



# Moccasin Trail

ONERAHTOHKÓ:WA/MAY 2026

## May Activities:

- Coloring Contest May 1-11th
- Star Wars Day is May 4th
- Rose Page Craft is May 5th
- ACES Presentation: May 6th
- Mother's Day Party: May 8th
- Apple Pie Day: May 13th
- Box Lunch Bingo at Iakhihsohtha: May 14th
- Cornhole League: May 15th
- ACES Presentation: May 20th
- Ride to Nowhere: May 22nd
- Cornhole League Tournament! May 21st
- Ride to Nowhere: May 22nd
- Gardening Giveaway: May 26th
- ACES Movie Showing: May 27th

PLEASE JOIN OUR

## MOTHER'S DAY LUNCHEON

FRIDAY, MAY 8, 2026

MENU:  
CHICKEN PARMESAN, ROLL,  
TOSS SALAD, FRUIT SALAD

ACTIVITIES:  
10:30 AM PANTRY BINGO  
12:30 PM JOHN FRANCIS &  
JAKE ADAMS PERFORMING

Ticket's go on sale Monday, May 4th  
\$5.00 a ticket; Gift Certificates not accepted



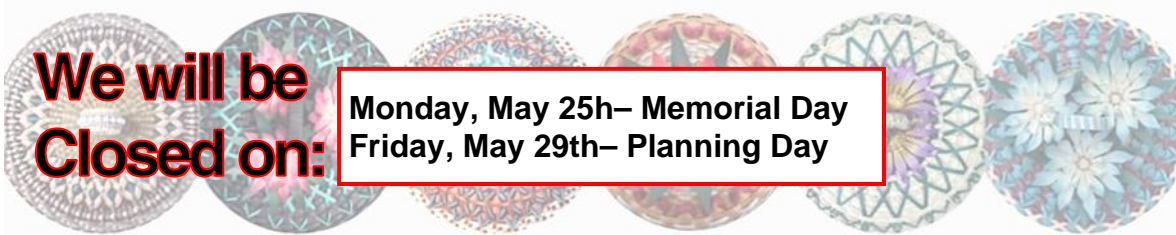
First Ride to Nowhere of 2026! We had 13 passengers jump on the bus with no idea where we were off to. They wound up in Waddington, NY and stopped at the Hepburn Library, walked down the street to the historic 'Clark House' art gallery then walked a little further to the beautiful St. Lawrence river side. With the sun shining— it made for a perfect spring day to be out exploring.

## Inside this Issue:

Senior Club Page	2
Senior Games 2026!	3
National Scrabble Day	4
ACES Series Continues	5
Calendar	6 & 7
OFA Bus Information	8
Nutrition Article	9
Walk With Ease Program	10
Birthdays	11

**We will be  
Closed on:**

**Monday, May 25h– Memorial Day  
Friday, May 29th– Planning Day**





# AKWESASNE SENIOR CLUB

Mailing Address: PO Box 1106, Akwesasne, NY 13655

Phone: (518) 358-2963

Email: srclubsecretary@gmail.com



## LOIS THOMAS MEMORIAL : ACE TO KING TOURNAMENT!

**Saturday, May 2, 2026—Doors open at 4:00 pm at the Senior Center**

**\$20 Buy in/Cash Prize  
50/50 Tickets- \$5 each**

**Potluck Starts at 4:00 pm  
DOOR PRIZES!**

*Lois Thomas was a great Akwesasne Senior Club President. She put the Senior Club on the map! She helped establish the Senior Center building and a vehicle for transportation. She was very involved with annual Craft Fairs and fundraisers. She was first to sign for the Elders Benefit. She also served as the Sub-Chief for the Saint Regis Mohawk Tribe. We all miss her and hold this Ace to King Tournament (one of her favorite games) in her honor.*



# Senior Club Nominations

*In May 2026 the Akwesasne Senior Club will be accepting nominations for the following Club Officers:*

1. President
2. Treasurer
3. Records Keeper

**Nomination Forms can be picked up  
Friday, May 1st until the deadline  
Wednesday, May 13, 2026 at 1:00 pm**

This is a great time to determine if you or someone you know is interested in supporting our local Seniors by becoming a Senior Club Officer. When nominations open in May, you may submit a nomination form as a candidate or if you would like to nominate somebody.



**Bus Full at 'Plow Boy's' Show at Upper Canada Playhouse.  
Great show and great memories! Nià:wen Senior Club for  
organizing! Thank you Judy for driving the bus!**

### Next Senior Club

#### Meeting:

Wednesday, May 20th  
at 12:30 pm

ALL club members are  
Welcome!

### Onerahtohkwa/May Volunteer Bingo Schedule

4 Shiskare  
Lorene Jackson  
Debbie Thomas

11 Shiskare  
Cathy Coache  
Barbara Lazore

18 Shiskare  
Debbie Thompson  
Lynn LaFrance

25 Shiskare  
NO BINGO

*If you cannot make it  
on your scheduled  
day, please call and  
let us know.*



# SENIOR GAMES 2026



Our Annual Senior Games are BACK! Open to adults 55 and older, this free three-day event is all about fun, staying active, and connecting with others. Enjoy a variety of games with awards given out on the final day. Here is our tentative schedule, it may change. We will require pre-registration, which will be available with the final agenda at the Senior Center on June 1st. Contact the Senior Club for more info.

## WEDNESDAY, JUNE 3<sup>RD</sup>

- 9:00 Registration Poker Walk
- 10:00 Jigsaw Puzzle Race
- 1:00 pm Virtual Bowling



## THURSDAY, JUNE 4<sup>TH</sup>

- 9:00 Registration Poker Walk
- 10:00 Billiards Tournament
- 1:00 pm Cornhole Tournament



## FRIDAY, JUNE 5<sup>TH</sup>

- 9:00 Registration Poker Walk
- 10:00 Ladderball
- 12:30 pm Shuffleboard
- 2:00 pm Awards



## Mental Health Wellness Walk



Walk and learn with us at the Tewatahita Walking Trail at Generations Park and learn about valuable resources along the way. Learn about what our community offers to help you live a better life. Many different programs will be in attendance. Concession available and raffles for door prizes. All ages are welcome!

**THURSDAY, MAY 28, 2026**  
4:00 pm-6:00 pm

## Cornell Cooperative Container Garden



**Tuesday, May 26th at 1:00 pm**

Pat Barker will be back with teaching us how to care for our container gardens. More details will be posted at the Senior Center and on Facebook in May. Call for more information or sign up with Heather Durant at (518) 358-2963.



## TECH HELP MADE EASY! DROP-IN SUPPORT FOR SENIORS



Mohawk Networks is introducing a new, flexible way for seniors to get help with their technology-no classes, no pressure. Instead of a structured session, this drop-in format lets elders stop by with their own questions and devices.

Hands-on support will be available for smartphones, tablets, and more, offering simple troubleshooting and one-on-one guidance. Enjoy a relaxed setting with coffee and light snacks while getting the help you need.



Stop in on Friday, May 15<sup>th</sup> at 11:00 am  
and leave feeling more confident with your tech!



# NATIONAL SCRABBLE DAY

We had a great time April 13th hosting a Senior Scrabble tournament in honor of National Scrabble Day! Although we had a small but mighty group of three players, the competition was fun and full of laughs.

1st place: Dyan Swamp – winner of a \$50 Three Feathers Café GC  
2nd place: Lynn LaFrance – winner of a \$25 Three Feathers Café GC  
3rd place: Sally Hamelin – winner of 3 OFA lunch certificates

With a collective score of 446 points (just shy of our 500-point goal), we'd say it was a pretty successful and enjoyable morning. Great job, ladies!



Dyan, Lynn & Sally



## Home Delivered Meal Program Participants!

This is a friendly reminder, if there is a lunch that you do not prefer– please call the Senior Center at (518) 358-2963 before 9:30 a.m. to have your name removed from the meal delivery list for that day. Please pay attention to the monthly Menu and plan accordingly.

# Help Us Bloom!



We need your help to make these Book Page Roses!

Charity Lazore from the Akwesasne Library will be teaching us how to make these Book Page Roses to be our Mother's Day Luncheon Centerpieces!

Tuesday, May 5<sup>th</sup> at 11:00 am

# VOLUNTEERS NEEDED!

Join Our Memorial Day

## PARADE BUS/FLOAT



HELP TOSS OUT CANDY



WALK AND OR RIDE THE BUS



SUNDAY, MAY 24, 2026  
11:00 AM

—Your Help Makes a Difference!—

SIGN UP WITH LYNDIE BRANN AT  
(518)358-2963



# Alzheimer's Caregiver Education & Support

**ACES** is an interactive learning program for Alzheimer's and dementia caregivers. It consists of 6 weeks of education and support, including care training, planning tools and tips to help you cope.

## Where:

SRMT Office for the Aging  
29 Margaret Terrance  
Memorial Way Akwesasne,  
NY, 13655

\*Offered both in person and  
virtually (except movie)

## Registration

To Register Please Contact:  
Rachel Jacobs

Ph: 518-358-2963 ext. 3318

E-mail: [rachel.jacobs@srmt-nsn.gov](mailto:rachel.jacobs@srmt-nsn.gov)  
or

Lyndie Brann

Ph: 518-358-2963 ext. 3315

E-mail: [brann.lyndie@srmt-nsn.gov](mailto:brann.lyndie@srmt-nsn.gov)

## Partnered Learning to Help Caregivers Become ACES in the Journey



Northeastern  
New York Chapter



**Week 5,**  
**11:30am – 12:30pm**

**May 6, 2026**

### Safety

Explore tips on how to stay safe within your home and in the outside environment. Participants will receive a Night light and a SCC QR Code Wrist band (While supplies last)

**Week 6,**  
**11:30am – 12:30pm**

**May 20, 2026**

### Exploring Resources and Program Wrap-Up

Examine how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care. Meet our community partners.

**Guest Speaker:** Diane Boots

**May 27, 2026**  
**1:00pm – 3:00 pm**

When a young intern at the local Senior Day Center challenges DAISY, an accomplished elderly Native American woman to dream big, she re-evaluates her old frail body yet still strong youthful mind and sets out on a stirring quest to fulfill a life-long desire.

Writer/Director: Travis Holt  
Hamilton


## Touch the Water Movie Snacks Provided



### In-Person Only

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, OAA, Title III, Title VI, Tribal General Fund, Tribal Elder Justice Innovations Grant

# Onerahntohkó:wa/May 2026

Tsiat'ahkhaton	Kiokierénhton	Tekenihaton	Ahsénhaton	Kaierihaton	Wískhaton	Iahia: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><b>Morning pickup is at 9:30 am– Please call before 9:00 am.</b></p> <p>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.</p> <p><b>Menu is subject to change due to Supply Availability. Salads are no longer an option due to seasonal supply/freshness.</b></p> <p>Mohawk Classes are Full (not taking new students at this moment)</p>							
<b>3</b>	5:00 Ace to King	<b>4</b> Sweet Potato Soup Roast Beef Sandwich Pear Chocolate Pudding <b>Activity:</b> 10:00 Exercise Class 1:00 Bingo <b>Mother's Day Tickets Go on Sale</b> 11:00 Walk with Ease <b>STAR WARS DAY!!!</b>	<b>5</b> Cheeseburger Sweet Potato Fries Mixed Vegetables Yogurt Peaches <b>Activity:</b> 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	<b>6</b> Roast Beef Mashed Potato Mix Beans Roll, Banana <b>Activity:</b> 9:00-1:00 Haircuts 10:00 Exercise DVD 11:00 Walk with Ease <b>11:30 ACES Week 5</b>	<b>7</b> Greek Salad Roll Mixed Berries Cupcake <b>Activity:</b> 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class Day	<b>8</b> Mother's Day <b>Luncheon (need ticket)</b> Chicken Parmesan Toss Salad, Roll Fruit Salad <b>Activity:</b> 10:30 Pantry Bingo 12:30 Band Starts 11:00 Walk with Ease 	<b>9</b> 5:00 Ace to King
<b>10</b>	5:00 Ace to King	<b>11</b> Philly Cheese w/ Onion & Peppers	<b>12</b> Shepherd's Pie with Gravy	<b>13</b> Chinese Chicken Salad, Roll	<b>14</b> Cream of Mushroom Soup	<b>15</b> BBQ Pork on a Bun, Apple	<b>16</b> 5:00 Ace to King
<b>2</b>	♠ ♣ ♦ ♥ <b>4:00 Doors Open for Lois Thomas Memorial Ace to King Tournament!</b> ♥ ♦ ♣ ♠	<b>1</b> Baked Fish Rice Mixed Vegetable Roll Pears Fig Newton <b>Activity:</b> Coloring Contest Begins	<b>1</b> Baked Fish Rice Mixed Vegetable Roll Pears Fig Newton <b>Activity:</b> Coloring Contest Begins	<b>1</b> Baked Fish Rice Mixed Vegetable Roll Pears Fig Newton <b>Activity:</b> Coloring Contest Begins	<b>1</b> Baked Fish Rice Mixed Vegetable Roll Pears Fig Newton <b>Activity:</b> Coloring Contest Begins	<b>2</b> ♠ ♣ ♦ ♥ <b>4:00 Doors Open for Lois Thomas Memorial Ace to King Tournament!</b> ♥ ♦ ♣ ♠	



	<p>Mixed Vegetables Fruit Cocktail Yogurt with Granola <b>Activity:</b> 10:00 Exercise Class 10:00 Coloring Contest Ends 11:00 Walk with Ease 1:00 Bingo</p>	<p>Broccoli, Roll, Peach Apple Crisp <b>Activity:</b> 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class</p>	<p>Lemon Fluff, Banana <b>Activity:</b> 9:00-1:00 Haircuts 10:00 Exercise DVD 11:00 Walk with Ease 1:00 Craft Class <i>Deadline for Senior Club Nominations</i> National Apple Pie Day</p>	<p>Roast Beef Sandwich Fig Newton, Orange <b>Activity:</b> 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class 11:15 Box Lunch Bingo <i>Legal Aid Appointments</i></p>	<p>Mixed Vegetable Fruit Ambrosia <b>Activity:</b> 11:00 Mohawk Networks Trouble shooting drop-in 11:00 Walk with Ease <b>1:00 Cornhole League</b></p>
<p><b>17</b> 5:00 Ace to King</p>	<p><b>18</b> Baked Chicken Boiled Potato Green Beans Roll, Pears Tapioca Pudding <b>Activity:</b> 10:00 Exercise DVD 11:00 Walk with Ease 1:00 Bingo</p>	<p><b>19</b> Hamburger with Tomatoes and Lettuce, Broccoli Sweet Potato Fries Mandarin Oranges Cookie <b>Activity:</b> 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class</p>	<p><b>20</b> Blueberry Pancake, Boiled Egg Fruit Salad Fried Potato Yogurt with Granola and Honey <b>Activity:</b> 9:00-1:00 Haircuts 10:00 Exercise DVD 11:00 Walk with Ease <b>11:30 ACES Week 6</b> 1:00 Senior Club Meeting</p>	<p><b>21</b> Strawberry Spinach Salad Roll Banana Mango Chia Pudding <b>Activity:</b> 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class <b>1:00 Cornhole League Tournament</b> <i>Legal Aid Appointments</i></p>	<p><b>22</b> Stuffed Shells Toss Salad Apple Roll <b>Activity:</b> 11:00 Walk with Ease National Vanilla Pudding Day 12:45 Ride to Nowhere</p>
<p><b>24</b> 5:00 Ace to King</p>	<p><b>25</b> <b>CLOSED</b> <b>Memorial Day</b> </p>	<p><b>26</b> Fish on a Bun Wild Rice Mixed Vegetables Roll, Pears Fruit Cocktail <b>Activity:</b> 10:00 Chair Yoga 1:00 Cornell Cooperative Gardening Giveaway</p>	<p><b>27 BIRTHDAY MEAL</b> Turkey Mashed Potato Green Beans, Roll Jello, Grapes White Cake <b>Activity:</b> 9:00-1:00 Haircuts 11:00 Walk with Ease 10:00 Exercise DVD <b>1:00 ACES MOVIE SHOWING</b> </p>	<p><b>28</b> Italian Wedding Soup, Roll Toss Salad Tangerine Rice Pudding <b>Activity:</b> 10:00 Chair Yoga Book Club Gathering 4:00-6:00 pm Mental Health Wellness Walk on Trail</p>	<p><b>29</b> <b>CLOSED</b> <b>Planning Day</b>  11:00 Walk with Ease</p>
<p><b>24</b> 5:00 Ace to King</p>	<p><b>30</b> 11:00 Meet for Parade 5:00 Ace to King</p>	<p><b>30</b> 5:00 Ace to King</p>			

# Senior Center Bus Rides!

## WEEKDAY PICK UP FOR LUNCH

9:30 AM PICKUP  
12:30 PM HOME

- Morning pick up is at 9:30 am to eat lunch at 12:00 pm
  - Must call in the morning of before 9:30 am to reserve a meal and request pick-up
- Bus ride home- 12:30 pm
- Bus includes wheelchair lift

55 years  
or older

## MASSENA WALMART SHOPPING

EVERY THURSDAY  
1:00 PM

- Call any time during the week to sign up for Thursday's shopping trip
- Pick up will begin at 12:30 pm
- One hour of shopping

## Weekly Senior Center Activities:

- Monday-Thursday at 10:00 am we have work out classes
- Every Monday Bingo at 1:00 pm
- Presentations and parties are typically at 11:00 am
- Snack is served at 11:00 am everyday
- Available at anytime:
  - Board/card games
  - Pool table
  - Shuffle board
  - Treadmill
  - Walking Trail

## OTHER OFA DETAILS:

- Pick up is on the Southern portion of Akwesasne (U.S.)
- Cost for lunch is \$3.00
- We have a monthly newsletter "Moccasin Trail" available on our Facebook page or by mail, that lists our menu and upcoming activities



Saint Regis Mohawk Tribe Office for the Aging  
29 Margaret Terrance Memorial Way  
(518) 358-2963



**Monday May 4th is the famous Star Wars National Holiday! Wear any kind of Star Wars gear to enter into our drawing for the day. That includes Home Delivered Meals and Grab-n-Go! Just point it out to your Senior Center delivery person!**



## May Craft Class

### Glass Painting Technique

WEDNESDAY, MAY 13, 2025

1:00 PM-2:00 PM

Supplies: Glass picture frame, paint, simulated liquid leading paint, printed outline design (all supplied by Senior Center)

Easy painting design at any painting skill level! All we will be doing is outlining from a print, then painting the inside- the outline makes it easy to stay inside the lines. I will have some frames with outline ready to be painted and some blank frames for you to do your own outline design.

**REGISTER WITH ACTIVITIES (KATIE) AT (518) 358-2963**

*If you have any questions feel free to contact SRMT Office for the Aging  
@ 518-358-2963 Lisa Keys, RDN*

# Eating Ultra-Processed Foods Linked to Poorer Bone Health

More than half of the calories that the average American adult consumes are from ultra-processed foods. From flavored yogurts to frozen pizzas, breakfast cereals and instant oats, ultra-processed foods are convenient, often cheaper items designed for a quick bite. In recent years, excess consumption of these foods has also been linked to health risks such as diabetes, cardiovascular disease and some types of cancer. According to a new study, eating more ultra-processed foods may also be bad for your bones and a higher risk of hip fractures. But here's the good news. Not every food that comes in a box is ultra-processed.

## It splits foods into four categories;

- Unprocessed or minimally processed foods: Think vegetables, grains, legumes, fruits, nuts, meats, seafood, herbs, spices, garlic, eggs and milk. Make these real, whole foods the basis of your diet.
- Processed foods: When ingredients such as oil, sugar or salt are added to foods and they are packaged, the result is processed foods. Examples are simple bread, cheese, tofu, and canned tuna or beans. These foods have been altered, but not in a way that's detrimental to health. They are convenient to help you build nutritious meals.
- Ultra-processed foods: Here's the category where almost 50% of our calories come from— and where we should cut back. These foods go through multiple processes (extrusion, molding, milling, etc.), contain many added ingredients and are highly manipulated. Examples are soft drinks, chips, chocolate, candy, ice-cream, sweetened breakfast cereals, packaged soups, chicken nuggets, hotdogs, fries and more.

## How can I cut back on ultra-processed foods?

**Cook more often:** One major change in dietary patterns in the last 70 years has been the decline of home cooked meals, and the increase in ultra-processed foods. Cook at home more often, without using ultra-processed ingredients.

**Consider the source:** Think about where your food comes from.

**Don't be swayed by hype:** Be wary of deceptive foods marketing and advertising. Ultra-processed foods are often marketed as "healthy," "natural" and "organic."

Eating fresh, unprocessed, whole food will do a lot of good for your body— including reducing your risk for high blood pressure, heart disease, type 2 diabetes and stroke.



## Arthritis Awareness Month

*As the nation's #1 cause of disability; arthritis affects nearly 60 million adults and hundreds of thousands of children. Over 100 types of arthritis and related conditions damage the joints and often other organs.*

### National Arthritis Foundation's Walk With Ease Program

⇒ This is a community-based physical activity and self-management education program. While walking is the central activity, Walk with Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

⇒ Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk with Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physical active
- Improve overall health



⇒ The Walk with Ease program is an 18 session (6-week long program that meets 3 days per week) that meets for approximately 1 hour each session.

### Upcoming Walk With Ease Workshops:

1. **Where:** Saint Regis Mohawk Tribe Senior Center- Generations Park Walking Trail 71 Margaret Terrance Memorial Way, Hogansburg, NY 13655

α. **When:** Mondays/Wednesdays/Fridays– Starting May 4th until June 15th at 11:00 am

2. **Where:** Malone Adult Center Walk with Ease- 12 Homestead Pk. Malone, NY 12953

α. **When:** Mondays/Wednesdays/Fridays June 1st until July 15th at 9:00am (no session on June 19th or July 3rd due to Federally observed holidays)

\*\*\*If you can't make it to the meeting time/location? Reach out to Alexandra Hooker at (518) 481-1532 and we may be able to come up with a plan to have you complete the program individually with weekly check-ins!

*This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. If you have any questions or concerns please contact Alexandra Hooker MS RD at (518) 481-1532 or by email at alexandra.hooker@franklincountyny.gov*

# Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!



- 1- Martha Cook  
Carmen Paquin  
Ronald Soucy
- 3- Veronica Tatlock
- 4- Alan Labaff
- 5- Adeline Herne
- 7- Sandra Rourke  
Patricia Seymour
- 9- Earl Fregoe  
Lucy Lazore

- 12- Carolyn White  
Rosemary Sunday  
Veronica Thompson  
Leonard Barnes
- 14- Lou Ann Paquin  
Laurie Lazore
- 15- Chrysetta Patterson  
Sylvia McDonald
- 17- Nancy Jean Jacobs

- 25- Bonnie Ackerman  
Cynthia Cook  
Rosemary Leblanc
- 28- Marie Benedict  
Martha Mitchell  
Wanda Sharrow
- 30- Darlene Jacobs

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

## April Coloring Contest Winners!



Charlene Sunday



Theresa Martin

Congratulations  
Charlene and Theresa!

May Coloring Contest begins  
Friday, May 1st and will end  
Monday, May 11th at 10:00 am

## SENIOR CENTER LAWN CARE SERVICES

Registration for Office for the Aging lawn care has begun. If you are eligible, please call Anthony Francis (Our new Maintenance Support Supervisor!) and he can fill out your form over the phone, or you can stop into the office. We have limited spots available.

### Eligibility:

- Must be 55 years of age or older
- Live within the jurisdiction of the Southern portion of Akwesasne
- Live alone and lack the support of family, friends or neighbors
- Incapacitated due to accident, illness or frailty
- Priority is given to elders receiving home care or Home Delivered Meals

(518) 358-2963



# Employee Spotlight



Shè:kon my name is Anthony Francis (Saka) and I'm very happy to come on board as the new Maintenance Support Supervisor, I was born in Cornwall Ontario to Robert Francis and Darlene (Boots) Francis. I grew up on Cornwall island surrounded by my grandparents Stanley and Elisabeth (Thompson) Francis. My mother's parents Peter and Irene Boots, and my Great Grandparents May and Mike Thompson. Growing up around my grandparents helped me develop a great respect for my elders. I always enjoy help my grandparents in the gardens, stacking wood, loading the wood stove, and mowing their lawns. I moved away from home for a couple years working carpentry in Alberta and Ottawa. I'm excited to use the skills I learn to help give back to Akwesasne's elders.



**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**

Presorted Standard  
US Postage Paid  
Akwesasne, NY  
PERMIT # 4

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..

