



# Moccasin Trail

SESKÉHA / AUGUST 2026

## AUGUST ACTIVITIES:

- 8/4 Chocolate Chip Cookie Day
- 8/6 Cornwall Lunch & Shopping
- 8/7 Air Quality Presentation and Mohawk Networks: AI
- 8/10 National S'mores Day
- 8/11 Franklin County Fair
- 8/13 Upper Canada Playhouse Trip, leave at 11:00 am
- 8/14 Air Quality Presentation
- 8/19 Senior Club Meeting
- 8/20 Craft Class
- 8/21 Senior Picnic
- 8/26 Pool Tournament
- 8/27 Senior Club trip to Hard Rock Casino in Ottawa



## July Ride to Nowhere

*The adventure began at 9:00 a.m., with everyone wondering where they'd end up. This month's surprise destination was Paul Smith's College, where the group enjoyed a beautiful nature walk followed by tasty plant-based snacks.*

## Inside this Issue:

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**We will be  
Closed on:**

Monday, August 3rd– Family Day  
Friday, August 28th– Planning Day





# AKWESASNE SENIOR CLUB

Mailing Address: PO Box 1106, Akwasasne, NY 13655

Phone: (518) 358-2963

Email: srclubsecretary@gmail.com



## Butterfly Lottery Card Raffle

Tickets are \$5 each or 3 for \$10

Prize is \$200 worth of lottery tickets will be drawn  
Monday, August 10th at Bingo.

### Next Senior Club Meeting:

Wednesday, August 19th at 12:30 pm  
In the Senior Center Sunroom  
ALL club members are Welcome!



## July Birthdays Missed!

Debbie Thomas— July 28th

Gary Burnham— July 18th

We are sorry for the oversight.

Happy Belated Birthday!



## CRAFT FAIR VENDOR CALLOUT

Vendors wanted for our Annual Craft Fair happening on  
October 10, 2026.

Please call to sign up with

**Sharon Sunday:**

Email: seniorclubsec@gmail.com

Cell Phone: 315-705-5308

## Upper Canada Playhouse Presents: 'Whose Wives are they Anyway?'

August 13, 2026; Leave Center at 11:00 am

Lunch in Morrisburg (on own), 2:00 pm show begins

When friends and co-workers David and John plan a golfing weekend without their spouses, they check into The Oakfield Golf and Country Club where they unexpectedly encounter their new boss, Ms. Hutchison, who insists on meeting their wives. In a panic John persuades Tina, the hotel's receptionist, to play the role of his wife. But the only one left who can pretend to be David's wife is...JOHN! Hilarious chaos ensues when their real wives arrive! And it's game on! A laugh-a-minute comedy you won't want to miss!

**Sign up with the Senior Club \$10.00 fee to reserve your seat on the bus**



## Day Trip to Hard Rock Casino in Ottawa, Ontario. August 27, 2026

Leaving at 9:00 am. Returning at 3:00 pm.

To sign up; a deposit is required of \$10.00 to Senior Club  
officers Sharon Sunday, Lynn LaFrance or Jackie Tarbell.  
(Cannot sign up over the phone)

## August Volunteer Bingo Schedule

### August 10th

Lorene Jackson

Doris Burns

Debbie Thomas

### August 17th

Barbara Lazore

Doris Burns

Lynn LaFrance

### August 24th

Lorene Jackson

Debbie Thomas

Lynn LaFrance

### August 31st

Cathy Coache

Barbara Lazore

Lynn LaFrance

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

# YOUR NEW AKWESASNE SENIOR CLUB OFFICERS

## Lynn Lafrance: President of Akwesasne Senior Club



She:kon Sewakwekon. My name is Lynn Lafrance, I was born and raised in Akwesasne. My parents were Mary and Phillip Thompson from the St. Regis Village. Later I married the late George Lafrance and moved 2 miles from my parents' home where I have lived my whole life. We had 4 children and 4 grandchildren. I have organized the Seniors Bingo at the Office for the Aging and the Ace to King games on the weekends. I served as an officer of the Senior Club for a short time. Thank you for your support for voting me in as the Akwesasne Senior Club President. I will do my best to continue to support our Seniors.

## Jackie Tarbell: Record Keeper Akwesasne Senior Club



She:kon members of the Akwesasne Senior club and all of our senior community. I am Jackie McDonald Tarbell. My parents were Mose (Sonny) and Barbara McDonald. I grew up on Cook Road which was renamed Drum Street, then I married Eugene Tarbell. We traveled quite a bit before coming home and settling on Tarbell road near the old homestead. I finished my bachelors degree in English and continued another year earning a Masters in Education. From there I taught at the Akwesasne Board of education for 4 years before retaining a job at the St. Regis Mohawk School where I taught for 15 years before retiring. Now I'm excited to be serving as the Record Keeper for our Akwesasne Senior Club. I look forward to meeting everyone as you sign up or renew your membership fees. Onen.

A poster for an August Craft Class. The background is a beach scene with blue water, white waves, and a sandy shore. In the center, a white circle contains the text. To the left and right of the circle are images of seashells decorated with craft supplies like paint, glue, and small figurines. At the bottom, there are starfish and seashell icons.

**August Craft Class**  
Thurs. August 20, 2026  
12:45 pm

Join us this month as we bring the beach experience to the senior center with a delightful beach-themed craft. During this event, we'll be transforming lovely seashells into cherished summer keepsakes. Get ready to paint, glue, and decorate as you create your very own miniature ocean scenes!

Call Katie or Natasha to sign up  
(518)358-2963

## Indoor Air Quality Assessment info Sessions

Friday, August 7th and Friday, August 14th

10:00 am-11:00 am



The Saint Regis Mohawk Tribe Environment Division's Air Quality Program offers free Indoor Air Quality Assessments for community members. We can help identify issues such as mold, moisture, ventilation concerns, carbon monoxide, and other indoor air quality problems. If you have concerns about the air in your home, contact the Air Quality Program to schedule a free assessment. Small changes can make a big difference in creating a healthier home.

The air inside your home can have a big impact on your health. As we get older, we're often more sensitive to dust, mold, moisture, and other indoor air pollutants. One of the easiest ways to improve indoor air quality is by increasing ventilation. When the weather is nice, open windows on opposite sides of your home for 15–20 minutes to let fresh air in and stale air out. Use bathroom exhaust fans during and after showers, turn on your kitchen range hood while cooking, and replace your HVAC filter regularly to help keep your home's air clean.

### Lunch & Shopping in Cornwall

Thursday, August 6, 2026

11:00 am-3:00 pm

Lunch at a restaurant of our choosing, shopping at Giant Tiger and taking suggestions!

Need money for lunch and shopping. Taking only 8 participants.

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



## ARTIFICIAL INTELLIGENCE: PROS AND CONS

**MOHAWK**  
networks

Friday, August 7, 2026

11:00 am-12:00 pm

In the Senior Center Sunroom

This session will explore how AI is becoming part of our everyday lives- from smartphones and search engines to online shopping, healthcare, and communication. Participants will learn about the potential benefits of AI, such as convenience, accessibility, and time-saving tools as well as important concerns including privacy, misinformation, scams, and overreliance on technology.

Mohawk Networks would like to make this session as interactive and hands-on as possible. Rather than simply listening to a lecture, attendees will have the opportunity to try out AI tools, ask questions, and participate in guided activities.

Please bring your own device- such as smartphone, tablet or laptop-to be fully engaged in the activities and demonstrations. This is a great opportunity to learn in a friendly and supportive environment. We hope you will join us for an informative and engaging discussion!



### Contact Us to Register

OFA Senior Center Activities

 **518-358-2963**

# *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.*



# Seskeha/August 2026

| Tsia't'ahkhaton               | Kiokierénhton                                                                                                                                                                                                             | Teken'haton                                                                                                                                                       | Ahsénhaton                                                                                                                                                          | Kaier'haton                                                                                                                                                                                                                 | Wískhaton                                                                                                                                                                                                                      | Iahì:khaton                   |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| <b>2</b><br>5:00 Ace to King  | <b>3</b><br><b>CLOSED</b><br><b>Family Day</b><br>                                                                                     | <b>4</b> Chicken Tenders<br>Fries<br>Broccoli, Roll<br>Orange<br><b>Activity:</b><br>10:00 Chair Yoga<br><i>National Chocolate<br/>           Chip Cookie Day</i> | <b>5</b> Country Style BBQ<br>Ribs, Rice<br>Mixed Vegetables<br>Roll, Berries with<br>Whipped Cream<br><b>Activity:</b><br>9:00-1:00 Haircuts<br>10:00 Exercise DVD | <b>6</b> Stuffed Peppers<br>Black Bean & Corn<br>Relish, Roll<br>Sautéed Cabbage<br>Pineapple<br><b>Activity:</b><br>10:00 Chair Yoga<br>11:00 Cornwall<br>Lunch & Shopping<br><i>Legal Aid<br/>           Appointments</i> | <b>7</b> Strawberry Spinach<br>Salad, Roll, Fruit Salad<br><b>Activity:</b><br>10:00-11:00 Indoor<br>Air Quality<br>Assessment info<br>Session with SRMT<br>Environment<br>11:00 Mohawk<br>Networks Class:<br>AI Pros and Cons | <b>8</b><br>5:00 Ace to King  |
| <b>9</b><br>5:00 Ace to King  | <b>10</b> Liver with Onions<br>Boiled Potatoes<br>Mixed Vegetables<br>Roll, Pears<br>Fig Newton<br><b>Activity:</b><br>10:00 Exercise Class<br>1:00 Bingo<br><i>National S'mores Day</i><br>Draw for Lottery<br>Butterfly | <b>11</b> Beef Stir-Fry<br>Noodles, Roll<br>Mandarin Oranges<br><b>Activity:</b><br>10:00 Chair Yoga<br>10:00 Senior Day at<br>Malone Fair                        | <b>12</b> Chicken Burger<br>Sweet Potato Fries<br>Wax Beans, Banana<br>Cherry Crisp<br><b>Activity:</b><br>9:00-1:00 Haircuts<br>10:00 Exercise DVD                 | <b>13</b> Adirondack Salad<br>Roll<br>Pineapple<br>Rice Pudding<br><b>Activity:</b><br>10:00 Chair Yoga<br>10:00 Coloring Contest<br>Ends<br>11:00 Leave for Upper<br>Canada Playhouse<br>Show with Senior Club             | <b>14</b> Baked Fish<br>Wild Rice, Squash<br>Beans, Roll, Banana<br>Fig Newton<br><b>Activity:</b><br>10:00-11:00 Indoor<br>Air Quality<br>Assessment info<br>Session with SRMT<br>Environment                                 | <b>15</b><br>5:00 Ace to King |
| <b>16</b><br>5:00 Ace to King | <b>17</b> Tomato Mac<br>Soup, Tuna Sandwich                                                                                                                                                                               | <b>18</b> Pulled Pork on a<br>Bun, Baked Beans                                                                                                                    | <b>19</b> Chef Salad<br>Roll, Fruit Salad                                                                                                                           | <b>20</b> French Toast<br>Scrambled Eggs                                                                                                                                                                                    | <b>21 Senior Picnic</b><br>10:00 Face Painting                                                                                                                                                                                 | <b>22</b><br>5:00 Ace to King |

|                                          |                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                          |                                                                                                                                                                                         |                                          |
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|                                          | <p>Pear</p> <p><b>Activity:</b></p> <p>10:00 Exercise Class</p> <p>1:00 Bingo</p>                                                                                                                        | <p>Toss Salad</p> <p>Fruit Cocktail</p> <p><b>Activity:</b></p> <p>10:00 Chair Yoga</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>Cookie</p> <p><b>Activity:</b></p> <p>9:00-1:00 Haircuts</p> <p>10:00 Exercise DVD</p> <p><b>12:30 Senior Club Meeting</b></p>                                                                                                                                                                              | <p>Sausage</p> <p>Melon Cup</p> <p>V8 Juice</p> <p><b>Activity:</b></p> <p>10:00 Chair Yoga</p> <p>12:45 Shell Craft Class</p>                                                           | <p>11:00 Karaoke</p> <p>12:00 Lunch</p> <p>(Call in for lunch)</p> <p></p>                             |                                          |
| <p><b>23</b></p> <p>5:00 Ace to King</p> | <p><b>24</b> Salisbury Steak with Mushrooms</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Roll, Peaches</p> <p><b>Activity:</b></p> <p>10:00 Exercise DVD</p> <p>1:00 Bingo</p>                  | <p><b>25</b> Shepard's Pie</p> <p>With Gravy</p> <p>Broccoli, Roll</p> <p>Apple Crisp</p> <p>Peach</p> <p><b>Activity:</b></p> <p>10:00 Chair Yoga</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p><b>26 Birthday Meal</b></p> <p>Spaghetti and Sausage</p> <p>Caesar Salad</p> <p>Roll, Watermelon</p> <p>Cake</p> <p><b>Activity:</b></p> <p>9:00-1:00 Haircuts</p> <p>10:00 Exercise DVD</p> <p>10:30 Pool Tournament </p> | <p><b>27</b> Chinese Chicken Salad, Roll</p> <p>Banana</p> <p>Lemon Fluff</p> <p><b>Activity:</b></p> <p>10:00 Chair Yoga</p> <p>9:00 Senior Club Trip to Hard Rock Casino in Ottawa</p> | <p><b>28</b></p> <p><b>CLOSED</b></p> <p><b>Planning Day</b></p> <p></p> <p>Legal Aid Appointments</p> | <p><b>29</b></p> <p>5:00 Ace to King</p> |
| <p><b>30</b></p> <p>5:00 Ace to King</p> | <p><b>31</b> Sausage with Onions and Green Peppers on a Bun</p> <p>Macaroni Salad</p> <p>Celery &amp; Carrot Sticks</p> <p>Pears</p> <p><b>Activity:</b></p> <p>10:00 Exercise DVD</p> <p>1:00 Bingo</p> | <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 <b>518-358-2963</b>.</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>Menu is subject to change due to Supply Availability.</p> <p><b>SALADS AVAILABLE!</b> Limited to first 20.</p> <p>Please call to reserve along with the salad dressing you prefer.</p> <p></p> <p></p> |                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                          |                                                                                                                                                                                         |                                          |



## Elders ICE CREAM SOCIAL!



Our elders enjoyed a sweet afternoon at our Ice Cream Social on July 23rd. Guests created their own delicious sundaes by choosing from vanilla, chocolate, and the crowd favorite maple walnut ice cream. The topping bar was a huge hit, featuring Reese's Pieces, gummy worms, Oreos, cherries, nuts, whipped cream, and a variety of flavored syrups. It was a fun opportunity to cool off, visit with friends, and enjoy a tasty summer treat together! Niá:wen for donating all of the ice cream Akwesasne Twin Leaf!

## Franklin County Fair: Senior Day

*Seniors are Free!*

**Tuesday, August 11, 2026**

*Leaving the Senior Center at 10:30 am,  
Return at 2:00 pm*

*Call to Sign up with Activities  
(518) 358-2963*



## Plattsburgh Shopping

**Friday, September 4, 2026**

*Leave at 9:00 am*

*Return around 4:00 pm*

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

*First stop is Consumer Square (TJMaxx), second stop lunch, third stop Champlain Centre Mall, last stop Stewarts for coffee or ice cream.*



# Summer Nutrition Tips for Seniors

## Nutritional Needs of Seniors During the Summer. Some Tips Seniors Should Try:

- Drink more water than usual
- Supplement higher water intake with electrolyte drinks or sports drinks
- Limit or cut out salt
- Take vitamin and mineral supplements as needed
- Incorporate plenty of locally grown fresh fruits and veggies with high water content into their diet
- Add more fiber to avoid constipation

## How Can Seniors Stay Hydrated in the Heat?

Seniors can stay hydrated by ensuring they always have a water bottle with them. Having access to water at all times is vital to avoid heat exhaustion and heat stroke. Other things seniors can do to stay hydrated include:

- Limit time outdoors when it is too hot
- Wear a hat and sunscreen to prevent sunburn and overheating
- Limit the amount of caffeine and try to avoid alcoholic drinks entirely
- Choose water instead of carbonated soft drinks when dining out
- Find a cool spot indoors to take breaks as needed
- Avoid hot, spicy foods

## What are the Best Summer Foods for Seniors?

The best summer foods for seniors are those that contain added water, and locally sourced fruits and vegetables, including: ***Watermelon, Cantaloupe, Honeydew, Cucumbers, Tomatoes, Celery, Zucchini, Lettuce, Strawberries, Blueberries, Raspberries, Blackberries***

## How Can Seniors Maintain Energy Levels in Hot Weather?

The best ways for seniors to maintain energy levels in hot weather are:

- Remain indoors during the hottest times of the day — usually between 11 a.m. and 6 p.m.
- Wear loose-fitting clothing when heading outdoors
- Limit outdoor activities to early mornings or evenings when the sun is setting
- Eat lighter meals
- Reduce or avoid caffeine and alcohol

## What Vitamins and Minerals Are Essential for Seniors in Summer?

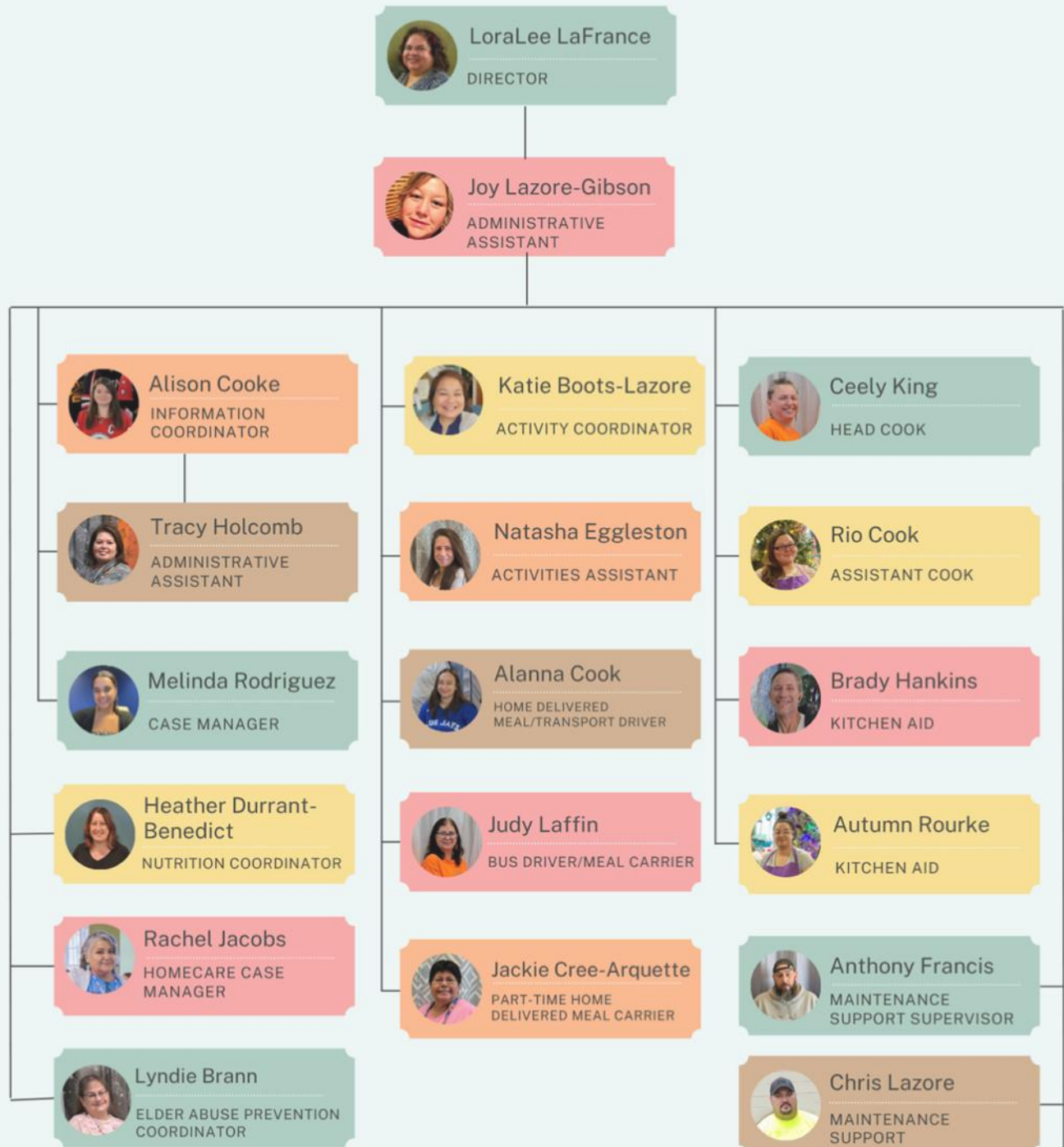
Seniors should ensure they are getting their daily intake of these vitamins:

- A
- C
- D
- E
- B12
- Folate

Minerals that should be a part of their diet are:

- Calcium
- Magnesium

# SRMT Office For The Aging Staff



*This OFA staff page will be included in our New Welcome Packages!*

*For all of the new Seniors that would like to be more informed about what we do.*

*It will include all of our services, the definition of suggested donations, information on the Akwesasne Senior Club, history on how we got started and the current Moccasin Trail Newsletter.*



# Satonhá:ren tsi Sahsiéríte

*Best Wishes on your Birthday and throughout the coming year!*



- 3- Ronald Garrow
- 4- Iona Castagnier
- 5- Linda Montour
- 6- Gretchen Tarbell
- 7- Gerald Garrow
- 10- Debbie Cook-Jacobs
- Florabell Anderson
- Carole Francis
- 11- Sylvia Beeson
- Shirley Brown
- Sheila Hill
- Rachel Jacobs
- 12- Elizabeth Clary

- 18- Gary Dumville
- Dorothy Shatlaw
- Carmen Cook
- 21- Dorothy Costello
- 22- Deborah Terrance
- 24- Joanne Jesmer
- 25- Patricia White
- 26- Minnie Garrow
- 27- Keith Ackerman
- Francine Palermo
- 30- Peter Garrow

- 31- Elaine Scott
- Phoebe Curran

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

# HAPPY BIRTHDAY



## Leo HOROSCOPE

August 2026 brings Leo a powerful period of personal reinvention, highlighted by a transformative Solar Eclipse in Leo on August 12, shifting energy into your season for major new beginnings.

### Career and Finances

**Leadership and Recognition:** Your professional visibility and authority accelerate as mid-August approaches, creating prime opportunities for presentations and career growth.

**Financial Watchfulness:** Earning potential rises, but unexpected or unnecessary expenses early in the month mean you should practice disciplined budgeting.

### Relationships and Personal Growth

**Fresh Starts:** A conversation or a sudden ending clears out old baggage, urging you to drop stubborn habits and step through a major life portal.

**Partnership Patience:** Relationships demand clear, active communication and patience, especially around mid-month shifts.

### Health and Vitality

**Energy Rises:** Fatigue in the early days gives way to surging vitality and confidence once the Sun fully enters Leo.

**Rest and Balance:** Prioritize good sleep, mindful eating, and emotional grounding through the double-eclipse shifts.



**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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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..

