



Moccasin Trail

SESKHO:WA / SEPTEMBER 2026

AUGUST ACTIVITIES:

- 9/4 Plattsburgh Trip
- 9/8 Mohawk Classes Begin
National Ants on a Log Day
- 9/2 BINGOcize Starts
- 9/10 Box Lunch Bingo at Iakhihsohtha
- 9/11 Ride to Nowhere
- 9/16 "The Talk" Series 1
12:30 Senior Club Meeting
- 9/17 Craft Class 12:45 pm
- 9/18 Senior Club Trip– Wild Center
- 9/21 CKON Elections
National New York Day! We will have a trivia game at 11:15
- 9/23 "The Talk" Series 2
- 9/29 National Coffee Day– Samples at 11:00 am



*September
Craft Class*
Pinecone Bouquets
Thursday, September 17, 2026
12:45 pm in Senior Center Sunroom
Call Activities to Sign up at (518) 358-2963

As the seasons start to change we, we are bringing a little bit of nature indoors to create something beautiful! Join us for this month's craft class where we will be painting real pinecones and arranging them onto canvases to create a colorful 3D flower bouquet.



Inside this Issue:

Senior Club Page	2
"The Talk" Series	3
BINGO-cize!	4
Nutrition Facts Labels	5
Calendar	6 & 7
August's Senior Picnic	8
Fermented Foods and Our Health Article	9
Mohawk Language Class	10
Birthdays	11

**We will be
Closed on:**

Monday, September 7th– Labor Day
Friday, September 25th– Planning Day
Wednesday, September 30th– Every Child Matters Day



AKWESASNE SENIOR CLUB

Mailing Address: PO Box 1106, Akwasasne, NY 13655

Phone: (518) 358-2963

Email: srclubsecretary@gmail.com

New Haircut Schedule!

September 2 & 16 only

Must be a Senior Club Member to receive haircuts for \$10. Non members pay \$20.

Karmen Miller was the winner of the Butterfly Lottery Raffle. Thank you to all of our volunteers who sold tickets and those who purchased tickets to make this a successful fundraiser!



Wild Center Troll Exhibit

Friday, September 18, 2026

Tupper Lake (1.5 hour drive)

Sign up with Senior Club, pay \$10 to reserve your seat (you will get back on the day).

Bring Tribal ID for free entry!

Next Senior Club Meeting:

Wednesday, September 16 at 12:30 pm

In the Senior Center Sunroom

ALL club members are Welcome!



Going forward, Ace to King card games will only be held on Saturdays. Doors open at 4:00 pm, games start at 5:00 pm.

Senior Club Office Hours:

Monday-Friday 11:00 am– 2:00 pm

VENDOR CALL OUT FOR OCTOBER 10th CRAFT FAIR!

\$25 US to reserve a table

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



Queen Size

\$10 a Ticket or 3 Tickets for \$20
Canadian at Par

Find tickets from Akwasasne Senior Club Members or at the SRMT Office for the Aging Senior Club office. For more details call (518) 358-2963.

All Club Members are invited to sell!

Draw Date will be at the Senior Center Thanksgiving Meal in November



Sept. Volunteer Bingo Schedule

September 7th

Labor Day

CLOSED

September 14th

Lorene Jackson
Cathy Coache Mueck
Debbie Thomas

September 21st

Barbara Lazore
Charlene Thomas
Sandra Rourke

September 28th

Lorene Jackson
Debbie Thomas
Lynn LaFrance

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



'THE TALK'

NO ONE WANTS TO HAVE
(But Needs To!)



It is never a pleasant or comfortable talk to have about end of life wishes, but it really needs to be told to your family and caregivers. It doesn't matter if you are a new Senior or experienced one, this discussion is better to have before it becomes a necessity. Looking to the future, this series will give you information to help make those plans. Many times, our loved ones are not prepared to make these decisions due to grief or there may be arguments amongst themselves due to final wishes not being properly talked about. This series will offer many different topics surrounding these difficult discussions. Please feel free to bring your family members and friends, it is good information for all. The series will begin on September 16th and end in October.

All presentations will take place on Wednesdays at 1:00 pm. For each date you attend, you will receive a lunch voucher and be entered to win a prize drawn. The more presentations you attend, the better your chances to win! These are the following topics this month:

- September 16th- Scam Jam: Dan Lyon from Upstate Elder Abuse Center at Lifespan will be discussing current scam threats.
- September 23rd- Legal Day: Programs APS, Legal Aid, Health Services Business office, and Medical Records will be presenting about legal rights and advanced care planning

Any questions regarding this series please contact Lyndie Brann or Rachel Jacobs at 518-358-2963

EMERGENCY PERS BUTTON TESTING DAY

Test Your PERS Button Every Month!



Tuesday, September 8th is our first Emergency PERS Button Testing Day! If you have an emergency button, please test your device to make sure it is working properly and ready to use when needed. You will receive a call and you just confirm that it was a test (they are aware it's testing day). Going forward, the second Tuesday of every month will be Button Testing Day. Take a moment each month to test your button and make sure you have peace of mind knowing it works when you need it most. Any questions, call Rachel at the Senior Center at 518-358-2963.

LOOKING FOR A FUN, NEW WAY TO BE ACTIVE?



JOIN US FOR



(Starting September 2 – November 6)

Bingocize is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall.



SAINT REGIS MOHAWK TRIBE

**Health Promotion
and Planning**

**EVERY WEDNESDAY
& FRIDAY**

**OFFICE OF
THE AGING**

**10:00 -
11:00 AM**

Understanding and Using the Nutrition Facts Label



The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods and beverages that will make it easier for you to make informed food choices that support a healthy diet. Explore it today and discover the wealth of information it contains!



SERVINGS PER CONTAINER

Servings per container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving. Some containers may also have a dual column label, which shows the amount of calories and nutrients in one serving and the entire package.



SERVING SIZE

Serving size is based on the amount of food that is customarily eaten at one time. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package. When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.



CALORIES

Calories refers to the total number of calories, or "energy," supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food.

As a general guide:

100 calories per serving is **moderate**
400 calories per serving is **high**



PERCENT DAILY VALUE

The percent Daily Value (%DV) shows how much a nutrient in one serving of the food contributes to a total daily diet. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (check the %DV for the serving size is the same).

As a general rule:

5% DV or less of a nutrient per serving is **low**
20% DV or more of a nutrient per serving is **high**



NUTRIENTS

The Nutrition Facts label can help you learn about and compare the nutrient content of many foods in your diet. Use it to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.



Nutrients to get less of: saturated fat, *trans* fat, sodium, and added sugars.

Diets higher in these nutrients can increase the risk of developing high blood pressure and/or cardiovascular disease. **Get less than 100% DV of these each day.**

Note: *trans* fat has no %DV, so use the amount of grams as a guide.



Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium.

Most Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can decrease the risk of chronic diseases, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. **Get 100% DV of these on most days.**

Nutrition Facts

2 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories **240**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 46g **17%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 11g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 6mg **35%**

Potassium 240mg **6%**

* The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Seskehkó:wa/September 2026

6

Tsia't'ahkhaton	Kiokierénhton	Teken'íhaton	Ahsénhaton	Kaier'íhaton	Wískhaton	Iahià:khaton
6	Menu is subject to change due to Supply Availability. Office for the Aging Hours of Operation 8:00 am– 4:00 pm Produce for meals at the Senior Center are from the SRMT Agriculture Program.	1 Sausage with Onions and Green Peppers on a Bun Macaroni Salad Celery & Carrots Pears Activity: 10:00 Chair Yoga	2 Ham Rice Broccoli Roll Fruit Salad Activity: 9:00-1:00 Haircuts 9:00 Exercise DVD 10:00 BINGOize (details on page 4)	3 Strawberry Spinach Salad Roll Watermelon Cup Pudding Activity: 10:00 Chair Yoga 1:00 Book Club Gathering (August)	4 Corn Soup Roll Fruit Cocktail V8 Juice Activity: 9:00 Plattsburgh Shopping 10:00 BINGOize	5 5:00 Ace to King
		8 Beef Stew Roll, V8 Juice, Pears Activity: 10:00 Chair Yoga 11:00, 11:30, 12:45 Mohawk Classes <i>National Ants on a Log Day!</i> PERS BUTTON TESTING DAY!	9 Greek Salad Roll Grapes Pudding Activity: 9:00 Exercise DVD 10:00 BINGOize	10 Hamburger Gravy, Roll Boiled Potatoes Asparagus, Fruit Activity: 10:00 Chair Yoga 11:30 Box Lunch Bingo 11:00, 11:30, 12:45 Mohawk Classes <i>Legal Aid Appointments</i>	11 Baked Fish Rice Squash, Beans Banana Fig Newton Activity: 10:00 BINGOize 12:45 Ride to Nowhere	12 5:00 Ace to King
13	14 Beef Stroganoff With Noodles	15 Pork Chops Applesauce	16 Pancakes with Fruit, Sausage	17 BBQ Chicken Boiled Potato	18 Fish on a Bun Potato Wedges	19 5:00 Ace to King

CLOSED

Labor Day



20 Green Beans, Roll Orange, Pudding Activity: 10:00 Exercise Class 1:00 Bingo	Rice, Mixed Veggies Roll Fruit Cocktail Activity: 10:00 Chair Yoga 11:00, 11:30, 12:45 Mohawk Classes	V8 Juice Yogurt Parfait Fruit Salad Activity: 9:00-1:00 Haircuts 9:00 Exercise DVD 10:00 BINGOize 1:00 "The Talk" 12:30 SENIOR CLUB MEETING	Beets, Roll, Pears Cookie Activity: 10:00 Chair Yoga 10:00 Coloring Contest Ends 11:00, 11:30, 12:45 Mohawk Classes 12:45 Craft Class	Toss Salad, Melon Cup Rice Pudding Activity: 8:30 Senior Club Trip to Wild Center (Trolls) 10:00 BINGOize
21 Chili Roll, Veggie Sticks Fruit Cocktail Cookie Activity: 9:00 Exercise DVD 10:30 CKON Elections 1:00 Bingo <i>National NEW YORK day— We will be doing Trivia on NY! 11:15</i>	22 BBQ Ribs Rice Mixed Veggies Roll, Peaches Activity: 10:00 Chair Yoga 11:00, 11:30, 12:45 Mohawk Classes	23 Birthday Meal Baked Ziti Toss Salad Roll, Grapes, Cake Activity: 9:00 Exercise DVD 10:00 BINGOize 1:00 "The Talk" 	24 Potato Crusted Cod, Sweet Potato Fries, Mixed Veggies Pineapple Chunks Activity: 10:00 Chair Yoga 11:00, 11:30, 12:45 Mohawk Classes 1:00 Book Club Gathering	25 CLOSED Planning Day  Legal Aid Appointments 26 5:00 Ace to King
27 Ravioli with Meat Sauce, Roll Broccoli, Peaches Cherry Crisp with Whipped Cream Activity: 10:00 Exercise DVD 1:00 Bingo	29 Shephard's Pie with Gravy Green Beans, Roll Fruit Rice Pudding Activity: 10:00 Chair Yoga 11:00, 11:30, 12:45 Mohawk Classes <i>National Coffee Day— Samples at 11:00 am</i>	30 CLOSED 	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. Morning pickup is at 9:30 am— Please call before 9:00 am. 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.	



Senior Picnic



What a fun Senior Picnic we had on August 21st!

Our Summerween-themed picnic had a little something for everyone! We enjoyed a friendly game of cornhole, played our Guess Who? game featuring amazing portraits painted by Noonie Thomas of our Monday Bingo players, and had so much fun guessing who was who!

TBD kept the fun going with some great music on our patio, and our wonderful volunteer Camryn Cook added even more fun with face painting! We loved seeing so many happy faces and watching everyone enjoy a beautiful summer afternoon together.

A huge thank you to the Senior Club for purchasing the prizes and sponsoring the band, and to all of our volunteers and everyone who helped make today such a wonderful success!

Fun, friendship, music, games and lots of smiles– the perfect Senior Picnic!





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



Fermented Foods and Our Health

Researchers are starting to understand how foods like kimchi, yogurt and sauerkraut affect our health. The new dietary guidelines recommend for the first time, that Americans eat sauerkraut, kimchi, kefir and miso for better gut health.

What are fermented foods?

They're defined as any foods or drinks that have been transformed by microbes like yeast, bacteria and fungi in ways that preserve and infuse them with tangy, savory, fruity or funky flavors. Milk can turn into yogurt and kefir; vegetables become sauerkraut and kimchi; fruit is transformed into vinegar and wine; wheat is fermented into sourdough and beer. Common fermented foods include kimchi, sauerkraut, kefir, tempeh, kombucha, and yogurt.

Are fermented foods good for us?

Fermented foods have been associated with several positive health effects, including improved digestive health, stronger immunity, and increased availability of beneficial nutrients. A serving of kimchi or sauerkraut counts as a serving of vegetables, and yogurt and kefir provide calcium, potassium and protein. The microbes that ferment foods can also help with digestion and the absorption of nutrients. The lactose in milk and the gluten in wheat, for example, are broken down during fermentation, making foods like yogurt, kefir and sourdough bread easier for those with lactose or gluten intolerances to digest. They also help the body absorb minerals like calcium, iron, magnesium and zinc, and create new vitamins (like folate, riboflavin, vitamin B12 and vitamin K) during the fermentation process.

Safety and side effects

Fermented foods are considered safe for most people. However, some individuals may experience side effects. Due to the high probiotic content of fermented foods, the most common side effect is an initial and temporary increase in gas and bloating. Some fermented foods, including sauerkraut, cheese and wine, can also contain large amounts of histamines, that may trigger symptoms like diarrhea, hives or headaches in those who are sensitive. People who are immunocompromised should be cautious with fermented foods that contain live microbes, such as those labeled raw, unpasteurized and may not be able to handle the "bacterial load" present in fermented foods.



Learn. Speak. Connect.

MOHAWK LANGUAGE CLASSES

Join us to learn and strengthen
the beautiful Mohawk language.
All levels are welcome! ♥

CLASS SCHEDULE OPTIONS



BEGINNER CLASS

11:00 AM – 11:30 AM

Intro for Brand New Beginners



EARLY INTERMEDIATE

11:30 AM – 12:30 PM

For Last Years Beginners



INTERMEDIATE CLASS

12:45 PM – 1:45 PM

For Advanced Students
(3rd Year)



NEW STUDENTS

New people really benefit from the
beginner class so they have a strong start.

OUR LANGUAGE. OUR HERITAGE.



Start Date:
Tuesday, Sept. 8th
Every Tues. & Thurs

CLASS INFORMATION



All new students start with
an intro before moving up.



Early Intermediate class
is welcome to bring
lunch or snacks during
class.



Location: Senior Center
Sunroom after workout
classes



Need to fully commit to
every Tuesday and
Thursday!

*Questions?
Contact Us!*

OFA Activity
Coordinator: Katie
(518) 358-2963

Teacher: Grace Mitchell
Facebook



Beginner Class Registration Ends Sept. 10th

Niawen:kö:wa / Thank you

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- 1- Lorene Herne
- 3- Peter Back Sr.
Clover Dishaw
Harriet Garrow
- 4- Alice Thompson
- 5- Beverly Barney
Carolyn Durant
Rickey Hamelin
- 7- April White
- 9- Maurice Herne

- 11- Gail General
- 19- Yvonne White
Laura Francis
- 21- John Hart
- 22- Cynthia Sawatis
- 24- Anna Sawatis Lambert
- 28- Debbie Ransom Gauthier
Nancy Christie
Janice Dusa
Bryan Garrow

- 29- Barbara Lazore
- 30- Naomie Diagastino

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

Monday & Wednesday Exercise DVD Classes!

Starting Wednesday, September 2nd;
The Wednesday Classes will start earlier!
9:00 am-10:00 am
to make time for BINGO-cize being held on
Wednesdays and Fridays

Coloring Contest

Congratulations
Diane McDonald &
Dorothy Cole; our August
Winners!

September Coloring Contest
begins Tues. Sept. 1st and will end
Thurs. Sept. 17th at 10:00 am



Senior Center Snow Removal Services

For new clients: We are now opening our services to a limited number of new clients. If you are interested, please contact us to learn more.

For our returning clients: all existing accounts should be up-to-date. If you have any questions about your renewal, please feel free to reach out to Anthony Francis.



Anthony Francis
Maintenance Supervisor
+518-358-2963



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..

