



Moccasin Trail

OHIARIHKÒ:WA / JULY 2026

JULY ACTIVITIES:

- Nutrition Ed Presentation on "Aging Myths" 7/7 at 11:00
- National Rock 'N' Roll Day 7/7
- Thompson Island Trip 7/9
- Cornhole Tournament 7/10
- End of Coloring Contest 7/10
- National Gummi Worm Day 7/15
- Box Lunch Bingo on 7/16 at Iakhihsotha
- July Craft Class 7/17
- National Lollipop Day 7/20
- Ice Cream Social 7/23
- Ride to Nowhere on 7/28– Leave at 9am (lunch included)

JOIN US FOR A SWEET PARTY

Elders

ICE CREAM SOCIAL!

JULY 23, 2026 12:30 PM

Senior Center Dining Room

MORE INFORMATION ON ACTIVITIES SOON TO COME!

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TURTLE ISLAND BALLOON EVENT

**Saturday, July 11, 2026
2:00 pm**

**Generations Park Amphitheater
Free Admission**

Our Creation story will be told through song and dance by the Skywoman Iroquois Dance Theater. Come explore craft vendors and food vendors.

We will be Closed on:

Friday, July 3rd– Independence Day
 Friday, July 24th– Planning Day
 Friday, July 31st– Staff Beach Day





AKWESASNE SENIOR CLUB

Mailing Address: PO Box 1106, Akwasasne, NY 13655

Phone: (518) 358-2963

Email: srclubsecretary@gmail.com

Senior Club Election Results

The following have been elected to a one-year term as Senior Club Officers:

President– Lynn LaFrance

Treasurer– Sharon Sunday

Records Keeper– Jackie Tarbell

Thank you to all who have participated in the election process by coming out to vote and those who volunteered to man the polls during the week of the Senior Games. It was much appreciated.

In Loving Memory

Our heart felt sympathy goes out to the families of our dear Senior Club Members, Caroline Tarbell and Carol White. They will be missed by all of their Senior Club friends and members.



Thank you Cecelia “Sesi” Thomas, for your service as Senior Club President this past year.



Your willingness to step into a leadership role and support our club is greatly appreciated. We are thankful for your time and contributions and wish you happiness and success in all that lies ahead.

Nia:wen!

Next Senior Club Meeting:

Wednesday, July 15th at

12:30 pm

In the Senior Center

Sunroom

ALL club members are

Welcome!

July Volunteer Bingo Schedule

July 6th

Lorene Jackson
Debbie Thomas
Lynn LaFrance

July 13th

Cathy Coache
Barbara Lazore
Lynn LaFrance

July 20th

Lorene Jackson
Debbie Thomas
Lynn LaFrance

July 27th

Cathy Coache
Barbara Lazore
Lynn LaFrance

Please notify Club if you cannot make it. Subject to change if needed.

Thanks to the following local businesses for their Generous Donations to the Senior Games held in June:

- Akwasasne Mohawk Casino
- AKW Wholesale
- Another Damn Cigarette Store/ East End Convenience
- Akwasasne Mini Mart
- Big Boys Gas & Tobacco
- CAA Management
- CKON
- Crossroads
- Hummingbird Gift Shop
- J & J Insurance
- Lani Jackson
- Rocket Ronnies
- Speedway Convenience
- Tarbell Management Group
- Village Currency

Special Thanks to Jonathan Lazore/Chey's Place for their generous donation of Delicious BBQ Chicken dinners for All of us to enjoy!

THANK YOU!





Thank you to all the participants that took part in the 2026 Senior Games held from June 3rd through June 5th. Days consisted of breakfast, poker walk, Jig Saw Puzzle/Billiards Tournament/Ladder Ball, lunch and ended with Virtual Bowling/Cornhole/Shuffleboard. Thank you to the various donors for the wonderful door and award prizes, and staff for making the event possible.

The poker walk held each morning awarded the winner Sandra Rourke based on her luck for best hand throughout the three days of the event.

Jigsaw Puzzle Race Winners : 1st- Jackie Tarbell and Noonie Thomas, 2nd- Melissa Johnson & Sesi Thomas

Virtual Bowling Winners: 1st- Florence Cook (214), 2nd- Debbie Cook Jacobs (213), 3rd- Norma Jock (186)

Billiards Tournament Winners: Catherine Burns and Sesi Thomas

Cornhole Tournament Winners: 1st- Millie Cook and Melissa Johnson, 2nd- Sharon Sunday & Bob Sullivan

Ladder Ball Winners: 1st- Millie Cook and Gretchen Tarbell, 2nd- Melissa Johnson & Eli Tarbell

Shuffleboard Winners: 1st- Catherine Burns and Ernestine Oakes, 2nd- Hilde Barnes & Jackie Tarbell





Father's Day at the Senior Center

We had a wonderful turnout for our Father's Day luncheon at the Senior Center! The room was beautifully decorated for our "Bubbas and Dads" theme with banners, ribbons, balloons, and beautiful centerpieces created by our college intern, Phoebe Derouchie Pyke; which were raffled off as prizes.

The event featured great food, fun games, live country music, and karaoke performed by Katie's daughter Amelia Lazore. Highlights included a hilarious game of balloon tic-tac-toe and a dart tournament.

Congratulations to our first-place winner, Frank Hutt, who won a Tim Hortons mug and a \$40 gift card, and to our second-place winner, Tim Sunday, who received a 3TK gift bag (Thank you 3TK!). Thank you SRMT Security Ryan and Dawson for running our dart board games!

Following the activities, everyone enjoyed a delicious walleye fish meal and pie prepared by our wonderful kitchen staff.

Nia:wen to our talented musical guest, Sharlann Anderson, and to the Akwesasne Senior Club for sponsoring the entertainment. Nià:wen to our amazing staff and to all the men and women who joined us. We had a blast celebrating with you!



* Nutrition * Education Class

**Tuesday, July 7, 2026 at 11:00 am
in the Senior Center Dining Room**

The topic will be "Aging Myths". Duration will be a half hour. Nutrition Coordinator Heather Durant-Benedict will be presenting. No need to sign up ahead of time. Hope to see you there!



***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!***



Stay Hydrated, Stay Healthy: A Guide for Older Adults

As the summer heat rolls in, staying hydrated becomes more important than ever. For adults over 55, drinking enough water is not just about quenching thirst—it is a vital step in maintaining energy, staying sharp, and preventing serious health issues. Our bodies change as we age, and so do our hydration needs. This month, the Office for the Aging is sharing essential tips to help you and your loved ones recognize the signs of dehydration and build healthy hydration habits.

Why Hydration Changes as We Age

Staying hydrated can become more difficult as we get older due to several natural changes in the body:

- **Fading Thirst Signals:** The brain's natural ability to sense thirst decreases with age. You might actually need water long before you feel thirsty.
- **Less Water Reserves:** Our bodies naturally hold less water as we age, leaving a smaller margin for error when fluids are lost.
- **Medication Side Effects:** Many common prescriptions, including blood pressure medications and diuretics, cause the body to lose water more quickly.

Signs of Dehydration to Watch For

Dehydration in older adults doesn't always look like a simple dry mouth. Be on the lookout for these common warning signs:

- **Dark Urine:** Healthy urine should be pale yellow, like lemonade. Dark urine is a clear sign you need more fluids.
- **Sudden Confusion:** Mild dehydration can cause sudden confusion, forgetfulness, or unusual fatigue.
- **Dizziness or Balance Issues:** Feeling lightheaded when you stand up is a major cause of falls among seniors.
- **Frequent Headaches:** A nagging headache or muscle cramps can often be resolved with a glass of water.

Simple Ways to Stay Hydrated Every Day


If you struggle to drink enough water, you are not alone. Try these simple, low-effort strategies to boost your intake:

- **Drink on a Schedule:** Do not wait until you are thirsty. Drink a small glass of water when you first wake up, with every meal, and whenever you take your daily medications.
- **Eat Your Water:** You can eat your fluids, too! Enjoy water-rich foods like watermelon, strawberries, cucumbers, celery, and warm broths or soups.
- **Keep it Within Reach:** Keep a lightweight water bottle or a mug of herbal tea next to your favorite chair or on your bedside table. If it is in sight, you are more likely to sip it.
- **Flavor Your Drinks:** If plain water sounds boring, add a splash of flavor. Drop in fresh berries, a slice of lemon, or cucumber slices to make it more refreshing.



Note: Always consult with your healthcare provider or a registered dietitian regarding your specific daily fluid goals, especially if you have a medical condition like heart or kidney disease.



Ohiairihkò:wa/July 2026

Tsia'ahkhaton	Kiokierínhton	Tekeníhathon	Ahsénhathon	Kaier'hathon	Wískhathon	Iahià: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. 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 AVAILABLE! Limited to first 20. Please call to reserve along with the salad dressing you prefer.</p>			<p>1 Caesar Salad Roll Italian Ice Banana Activity: 9:00-1:00 Haircuts</p>	<p>2 BBQ Hot Dog, Hamburger Toss Salad Macaroni Salad Pickle Orange Ice Cream Cup Activity: 10:00 Chair Yoga</p>	<p>3</p> <p>CLOSED</p> <p>Independence Day</p> 	<p>4</p> 
			<p>8 Open Face Turkey with Gravy Carrots, Broccoli Wheat Roll Pears Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD</p>	<p>9 Dorito Taco Salad with Catalina Dressing Fruit, Roll Activity: 10:00 Chair Yoga 8:30 Thompson Island Legal Aid</p>	<p>10 Potato Crusted Cod, Rice Toss Salad Wheat Roll, Pineapple Activity: 10:30 Cornhole Tournament 10:00 End of Coloring Contest</p>	<p>11</p> <p>2:00 Turtle Island Balloon Event!</p>
<p>5</p> <p>6 Sweet-N-Sour Pork over Rice Broccoli Wheat Roll Tropical Fruit Salad Activity: 10:00 Exercise Class 1:00 Bingo</p>			<p>15 Pancakes Sausage</p>	<p>16 BBQ Ribs Rice</p>	<p>17 Philly Cheese with Peppers and</p>	<p>18</p>
			<p>7 Meatloaf Mashed Potatoes Mixed Beans Wheat Roll Mandarin Oranges Activity: 10:00 Chair Yoga 11:00 Nutrition Ed "Aging Myths" National Rock 'N' Roll Day 11:30 trivia!</p>			
			<p>14 Mac n Cheese Chicken Breast</p>			



<p>19</p>	<p>Boiled Egg, Tuna, Roll Veggie Sticks Peaches Ice Cream Sandwich Activity: 10:00 Exercise Class 1:00 Bingo</p>	<p>Stewed Tomatoes Broccoli Wheat Roll Pears Fig Newton Activity: 10:00 Chair Yoga</p>	<p>Scrambled Eggs Fried Potato Fruit Cup, V8 Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 12:30 Senior Club Meeting National Gummi Worms Day!</p>	<p>Mixed Vegetables Wheat Roll Strawberries with Whip Activity: 10:00 Chair Yoga 11:30 Box Lunch Bingo at Iakhihsohtha</p>	<p>Onions Mixed Vegetables Watermelon Chunks Activity: 12:45 Corn Husk Flower Making Class</p>
<p>20</p>	<p>Seasoned Pork Chops, Applesauce Rice, Green Beans Wheat Roll Orange Fig Newton Activity: 10:00 Exercise DVD 1:00 Bingo National Lollipop Day</p>	<p>21 Fish on a Bun Potato Wedges Mixed Veggies Pears Activity: 10:00 Chair Yoga</p>	<p>22 Chef Salad Roll Fruit Salad Cookie Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD</p>	<p>23 Goulash Caesar Salad Wheat Roll Grapes Activity: 10:00 Chair Yoga Legal Aid 12:30 ICE CREAM SOCIAL!</p>	<p>24</p> <p>CLOSED</p> <p>Planning Day</p> 
<p>26</p>  <p>No Ace to King for the month of July. It'll resume August 1st</p>	<p>27 Chicken Cordon Bleu Potato Mixed Vegetable Fruit Ambrosia Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>28 Spaghetti with Sausage Cauliflower Wheat Roll Peach Activity: 9:00 Ride to Nowhere! Lunch Included! 10:00 Chair Yoga</p>	<p>29 BIRTHDAY MEAL</p> <p>Turkey Dinner Mashed Potato Beans Wheat Roll Melon Cup Cake with Fruit Topping Activity: 10:00 Haircuts 10:00 Exercise Class</p> 	<p>30 Chicken Corn Chowder Wheat Roll Veggie Mix Pineapple Chunks Activity: 10:00 Chair Yoga</p>	<p>31</p> <p>CLOSED</p> <p>Staff Beach Day</p>  

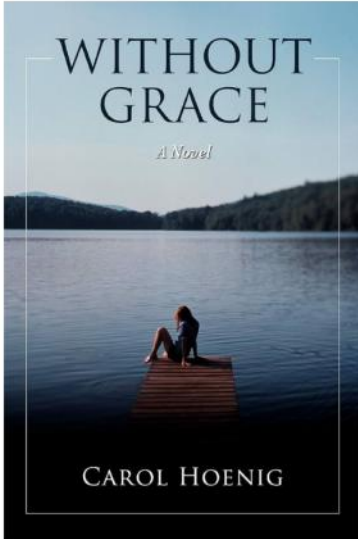


Senior BOOK CLUB



JULY BOOK:

'Without Grace' A Novel by Carol Hoenig



Following her grandmother's death, Vicky Finley is left navigating a household solely consisting of men in a rural North Country farming community. She becomes consumed with tracking down Grace—her estranged mother who abandoned the family when Vicky was just a baby.

While Vicky embarks on this soul-searching quest, her devoted older brother, Kevin, fights to protect their land and community from a ruthless developer. The narrative explores complex family dynamics, how secrets of the past burden the present, and Vicky's journey into becoming a strong woman.



Gathering:
Thursday, July 30, 2026
12:30 pm in Senior Center Sunroom



THOMPSON ISLAND

THURSDAY, JULY 9, 2026



Join us for a pontoon ride to the Thompson Island Cultural Camp
Where a Tour will take place and Lunch will be provided.

Bus leaves the Senior Center for Adams Marina at 8:30 am
Boats leave Adams Marina at 9:05 am



SIGN UP WITH OFA ACTIVITIES (518) 358-2963

Hot Weather Safety Tips for Older Adults

While summer brings us warmth, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

Staying Safe When It's Too Darn Hot

When the temperature climbs above 80F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool;

- Stay away from direct sun exposure as much as possible
- Stay hydrated
- Dress appropriately
- Air conditioning
- Sunscreen



How to Spot and Treat Health Problems Caused by Heat

Dehydration— is a loss of water in your body and can be serious if not treated. Warning signs are weakness, headache, muscle cramps, dizziness, confusion, and passing out. Drink plenty of water and, if possible, sports drinks such as Gatorade, which contain important salts called “electrolytes.” Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you’re dehydrated.

Heat stroke— is a very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly. Warning signs is a body temperature of 104°F (40°F) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy, and passing out. Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. Of possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature.

Heat exhaustion— is a serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke. Warning signs are heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C). Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks.





Staff Spotlight



Hello everyone! My name is Natasha Cook Eggleston. I'm excited to join the team as Katie's new activities assistant! My background is a mix of state and federal jobs, a lot in human services, and hands-on caregiving, but my passion lies in creativity and sharing that with others. Beyond my professional life, I am a mom to one biological child and two that I was blessed to help raise. I also started a small cake pop and dipped treats business, which I named after my late mom. I am not originally from Akwesasne; I am of Puerto Rican descent, but this has been my home since I was young. My mother was adopted by the Cooks and brought up here from the city and her husband, Brent, ended up adopting me when I was a baby.



She:kon! My name is Phoebe Derouchie-Pyke, I am the summer intern this year. I grew up in Saint and graduated from Salmon River. I am the daughter of Kateri Pyke and Scott Derouchie, granddaughter of Beverly Pyke. I spend my free time water coloring, hiking, playing pickleball, and hanging out with friends and family. I am on the road to becoming a dental hygienist to hopefully come back here to work with the community. I am excited to work here this summer and I can't wait to get to know everyone!



The SRMT Office for the Aging Senior Center proudly hosted its World Elder Abuse Awareness Day event, bringing our community together to raise awareness, share valuable resources and show our commitment to protecting and supporting our elders. The day was filled with informative presentations, meaningful conversations, wellness activities, and plenty of opportunities to connect. A special thank you goes out to all of our presenters: Mary Terrance, Jerry Manor from Seacomm, Amy Gehrig from the Ombudsman program, A/CDP, the Medical Clinic Panel, and Dr. Kasey Stewart for taking the time to educate and inspire everyone who attended. Your knowledge and dedication made the day a great success.

Throughout the event, attendees enjoyed hourly prize giveaways, with lucky winners taking home water bottles, sweatshirts, gift items, and more. We would also like to thank everyone who stayed with us throughout the entire day. Your participation and engagement helped make the event truly special. To top it all off, everyone enjoyed a delicious pulled pork meal that was the perfect ending to a full day of learning, fellowship and fun.



Together, we continue to shine a light on elder mistreatment and strengthen our commitment to keeping our elders safe, respected, and valued. We appreciate your support and hope to see everyone again next year!

Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!



- 1- Clara Margosean
- 2- Gerald McElwain
- 3- Mona Via
- 5- Gloria Arquette
- 6- Sidney Armstrong
- Dennis White
- 8- Carol Garrow
- Penny Navine
- 9- Shirley Gray
- 10- Patricia Ransom

- 11- Caroline Bigtree
- Cathy Coashe Mulch
- Elaine Cook
- Garaldine Jacobs
- 12- Angie Sunday
- 13- Vanessa Lavare
- 14- Joan Carrel
- Brian Herne
- 19- Barbara LaDue
- Jack Leaf (102!)
- 20- Doris Benedict
- 23- Carl Cook
- Johanne Jackson

- 24- Louis Conners
- Ronald Thomas
- 26- John Chubb
- Karen White
- 29- Grace Barnes
- 31- Carole Ross

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



July Craft Class

CORN HUSK FLOWERS

Workshop



Friday, July 19, 2026
 Senior Center
 12:45 pm



Call to sign up with Activities
 at (518) 358-2963

sponsored by the Akwesasne Senior Club



Coloring Contest

**Congratulations
 Brenda Arquette &
 Caroline Bigtree our June
 Winners!**

July Coloring Contest begins
 Wednesday, July 1st and will end
 Friday, July 10th at 10:00 am





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

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and we can assist with
referrals to appropriate
agencies.**

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Office for the Aging Saint
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Center

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Serve You!**

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