



Moccasin Trail

SESKENHKÓ:WA / SEPTEMBER 2025

Points of Interest:

- Senior Book Club Books are ready for pickup on 9/2 more information on page 4
- Introduction to Email class on 9/19 at 10 am
- September Coloring Contest Ends on Wed. 9/10
- Mohawk Language Class resumes 9/9. Beginners are welcome to join 11 am class
- Thompson Island Trip on 9/11 sign up with Katie or Tenisha
- Virtual Bowling Tournament on 9/16



Loretta Benedict, Catherine Cook, Dorothy Cole, Angie Sunday along with 10 others, on their way to Donnelly's ice cream shop in Saranac Lake. They boarded our Abuse Prevention Bus Ride with OFA staff Lyndie Brann and Rachel Jacobs to learn, enjoy the view, and eat delicious ice cream! The trip went great and we look forward to hosting more trips like this.

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We will be Closed on:

Monday, September 1st– Labor Day
Friday, September 26th– Planning Day
Tuesday, September 30th– Orange Shirt Day



Akwesasne Senior Club Page



Craft Fair Vendors!

Saturday, October 4, 2025
Doors Open at 10:00 am

The Akwesasne Senior Club Annual Craft Fair is looking for craft vendors. If you want to secure a vendor table, please stop in the Senior Club office to pay the fee of \$25.00 for two tables. For more information, please contact Cecelia Thomas at 518-358-2963 extension 3316.

Sign up early! Vendors begin setting up Friday night from 4-6:00 pm and Saturday morning begin at 8:00 am.



Quilt Raffle



This years quilt was made by the "Peace Makers" Martha Cook and Judy Hemlock-Cole. The Quilt measures 80x80 and is labeled the "Chain of Fooles" Tickets for the quilt will be available in September. The cost of each ticket will be \$10 and the draw date is set for November 24, 2025.

The Akwesasne Senior Club is Seeking Donations for the Annual Craft Fair Food Table

Items to consider for this initiative include:

- Sandwiches— bologna, ham, turkey, egg salad, hot dogs on a bun, pulled pork with rolls
- Soups— corn soup, chicken noodle, beef macaroni, chili
- Baked goods— biscuits, cookies, cakes, rolls, pies, donuts, bread (for the Bake Sale)
- Other— fried bread, treat bags, canned items, dry food

If you would like to donate— please let Cecelia Thomas know or write it down on the Senior Club Board in the hallway.

Senior Club Meeting

Thursday, Oct. 9th at 12:30 pm
 Senior Center Craft Room

The Akwesasne Senior Club has lost two of our precious lifetime members in the month of August.

Mary J. Francis, the matriarch of five generations peacefully passed away on August 10th at her home in St. Regis. She was the daughter of the late Thomas and Louise K Herne. A mass of Christian burial was held on August 14, 2025. Memorial contributions in her memory are with the St. Regis Parish Food Pantry, which she donated to frequently.

Gail M. White of Frogtown, the daughter of the late Henry and Catherine (Casey) White passed away at the St. Josephs Hospital in Syracuse on August 16th. At her request, no services were held and cremation has already taken place. Friends may share memories and other condolences online at www.donaldsonfh.com.

Club Office Hours

Monday 11:00 am– 4:30 pm
 Wednesday 11:00 am– 4:00 pm
 CLOSED: Tuesday,
 Thursday and Friday

Thank you to Akwesasne Child and Family Services for the generous donation make to the Senior Club for activities in the month of August. The prizes were divided up and distributed to participants during the Rock the Block events, and our Senior Picnic.

The Club is also seeking donations of any unwanted jewelry to be used in the craft room. If you have single pieces, broken or damaged parts we intend to repurpose them for upcoming Crafts!

Volunteer Bingo Schedule

September 1st
CLOSED No Bingo

September 8th
 Lorene Jackson
 Ruth Bell
 Debbie Thomas

September 15th
 Barbara Lazore
 Caroline Tarbell
 Vicky Phillips

September 22nd
 Lorene Jackson
 Darlene Chubb
 Lynn LaFrance

September 29th
 Barbara Lazore
 Ruth Bell
 Debbie Thomas

ORANGE SHIRT DAY

SEPTEMBER 30, 2025

Generations Park, Akwesasne • Time TBD



Join us this Orange Shirt Day as we honor the **courage**, **strength**, and **resilience** of our residential school survivors.

Together, we will reflect, heal, and celebrate the strength of our culture through ceremony, song, food, and community.

ORANGE SHIRT GIVEAWAY

LACROSSE BOX & SKEN:NEN PARK

COMMUNITY SOCIAL

GENERATIONS PARK PRACTICE FIELD

COMMUNITY WALK

SKEN:NEN PARK TO GENERATIONS PARK

LUNCH & CULTURAL PRESENTATION

LACROSSE BOX & PAVILION

OPENING CEREMONY

LACROSSE BOX

MEDICINE GAME

GENERATIONS PARK MAIN FIELD

BOOK & SHIRT GIVEAWAY • SWEETGRASS BOOKMARKS • CORN HUSH DOLLS • LOG POUNDING DEMONSTRATION • HANIEN'KÉHA LANGUAGE ACTIVITIES • BASKET WEAVING • TEA BLENDING • MEDICINE POUCHES • REIKI • CRYSTAL HEALING • ...AND SO MUCH MORE!

FREE COMMUNITY EVENT



OPEN TO EVERYONE

Senior Center CLOSED for this Event– Please Participate in Orange Shirt Day!


September Craft Class

Custom Halloween Door Mat

To create a Halloween-themed front door rug, you can paint a design onto a plain coir doormat using stencils and acrylic paint. Start by selecting a design, like ghosts, bats, or a spooky message, then use cookie cutters or stencils to apply the design with paint. After the paint dries, seal the design with a clear protective coat for durability.


Wednesday, September 17th– 12:45 pm. Call Activities Department to sign up at (518)-358-2963.





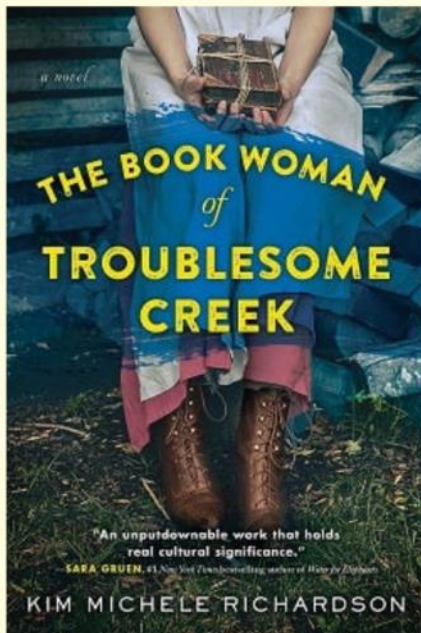
Senior

BOOK CLUB



September Book Available for pickup Sept. 2nd

The Book Woman of Troublesome Creek
By: Kim Michele Richardson



Cussy Mary Carter is the last of her kind, her skin the color of a blue damselfly in these dusty hills. But that doesn't mean she's got nothing to offer. As a member of the Pack Horse Library Project, Cussy delivers books to the hill folk of Troublesome, hoping to spread learning in these desperate times. But not everyone is so keen on Cussy's family or the Library Project, and the hardscrabble Kentuckians are quick to blame a Blue for any trouble in their small town. The Book Woman of Troublesome Creek is a story of raw courage, fierce strength, and one woman's determination to bring a little bit of hope to the darkly hollers"



Club Meeting:
Tuesday, September 23rd at 1:00 pm
Location: Senior Center Craft Room



FALLS PREVENTION CLASSES

EVERY WEDNESDAY IN SEPTEMBER

12:30-1:00 P.M.

FIRST CLASS IS SEPTEMBER 3

Located at SRMT Office for the Aging



Join Megan Bushey for a 30-minute class that focuses on balance and strength exercises to prevent falls and injuries



Health Promotion and Planning Program
(518) 358-3141



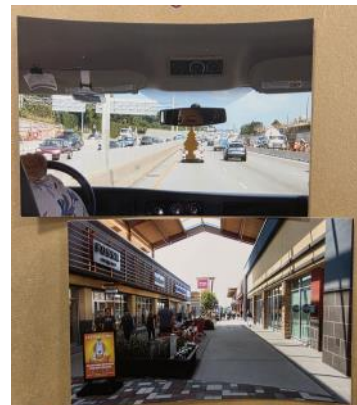
MOHAUK
networks

Introduction
to Email

Friday, September 19th at 10:00 am

- Learn what an email account is and why it is useful
- Common providers (Gmail, Outlook, Yahoo, etc.)


Please register with Katie or Tenisha 518-358-2963



World Photo Day was August 19th— We did a small call out in the August newsletter for seniors to share a photo they have taken. These were what we displayed at the Senior Center. The pink flowers and monarch butterfly was taken by Grace Barnes and Dolores Thompson; the butterfly stayed long enough for Grace to run and get her camera. The sunflower photo was taken by Barbara Lazore— it grew from inside her bag of soil. The water dam and swans were taken by Jackie Tarbell in Brushton Moria, she was learning how to use her new camera with Ray Cook. The last photos were taken by Frank Hutt and Paulette Reid when we were on a shopping trip to Ottawa Tanger Outlets. This display is still hanging in our entry way for a better view. Thank you Dolores, Grace, Barbara, Jackie, Frank and Paulette for sharing your photo's with us!

Seskenhikó:wa/September 2025

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Tsiaf'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kateríhaton	Wískhaton	Iahia:khaton
 <p>1</p> <p>CLOSED</p> <p>HAPPY LABOR DAY</p>	<p>2 BBQ Chicken Mashed Potatoes Wax Beans Fresh Fruit Activity: 10:00 Chair Yoga 12:30 Rummikub for Beginners</p>	<p>3 Ham Buttered Noodles Mixed Vegetables Wheat Roll Fruit Salad Activity: 9:00– 1:00 Haircuts 10:00 Exercise DVD 12:30 Fall Prevention Class</p>	<p>4 Strawberry Spinach Salad Roll Watermelon Cup Pudding Activity: 10:00 Chair Yoga</p>	<p>5 Corn Soup Biscuit Apple Vegetable Sticks Vanilla Pudding Activity: <i>National Cheese Pizza Day</i></p>	<p>6 5:00 Ace to King</p>	
<p>7 5:00 Ace to King</p>	<p>8 Shepard's Pie Broccoli Gravy Roll Peaches Activity: 10:00 Exercise Class 1:00 Bingo</p>	<p>9 Beef Stew, Roll Carrot/Celery Sticks Pineapple Chunks Activity: 10:00 Chair Yoga 11:00 Mohawk Class: for Beginners 12:30 Mohawk Class: Intermediate 12:30 Rummikub</p>	<p>10 Greek Salad Grapes, Pudding, Roll Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 11:15 Hope for Life Presentation 10:00 Coloring Contest Ends 12:30 Falls Prevention Class</p>	<p>11 Hamburger Gravy Boiled Potatoes Asparagus, Roll Fruit Salad Activity: 8:30 Thompson Island 10:00 Chair Yoga 12:30 Trivia Pursuit 11:00 Mohawk Class: Beginners 12:30 Intermediate Mohawk Class</p>	<p>12 Baked Fish Roasted Potatoes Mixed Vegetables Roll Activity: 12:45 Ride to Nowhere <i>National Chocolate Milkshake Day</i></p>	<p>13 5:00 Ace to King</p>
<p>14 5:00 Ace to King</p>	<p>15 Beef Stroganoff with Noodles</p>	<p>16 Pork Chops, Rice Mixed Vegetables Roll Fruit Cocktail</p>	<p>17 Pancakes with Fruit, Yogurt, Sausage</p>	<p>18 BBQ Chicken Macaroni Salad Baked Beans, Roll, Raisins</p>	<p>19 Fish on a Bun Potato Wedges</p>	<p>20 5:00 Ace to King</p>

<p>21</p> <p>5:00 Ace to King</p>	<p>Green Beans</p> <p>Roll</p> <p>Orange</p> <p>Activity:</p> <p>10:00 Exercise Class</p> <p>1:00 Bingo</p> <p>(lakhishsotha joining us for lunch and bingo)</p>	<p>Activity:</p> <p>10:00 Chair Yoga</p> <p>10:30 Virtual Bowling Tournament</p> <p>11:00 Begin Mohawk</p> <p>12:30 Intermediate</p> <p>Mohawk Class</p> <p>12:30 Rummikub</p> <p><i>National Guacamole Day</i></p>	<p>Boiled Eggs</p> <p>Haystack Home fries</p> <p>Apple Juice, Fruit Salad</p> <p>Activity:</p> <p>9:00-1:00 Haircuts</p> <p>10:00 Exercise DVD</p> <p>12:30 Falls Prevention Class</p>	<p>Activity:</p> <p>8:30 Plattsburgh Shop</p> <p>10:00 Chair Yoga</p> <p>12:30 Trivia Pursuit</p> <p>11:00 Beginners</p> <p>Mohawk Class</p> <p>12:30 Intermediate</p> <p>Mohawk Class</p> <p>Legal Aid</p>	<p>Toss Salad</p> <p>Melon Cup</p> <p>Activity:</p> <p>10:00 Introduction to Email Class with Mohawk Networks</p>	
<p>22</p> <p>Chili</p> <p>Johnny Cake</p> <p>Carrot & Celery Sticks</p> <p>Mixed Berries with Cream and Granola</p> <p>Activity:</p> <p>10:00 Exercise DVD</p> <p>1:00 Bingo</p> <p><i>National Ice Cream Cone Day!</i></p>	<p>23</p> <p>BBQ Ribs, Rice</p> <p>Mixed Vegetables</p> <p>Tapioca Pudding</p> <p>Strawberries with Whipped Cream</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>11:00 Mohawk Class</p> <p>12:30 Mohawk Class</p> <p>12:30 Rummikub</p> <p>1:00 Book Club</p> <p>Gathering</p>	<p>24 BIRTHDAY MEAL</p> <p>Baked Ziti</p> <p>Toss Salad</p> <p>Roll, Fruit</p> <p>German Apple Cake</p> <p>Activity:</p> <p>9:00-1:00 Haircuts</p> <p>10:00 Exercise DVD</p> 	<p>25</p> <p>Potato Crusted</p> <p>Cod, Orange</p> <p>Sweet Potato Fries</p> <p>Mixed Vegetables</p> <p>Rice Pudding</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>11:00 Mohawk Class</p> <p>12:30 Mohawk Class</p> <p>11:15 Box Lunch</p> <p>Bingo at lakhishsotha</p> <p>1:00 "The Talk" Series</p> <p>Legal Aid</p>	<p>26</p> <p>CLOSED</p> <p>Planning Day</p> 	<p>27</p> <p>5:00 Ace to King</p>	
<p>28</p> <p>5:00 Ace to King</p>	<p>29</p> <p>Ravioli with Meat Sauce</p> <p>Broccoli</p> <p>Peaches</p> <p>Roll</p> <p>Cherry Crisp with Whipped Cream</p> <p>Activity:</p> <p>10:00 Exercise DVD</p> <p>1:00 Bingo</p> <p>Orange Shirts Available for Seniors! Starting at 10am</p>	<p>30</p> <p>CLOSED</p> <p>EVERY CHILD MATTERS FREE COMMUNITY EVENT:</p> <p>Wear Orange!</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 518-358-2963. Community members under 55 are also welcome— suggested contribution is \$5.00.</p> <p>Menu is subject to change due to Supply Availability.</p>	<p>2963</p> <p>Community members under 55 are also welcome— suggested contribution is \$5.00.</p> <p>Menu is subject to change due to Supply Availability.</p>  <p>Salads are now available— please request when you call in with your desired salad dressing. (pending supply)</p>		

Senior Picnic 2025



We had a fantastic Senior Picnic on August 15th, marked by abundant laughter and smiles. Our five game stations were fully utilized by all attendees, who received tickets for prizes and were free to play at their leisure. Lunch was a great success, consisting of Vaughn's Frickin Chicken, generously provided by the senior club, in addition to hot dogs, hamburgers, and salads. Ultimately, everyone left feeling full and happy, which was our main goal!



The staff performed for the crowd wearing "granny panties" with a hula hop waistband to catch small plastic balls while the partner throwing was not facing them. They were given 30 seconds to catch as much balls as they could. The winners were Activity Coordinators Katie Boots-Lazore and Teneya Mitchell from lakhihsohtha. Thank you Cecelia Thomas for making the granny panties— they sure were fun!



September is Healthy Aging Month

This month aims to raise awareness about the importance of maintaining health and well-being as we age. It provides an opportunity to focus on:

- **Healthy lifestyle habits:** Exercise, nutrition, and sleep
- **Preventive healthcare:** Screenings, vaccinations, and medical checkups
- **Emotional well-being:** Social connections, stress management, and positive outlook
- **Cognitive health:** Memory, learning, and brain health
- **Aging gracefully:** Accepting and embracing the aging process while maximizing potential

Americans are living longer than ever, but they are not always living in good health. Around 85% of older adults have at least one chronic health condition, which can cause disability, loss of quality of life and independence, and a raised risk of death. While medical advances have made a huge difference in the treatment and management of many chronic diseases, prevention is a critical piece of healthy aging. A healthy lifestyle with regular exercise and a nutritious diet, along with regular preventive screenings and visits, can help us all have longer health spans—the number of years that we live in good health. Nutrition is a critical component of wellness as we age.

Science has proven that a well-balanced and varied diet full of nutritious foods—like a diet rich in fruits, vegetables, whole grains, and lean proteins provides the essential nutrients needed to support overall health. Omega-3 fatty acids, found in fatty fish, flaxseeds, and walnuts, are particularly beneficial for brain health, helping to reduce inflammation and improve cognitive function. A nutritious diet can help maintain a healthy weight and proper blood-sugar control, lower blood pressure, manage arthritis, reduce the risk of cancer and cardiovascular disease, prevent and slow the progression of eye disease, keep bones and muscles strong, and help support brain health.

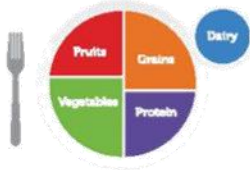
This means we all have the power to maximize and improve our health, add vitality to our years, and reduce the risk of disease, as well as increase our health spans. But it is important to understand that our nutritional needs do change with age. Changes to taste and swallowing, medical conditions and medications that impact appetite, decreased ability to shop and prepare meals, declines in sense of thirst, social isolation, and other physical and environmental changes can all impact nutrition.

Without proper nutrition, our bodies can't stay healthy, fight off disease, or deal with illnesses that we already have. Poor nutrition weakens our immune systems and leaves us vulnerable to infections, slower recovery, and wound healing. It can cause unhealthy weight changes and muscle loss that can lead to frailty, falls, broken bones, disability, loss of independence, and disease complications. It can also lead to nutrition-related diseases and conditions like malnutrition, sarcopenia, and osteoporosis.





Start simple
with MyPlate



Make Half Your Grains Whole Grains

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what grains to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Have whole grains at breakfast

Enjoy a whole-grain hot cereal. Oatmeal is a favorite but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.



Enjoy a multigrain bowl

Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.



Swap your sandwich bread

Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads, and rolls are all available as whole grains.



Choose whole-grain takeout

Ask about whole-grain options when dining out or ordering take-out food. For example, make a switch to whole-wheat pasta or brown or wild rice.



Experiment with a new grain

Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.



Switch up pizza night

Create individual, homemade pizzas on whole-wheat English muffins or tortillas. Or, make a traditional pizza using a premade whole-wheat flour. Don't forget the veggie toppings.



Go to **MyPlate.gov** for more information.
USDA is an equal opportunity provider,
employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

FNS-905-4
March 2022

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|-------------------|--------------------------|----------------------------|
| 1- Lorene Herne | 9- Maurice Herne | 26- Robert Patterson |
| 2- Helen Samson | Helen Sherwood | 28- Debbie Gauthier Ransom |
| 3- Clover Dishaw | 11- Gail General | Nancy Christie |
| Peter Back | 16- Greta Barnes | Janice Dusa |
| Harriet Garrow | 19- Yvonne White | Bryan Garrow |
| 4- Jean Dillard | Laura Francis | 30- Neomie Diagostino |
| Alice Thompson | 29- Barbara Lazore | |
| 5- Rickey Hamelin | 21- John Hart | |
| Theresa Conners | 22- Cynthia Sawatis | |
| Beverly Barney | 24- Anna Sawatis Lambert | |
| Carolyn Durant | Charlene Sunday | |
| 7- April White | 25- Abraham Gray | |

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

MOHAWK LANGUAGE CLASS

With Grace Mitchell

INTERMEDIATE CLASSES:

The advanced class continuing will be starting **Tuesday, Sept. 9th**. Class will be held every Tuesday and Thursday at 12:30 pm- 2:00 pm

INTEREST FOR MOHAWK FOR BEGINNERS:

Grace will be continuing Mohawk class for beginners. Grace is welcoming new students to join. Please call to let Katie or Tenisha know if you are willing to commit. Classes start Tues. September 9th at **11:00 am- 12:00 pm** every Tuesday and Thursday.

To sign up call (518)358-2963 for Katie or Tenisha.



Monthly Coloring Contest

August Winners:

Summer Van— Dorothy Cole

Sunflowers— Beverly Barney

The next coloring pages will be available September 1st and judging will be Wednesday, September 10, 2025 at 10am





St. Regis Mohawk Office for the Aging
71 Margaret Terrance Memorial Way
Akwesasne, NY 13655

*Newsletters may also be received by e-mail

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

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 notify us of our mistake.

To Addressee or Current Resident:

Services Available Through the OFA

If the services you need
 are not listed, phone us
 and we can assist with
 referrals to appropriate
 agencies.

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 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
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- Caregiver Support
- Supper Bags
- Congregate Meals
- Nutrition Counseling
- Nutritional Education
- Home Delivered Meals
- Referrals
- Craft Activities
- Socialization
- Information & Assist..

SEPTEMBER OFA ACTIVITIES

Tues. 9/2– Senior Book Club Books Available

Fri. 9/5– National Cheese Pizza Day

Wed. 9/10– Coloring Contest Ends at 10:00 am

Hope for Life Presentation 11:15 am

Thurs. 9/11– Trip to Thompson Island

Fri. 9/12– Ride to Nowhere

National Chocolate Milkshake Day

Tues. 9/16– National Guacamole Day

Virtual Bowling Tournament

Wed. 9/17– Craft Class

Thurs. 9/18– Plattsburgh Shopping Trip

Fri. 9/19– Introduction to Email Class

Mon. 9/22– National Ice Cream Cone Day

Tues. 9/23– Book Club Gathering at 1:00 pm

Thurs. 9/25– Box Lunch Bingo at Iakhihsotha

Tues. 9/30– Every Child Matters Community Event