island, Ontario. In 1939, he began ironworking at the age of 15 and got his permit, first working for Angus Horne at the airport in Buffalo.



After his first iron job, Jack did odd jobs in Buffalo. He even worked in elevators operating for people, up and down, he said, up and down. Pete White and Ralph Leaf helped him get his second job in Buffalo. After that job, he worked at Alcoa from 1952 and then Alex Montour and Patrick Bradley asked Jack to go to Albany to work on a bridge over the Hudson River. He worked until he was laid off.

He then headed to the shipyard in Rochester, building Liberty ships. He enjoyed taking breaks swimming in the canal, where they would slide down ramps to swim.

A company had him working at a steel plant for 43 years off and on. He received his membership card in 1944. Jack’s brother talked him into going to Baltimore, connecting iron rods with John Burns for over a year. Still connecting was like working in a small city all over, connecting it together. When Jack’s son was born in 1948, he moved home from Baltimore to Cattaraugus, New York.

From 1945 to 1947, Jack served in the U.S. Army. He received most of his apprenticeship hours in the military. When he got out of the army, he started working in Milwaukee. He met other Native Americans while working in Milwaukee. Jack overheard a gentleman bragging about his paycheck. That’s what interested him to go work for HNH Robertson. Jack was dedicated to the Robertson company.

Jack worked in every state in the U.S., from California to Connecticut. In the early 1970s, Jack went to California to work there. He couldn’t resist as it was worth working away for so long because the pay was so good.

Jack remembers when HNH Robertson was bought out and Jack’s boss, Joe Napale, lost his position and was never well after that. Five years after losing his pension, Joe passed away.

Jack was always offered jobs all over including all over Canada. With Jack having kids and a wife, traveling all over for work was hard. He credits his ex-wife for caring for the kids and keeping them out of trouble while he was away working. With working away so much, Jack found it difficult to keep his marriage. Jack was offered a job in San Diego in 1963 but stayed in Buffalo instead to help his family build his house.

Jack’s son Mike followed in his footsteps and became an ironworker, eventually working his way up to becoming a foreman until he left the profession. Jack’s son-in-law Chuck also became an ironworker and worked for many years until he became a building inspector.

In 1987, Jack retired fully from ironworking.

After retiring, Jack worked 20 years at Cedarview Golf Course in Massena, New York, where he was able to enjoy his favorite sport, golf.

Jack Leaf will turn 101 on July 19, 2025. Happy Birthday, Jack!



June 13th, our crew joined us for a Father's Day meal, and they all had a fantastic time. Cornhole and a Father's Day themed trivia game were among the activities they enjoyed. The turkey meal with hash was a hit with everyone. Each of the men received a beautifully finished walking stick as a parting gift. We hope all the father's felt appreciated.











Ohiaɾihko:wa / July 2025

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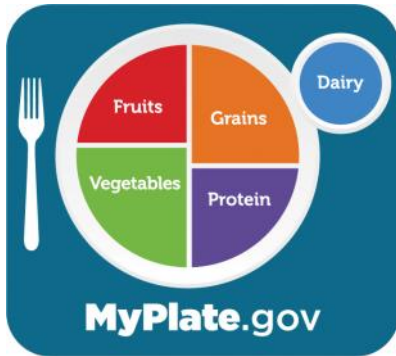
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|---|--|---|--|---|---|---------------------------------------|
| <p>Please call the Senior Center by 9:30 am to reserve a Congregate or Grab N Go meal. Please call if you will not be home for your Home Delivery Meal 518-358-2963. Community members under 55 are also welcome— suggested contribution is \$5.00.</p> <p>Menu is subject to change due to Supply Availability.</p> | | <p>1 Chicken Corn Chowder Carrot & Celery Sticks Peaches Wheat Roll Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes</p> | <p>2 Potato Crusted Cod Rice Mixed Vegetables Wheat Roll Pineapple Chunks Activity: 9:00-1:00 Haircuts 10:00 Exercise Class</p> | <p>3 Caesar Salad Roll Italian Ice Fruit Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes 1:30 Port Theater: Minecraft</p> | <p>4</p> <p>CLOSED</p> <p>Independence Day</p>  | <p>5 5:00 Ace to King</p> |
| <p>6 5:00 Ace to King</p> | <p>7 Sweet N Sour Pork Broccoli Wheat Roll Apple Activity: 10:00 Exercise DVD 1:00 Bingo</p> | <p>8 Meatloaf Mashed Potatoes Mixed Beans Wheat Roll Mandarin Oranges Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes National Video Game Day!</p> | <p>9 Open Face Turkey With Gravy Stuffing Pacific Veggie Blend Wheat Roll Fruited Jell-O Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD</p> | <p>10 Taco Salad Wheat Roll Melon Cup Banana Pudding Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes 12:30 Club Meeting Coloring Contest Ends at 10:00 am Legal Aid Appointments</p> | <p>11 BBQ Hot Dogs, Hamburgers Toss Salad Macaroni Salad Pickle Orange Melon Cup Activity: 10:30 Virtual Bowling Tournament</p> | <p>12 5:00 Ace to King</p> |
| <p>13 5:00 Ace to King</p> | <p>14 Fish on a Bun Potato Wedges</p> | <p>15 Mac N Cheese Stewed Tomato Broccoli</p> | <p>16 Pancakes with Blueberries</p> | <p>17 BBQ Ribs Potato Salad</p> | <p>18</p> | <p>19 5:00 Ace to King</p> |

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|--|--|---|--|--|--|--|
| <p>20</p> <p>5:00 Ace to King</p> | <p>Toss Salad Orange Activity: 10:00 Exercise Class 1:00 Bingo</p> | <p>Wheat Roll Watermelon Chunks Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes</p> | <p>Scrambled Eggs Bacon Orange Juice Fruit Cup Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD National Cherry Day</p> | <p>Wheat Roll Strawberries with Whip Activity: 10:00 Chair Yoga 1:00 Ice Cream Social</p>  | <p>CLOSED Staff Beach Day</p>  | <p>7</p> |
| <p>21</p> <p>5:00 Ace to King</p> | <p>21 Goulash Caesar Salad Wheat Roll Mixed Berries with Whipped Cream Activity: 10:00 Exercise DVD 1:00 Bingo</p> | <p>22 Philly Cheese Steak with Peppers and Onions Mixed Vegetables Fruit Cocktail Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes</p> | <p>23 Chef Salad Garlic Bread with Cheese Peaches Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD National Gorgeous Grandma Day</p> | <p>24 Shake N Bake Pork Chops Rice Pilaf Green Beans Wheat Roll Muffin Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk</p> | <p>25</p> <p>CLOSED Planning Day</p>  | <p>26</p> <p>5:00 Ace to King</p> |
| <p>27</p> <p>5:00 Ace to King</p> | <p>28 Chicken Cordon Bleu Mashed Potatoes Wax Beans Apple Crisp with Whipped Cream Activity: 10:00 Exercise DVD 1:00 Bingo</p> | <p>29 Cold Plate Chips, Pickle Carrot and Celery Sticks Macaroni Salad Melon Cup Activity: 10:00 Chair Yoga 11 & 12:30 Mohawk Classes National Chicken Wing Day</p> | <p>30 Birthday Meal Turkey Dinner Mashed Potato Mixed Green Beans Wheat Roll Cake with Fruit Topping Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD</p>  | <p>31 Spaghetti with Sausage Cauliflower Wheat Roll Fresh apple Activity: Last Mohawk Class until September Legal Aid Appointments</p> | <p>Salads are now available— please request when you call in with your desired salad dressing. (pending supply)</p>   | |

EFFICIENT EATS: COOKING FOR 1, 2, or 3

Planning and Prepping Tips from MyPlate

Planning and shopping for healthy meals for one person or smaller groups can be easy and cost-effective when done right. These tips will help you prepare delicious, nutritious meals and snacks while reducing food waste, saving time and money.



Have a Plan

Start by creating a weekly meal plan— consider ingredients that can be used in multiple recipes to save money and reduce waste.



Start with plant-based (e.g., beans, tofu, nuts) or lean (e.g., chicken breast, pork tenderloin) protein food that can be repurposed across meals (e.g., in a soup/stew/chili, as part of a casserole, for a salad topping).

Make a List

Include a variety of healthy foods and beverages for any meal occasion (e.g., breakfast, snacks). Try organizing your shopping list by category or section of the store.



Keep your list handy to write down items as you need them (e.g., on the fridge, pantry door, or try a phone app).



Label containers with the date and content; use tape or stickers for easy removal.

Portion and Store

When you buy items in large packages, like meat or vegetables, portion them into amounts you will eat for each meal occasion and safely store the rest to prevent waste.



Explore different ways to store and preserve foods (e.g., freezing, drying, and canning).

Be Mindful when Produce Shopping

Fresh fruits and vegetables have limited shelf life. Balance your cart with nutrient dense options from any section of the store— fresh, dried, canned, frozen, and 100% juice.



This applies to other food groups too (e.g., tuna canned in water, shelf-stable dairy or dairy).

Buy Only What You Need

Shop the bulk section so you can choose the amount of food you need (e.g., oats, lentils, etc.) or buy single servings of perishable items to reduce waste (e.g., individual guacamole packs). You can get small amounts at the deli counter and salad bar too.



Stock up on favorites when they are on sale. Shelf-stable items like canned beans, pasta, rice, raisins, 100% juice, and peanut butter can be low-cost pantry staples to have on hand for a quick meal or snack.



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

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

Fuel Your Activities with Fruits and Veggies

Fresh fruits and vegetables are some of the best sources of fuel to help keep you energized and moving. They provide vitamins, minerals, and the hydrating fluids needed to keep you active in the summertime. Not only are these foods nutritious and delicious, but they help restore your muscles and joints even after the activity to ensure a speedy recovery.

Choosing Fruits

How you decide to refuel after exercising your body directly impacts the speed of your recovery. Because energy is exerted during periods that involve a lot of movement, it is vital that you allow yourself to indulge in foods that replenish your cells. Healthy food choices, namely fruits and vegetables, are one of the easiest ways to restore your body. Fruit is an excellent source of healthy carbohydrates, and is one of the highest quality hydration sources.

Which fruits are best for physical recovery?

Bananas – Not only are bananas extremely inexpensive and super sweet when ripe, but they are filled with carbohydrates and potassium that assist in speedy muscle recovery.

Oranges – These juicy citrus fruits are packed with vitamin C, a nutrient that helps the body absorb iron, which is essential for transporting oxygen to your muscles.

Berries – All of the small, candy-like berries are packed with antioxidants which are important for countering oxidative stress that happens during exercise. And as severe oxidative stress can lead to inflammation, foods like berries that are rich in the antioxidants known as polyphenols, are perfect for preventing any potential damaging effects.

Choosing Vegetables

Just like fruits, vegetables are also jam-packed with various nutrients that are needed for optimal physical performance. They offer low-calorie, nutritious solutions to help your body recover. Opt for dark, leafy greens like spinach and kale to receive several nutrients and vitamins that contribute to strong bones and a regulated metabolism. Another option may consist of sweet potatoes or beets, as they both improve energy production and healthy digestion. The point here is to focus on foods that contain high amounts of vitamins and essential minerals such as:

Manganese – This mineral helps with energy production and is critical for bone health, and may contribute to improved bone mineral density when combined with calcium, zinc, and copper.

Vitamin B6 – Without sufficient vitamin B6 levels, the body is not able to create and absorb enough amino acids which are critical for building and maintaining lean muscles. It also helps with nerve function, as well as muscle contraction.

Calcium – When you sweat, critical nutrients like calcium are lost. This mineral contributes to healthy bones and muscle function making it essential for speeding up the recovery period.

Choosing Water

Hydration is another crucial element when engaging in physical activity. Choosing to eat fruits and vegetables that are naturally filled with water is another way to stay hydrated without having to focus on drinking as much from a bottle.



Student Spotlight

Hi! My name is Kristen Oliver and I am the Summer College Intern at the Senior Center! I just finished my second year at Daemen University as a Natural Science major. I am also a thrower on the track and field team (and I hold 2 school records in both the weight throw and hammer throw!). Aside from school, I enjoy beadwork, reading, and journaling. But, my favorite thing to do is hang out with my family. My parents are Jackie and Alan Oliver, and I have one sister; Lauren, my bestie. Some of you may know my grandparents, Vaughn and Dianne Aldrich. I am excited to work within this loving community this summer! I can't wait to meet everyone!

New Sign-Up Process for Senior Center Trips and Craft Classes

To ensure fairness for everyone, we're updating how participants are selected for our senior center trips and craft classes with Katie and Tenisha. In the past, we used a "first call, first sign-up" method, but since mail can arrive at different times for different households, this approach hasn't been equal for all. That's why we're switching things up!

Here's How the New Sign-Up Process Works:

1. Call in to Enter: If you're interested in participating in a trip or craft class, simply call the center and leave your name and phone number.
2. Wheel of Names Draw: All names will be entered into a random drawing using a Wheel of Names.
3. Official Sign-Up: We will spin the wheel and choose participants one week before the activity. Those selected will be officially signed up and contacted directly.

This new system helps ensure everyone has the same opportunity to participate, regardless of when they receive the newsletter or activity schedule.

**** Tournaments or other program events are not included- Please just show up!****
We look forward to continuing these fun and engaging activities with you—good luck in the draw!



Monthly Coloring Contest

June Winners:

Fishing— Charlene Sunday

Turtle— Dyan Swamp

The next coloring pages will be available
July 1st and Judging will be
Thursday, July 10, 2025



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Best Wishes on your Birthday and throughout the coming year!

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|-----------------------|---------------------------|---------------------|
| 1- Clara Margosian | 11- Elaine Cook | 24- Mary Fregoe |
| 2- Freida Schmenkle | Caroline Bigtree | Louis Butch Conners |
| Gerald McElwain | Geraldine Jacobs | 26- Karen White |
| 3- Mona Via | 12- Angie Sunday | 28- Debbie Thomas |
| Anna Boots | Kathy Jock White | Andy Cook |
| Linda Jackson | 13- Vanessa Lavare | Betty Ransom |
| 4- Ava Cole | 14- Joan Carvel | 29- Grace Barnes |
| 5- Gloria Arquette | Brian Herne | 31- Carole Ross |
| 6- Sidney Armstrong | 16- Mike Oakes | |
| 7- Johnathan Caldwell | 18- Gary Burnham | |
| Karilyn Phillips | 19- John Jack Leaf (101!) | |
| 8- Carol Garrow | Barbara LaDue | |
| Penny Newvine | 20- Doris Benedict | |
| 9- Shirley Gray | 23- Johanne Jackson | |
| 10- Patricia Ransom | | |

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

FARMERS MARKET

The Farmers Market program promotes the increased use of locally grown fruits and vegetables and supports local farmers. Starting on July 1, checks will be given out to eligible seniors. For eligibility in the Farmers Market program, you must be a New York State Resident, and at least 60 years old. To validate your eligibility, please visit Lora Lee La France, Joy Lazore-Gibson, or Doris Burns at the Senior Center to complete an eligibility form. You must personally sign both the eligibility form and a check receipt form to receive your checks. If you are physically unable to visit the senior center, a proxy form can be picked up and filled out indicating who exactly will be picking up checks for you. Tickets are distributed on a first come first serve basis. Checks may be used at authorized farmers markets, roadside stands, or mobile markets participating in the program- not grocery stores. Checks may be used to buy locally grown fruit and vegetables. Farmers will not accept checks for items like cider, jams, honey, or baked goods. Farmers will display a brightly colored sign saying "We Gladly Accept Farmers Market Nutrition Program Checks." Individual farmers market checks are worth \$5.00. Farmers will not give change, and will add additional items to make up the difference.

Anticipated July 1st start; we will confirm on Facebook and CKON



*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!*





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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 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 July:

July 3rd: Port Theater Show, starts at 1:30 pm
 (possibly have to meet us there— call to sign up and for
 more information)

July 8th: National Video Game Day

July 10th: Coloring Contest Ends at 10:00 am

July 11th: Virtual Bowling Tournament

July 16th: National Cherry Day

July 17th: Ice Cream Social

July 23rd: National Gorgeous Grandma Day

July 29th: National Chicken Wing Day

Due to our transportations not having air conditioning, we
 are taking a break from trips until our new bus is on the
 road. Keep an eye out for a poker walk and cornhole
 tournament coming in July that did not make it onto the
 calendar!

For more information— Call Katie/Tenisha 358-2963