



Moccasin Trail

SESKEHA / AUGUST 2019

Points of Interest:

- AARP Drivers Safety Course @ Seniors
- Fraud Presentation by Seacomm Representative
- July Ice Cream Social
- Upcoming Craft Class: Aug. 14th

Let's Picnic!

Friday, August 16th
Senior Center Dining Room

Games begin at 10:30 am, Lunch is served at 12:00 pm
Senior Center provides the Hot dogs, Burgers, Sausage, Broccoli & Cauliflower Salad

You're Welcome to bring a dish- salad, dessert, beverage, snack.....

Please let us know what you will be bringing on the poster hanging by the front desk



Craft Class

July Craft Class: Beach Canvas, Article on page 9

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Senior Club Page

Quilt Raffle for Fall Craft Show tickets available with Lilly Swamp 10:00 am-12:00 pm at Senior Center



Upcoming Events:

August 12– Seniorama at the Akwesasne Mohawk Casino Resort
August 13th– Senior Club Meeting

Yard Sale

A profit of \$744.00 was made which will go toward the Home Delivered Meals Vehicle. Any donations toward this project will be greatly appreciated.

Our sincerest condolences to the family and friends of Wayne Thomas.

Thank you

to Rosemary, Sandy, Joy, Barry, Bea, Lily, Freda, Lynn, Carol for helping, and all who brought items for the yard sale.

Volunteer BINGO Schedule:

August 5th

Barbara Lazore
Lou Ann Paquin

August 12th

Betty Kelly
Dorothy Shatlaw
Debbie Thomas

August 19th

Melanie Jacobs
(Need Volunteer)

August 26th

Vicki Phillips
Lucille Peters

Schedule is subject to change. Please make arrangements to switch with someone if you cannot make it on your scheduled date.

An elderly farmer in Florida had a large pond down by his fruit orchard. One evening he decided to go down to the pond and took a five gallon bucket to pick some fruit.

As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in the pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!'

The old man thought for a second and said, 'I didn't come down here to watch you ladies swim or to make you get out of the pond naked.'

Holding the bucket up he said, 'I'm here to feed the alligator!'

Moral: Old men can still think fast.





At Home for Life

Qualities of a Livable and Safe Home



Keep these tips in mind for any renovations for your General Living Area:

- Walking pathways uncluttered
- Windows/doors open easily
- Light switches— Ideally rocker-type, illuminated, mounted 42 inches up from the floor
- Electrical/phone cords secured— should not be under carpet or area rug
- Outlets should be 18-24 inches up from the floor
- Furniture— firm seating preferably with arms, and have risers under the feet to lift as needed
- Phone— Large push buttons, programmed speed dial emergency contacts, portable phone/cell
- Non slip maintained flooring, low pile carpeting; avoid small throw rugs, use large rugs with rubber backing— try the Shrager twist test!

AARP Driver Safety Course at Seniors

Wednesday, August 21st and Thursday, August 22nd



12:30 pm– 4:30 pm

Instructor: Christopher Belair

Duration: Two days for 8 hours



Please call Katie or Joy at 518-358-2963 to register. Cost is \$20.00 for AARP Members, \$25.00 for non-members. You must bring your AARP Membership card and New York State drivers license.

Please pay with exact cash or make check/money order out to AARP on the day of the course.

Upcycling is the NEW Recycling!

Upcycling- also known as creative reuse, is the process of transforming by-products, waste materials, useless, or unwanted products into new materials or products of better quality and environmental value.

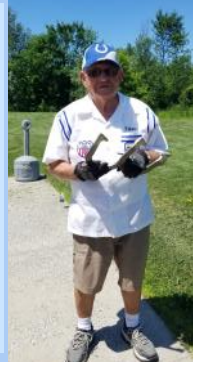
At the center we used this process on an old frame to create a beautiful display for a puzzle the Seniors worked on. The frame was brought back to life by cleaning it and giving it a fresh new look with white paint. Since, the picture was outdated and only made out of cardboard, I turned it over and painted it black to use as a mat for the puzzle. Using puzzle glue and old credit

cards, a couple of us worked together to spread the glue all over the puzzle. We let that dry for a couple days. The total cost for the project was less than a dollar and it looks amazing displayed over the cupboards at the center. If you have any items for upcycling and need help, feel free to reach out to Joy at the Center or by calling her at 518-358-2963 extension 3310.






Wellness Week was held July 8-11th. Our Horseshoe event was held right outside the Senior Center before lunch. Pete Back, our professional was nice enough to come set up and remind us how to play the game. We had about 10 participants and thanked Pete with a \$20.00 gift card to Walmart.



Seniors Walking Club

Beginning on Thursday, August 1st the walking club will begin every Tuesday and Thursday for the month of August in replacement of Chair Yoga. We will start walking the Tewathahita Walking Trail between the hours of 9:00 am and 11:45 am in hopes to beat the heat. All you have to do is come to the Senior Center, find either Katie, Joy, or Nancy; and let us know you are walking the trail and we would be happy to join you. It is your choice if you would like to wear a pedometer or not, we can supply them. We will not be having a competition of most steps, only because it gets so hot in August and we want to see the initiative of exercising. We will be having a draw for a new Fitbit Alta HR Activity Tracker or passes to Heart to Heart Fitness Center! Each time you walk, you will get a ballet to win!

Walking for as little as 30 minutes a day will improve circulation, lower cholesterol and blood pressure, and promote weight loss. Start slow and work your way up, while setting specific goals.

Please be prepared with walking shoes and dress for comfort and the weather.  TWINLEAF

Ice Cream Social



Because National Ice Cream day was on Sunday, July 21st, we thought we'd get a jump on it and have our annual Ice Cream Social on July 18th.

Twinleaf Akwesasne donated the ice cream and sundae toppings. There was about 20 of us that got to enjoy this special dessert. Staff not only delivered, but came to help serve! It was a great treat on a hot day.

Niawenkowa Twinleaf!



Seskeha/August

What is a Caregiver Support Group?

A Caregiver support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about their caregiving experiences, successes and worries. Attendees may offer one another emotional comfort and moral support. They may also offer practical advice and tips to help you cope with your situation.

Benefits of participating in support groups may include:

- Feeling less lonely, isolated or judged.
- Gaining a sense of empowerment and control.
- Improving your coping skills and sense of adjustment.
- Talking openly and honestly about your feelings.
- Reducing distress, depression, anxiety or fatigue.
- Developing a clearer understanding of what to expect with your situation.
- Getting practical advice or information about caregiving options including local resources.
- Comparing notes and learning practical tips for dealing with problems.
- Learning new caregiver skills.



Did you know there is a caregiver support group meeting monthly at the Senior Center?



Currently the group meets the second Wednesday of each month at 2:00 PM. The August meeting will be on August 14th. All caregivers caring for individuals 60 and over or caring for someone with a dementia diagnosis are invited to attend. If you have questions or would like more information, please contact Nancy at 518-358-2963 or nancy.vosbrink@srmt-nsn.gov.

Did you know there is also a new short term Respite program available to caregivers

through the Caregiver Program at the Senior Center? This program is open to caregivers caring for individuals 60 and over or caring for someone with dementia. Want to learn more about the process? Call Nancy to review program requirements.

Seskeha/August 2019

Tsiat'ahkhaton	Kiokierénhton	Tekenihaton	Ahsénhaton	Kaierihaton	Wiskhaton	Iahia:khaton
<p>Salads are Available! Please Call before 9:30 am, with dressing request. Only 10 being made daily. *No Salad orders on Birthdays or special events</p> <p>Remember: Please call the center at (518) 358-2963 by 9:30 am for lunch or salad. Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am And call the center if you will not be home for your home delivered meal. Menu is subject to change at Cook's discretion. Your cooperation helps us better serve you!</p> <p>Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding</p>						
4 Activity: 6:00 Ace to King	5 BBQ Ribs Sweet Potato Green Beans Roll Vanilla Pudding Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	6 Spanish Rice Buttered Turnips Roll Cantaloupe Slices Activity: 8:20 Massage 9-11:45 Walking Club 12:30 Kanien'keha Class 1:00 Shopping	7 Salisbury Steak w/ Noodles Brussel Sprouts Roll Mandarin Oranges Activity: 10:00 Exercise Class 11:00 Nutrition Bingo *Coloring Contest Ends*	8 Cold Cut Buffet Mandarin Oranges Chips, Pickle Fruited Jell-O Activity: 9-11:45 Walking Club 10:00 Haircuts 10:30 Malone Fair 12:30 Kanien'keha Class 1:00 Shopping 1:30 Legal Aid	9 Maple Dijon Chicken Wild Rice Beets, Roll Fruit Cocktail Activity: 10:30 Virtual Bowling 11:45 Ride to Nowhere Green Food Bag Orders Due by 2:00	10 Activity: 6:00 Ace to King
11	12 Goulash	13 Shake & Bake	14 BBQ Pork on a	15 Chef Salad	16 Senior Picnic!	17
1 Chicken Caesar Salad Garlic Toast Macadamia Cookie Activity: 9-11:45 Walking Club 11-12 Dementia Program 12:30 Kanien'keha 1:00 Shopping *Coloring Contest Begins*	2 Fish on Bun Coleslaw Fries Pineapple Chunks Activity: 10:30 Virtual Bowling	3 Activity: 6:00 Ace to King				

<p>Activity: 6:00 Ace to King</p>	<p>Wax Beans Cheesy Garlic Bread Chocolate Pudding Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo (Iakhihsotha Attending) <i>*Seniorama at Akwesasne Mohawk</i></p>	<p>Chicken Boiled Potatoes Corn, Roll, Pears Activity: 8:20 Massage 9-11:45 Walking Club 10:00 Senior Club Meeting 11:30 Box Lunch Bingo 12:30 Kanien'keha 1:00 Shopping</p>	<p>Bun, Peas Yogurt Parfait Cup Activity: 10:00 Exercise Class 12:45 Caregiver Support Group 12:45 Craft Class: Jean Owl Door Stop</p>	<p>Breadsticks Cookie Activity: 9-11:45 Walking Club 11:00 Alzheimer's Group 12:30 Kanien'keha 1:00 Shopping 1:30 Legal Aid 2:00 Memory Café</p>	<p>Hot Dogs/ Sausage/ Burgers Broccoli & Cauliflower Salad Come out and have fun, we Love to see you!</p> 	<p>Activity: 6:00 Ace to King</p>
<p>18 Activity: 6:00 Ace to King</p>	<p>19 Chicken Alfredo W/ Broccoli Roll Yogurt & Berries Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo (Kahnawake Attending)</p>	<p>20 Sweet & Sour Meatballs Brown Rice String Beans, Roll Peaches Activity: 9-11:45 Walking Club 12:30 Kanien'keha Class 1:00 Shopping 12:00-4:45 Pick up Green Food Bag</p>	<p>21 French Toast Bacon Scrambled Eggs Fresh Fruit Activity: 10:00 Exercise Class 12:30- 4:30 AARP Drivers Safety Course</p>	<p>22 Hash Brussel Sprouts Roll Tapioca Pudding Activity: 9-11:45 Walking Club 10:00 Haircuts 12:30 Kanien'keha 12:30- 4:30 AARP Drivers Safety Course 1:00 Shopping</p>	<p>23 Bake Pork Chops Sweet Potatoes Wax Beans, Roll Lemon Fluff Activity: 8:30-4 Watertown Shopping 10:30 Virtual Bowling</p>	<p>24 Activity: 6:00 Ace to King</p>
<p>25 Activity: 6:00 Ace to King</p>	<p>26 Hot Chuck Wagon Cucumber Salad Italian Ice Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo (Iakhihsotha Attending)</p>	<p>27 Potato Crusted Cod, Wild Rice Mix Veggies, Roll Ice Cream Sandwich Activity: 9-11:45 Walking Club 12:30 Kanien'keha Class 1:00 Shopping</p>	<p>28 Birthday Meal! Ham, Mash Potatoes Glazed Carrots, Roll Strawberry Shortcake Activity: 10:00 Exercise Class 11:00 Vitals</p>	<p>29 Mac & Cheese Stewed Tomatoes Roll Melon Cup Activity: 9-11:45 Walking Club 10:00 Thompson Island Tour 12:30 Kanien'keha Class 1:00 Shopping</p>	<p>30 Closed Planning Day</p> 	<p>31 Activity: 6:00 Ace to King</p>



Ways to Save Energy in the Summer

Most people expect higher energy costs in the summer. We crank up the air conditioning to get out of the sun. But, with a little preparation, you can manage your energy use wisely and cut down on your bill. We've shared 3 tips below that will help you use less energy in the summer and save you valuable money on your utilities.

Save on electricity: Make sure all electronics are turned off or unplugged when not in use. Anything with standby mode is still drawing power even when it appears to be off. Replace traditional incandescent light bulbs with energy-efficient light bulbs, such as CFLs. Also, don't get a more powerful bulb than you need—the higher the brightness, the more electricity required. There's no need for a really bright light except for reading, computer work or kitchen tasks.

Install motion sensor lights. Many are inexpensive and easy to install. Motion sensor lights are perfect for stairways, hallways, and closets where the light switch may not be so handy. Use the microwave and toaster oven for smaller meals. These appliances use a lot less energy than the stove or oven.

Or try making a double batch of your favorite dishes then freeze the leftovers in individual portions. This saves energy and time.

Stay Cool: Move (or enlist in an able-body relative to help you move) your favorite comfy chair to a cooler area or under a fan during the summer months.

Make sure furniture or drapes aren't covering the vents and also a lamp or TV's are not too close to the thermostat, making it think the house is warmer than it really is, this affects how often the thermostat kicks the heat or air conditioning on.

Change the filter in your HVAC system every season. Even if your kids won't let you climb the ladder anymore, this is a task that still needs to be done every 3 months. This allows your system to run more efficiently and keeps irritating dust and pollen out of the house.

Seal cracks around your outside doors and windows to keep the cool air in.

Save Hot Water: Wear your shirts and pants a couple times before you launder them.

Chances are they don't get very dirty during the course of one day. This saves wear and tear on your clothes as well as energy doing laundry.

Use cold water to do laundry rather than warm or hot water.

Hang up clothes on a clothes line or drying rack rather than use the dryer. If you do toss clothes in the dryer, do one load right after the other to reduce heat loss from the dryer.



Farmers Market Checks Are In!

The Farmers Market Check program promotes the increased use of locally grown fruits and vegetables and supports local farmers

You will receive a booklet of 5 checks worth \$4 each for a total of \$20.00

Distribution of checks will be **Monday-Friday, 1 pm – 4 pm** Checks are available until ALL are gone. Recipients may use the checks until the end of 2019 season. (These dates are listed on each check and in the folders that are issued with the checks).

Please visit **Lora Lee La France, Giselle Cook or Nancy Vosbrink** at the Senior Center in Akwesasne (or call 518-358-2963) to sign a Statement of Eligibility. If you are eligible, you are to sign the statement and will then receive your Farmers Market Checks.

Eligibility Requirements:

New: Must be a New York State Resident

Any number of people in a household may receive a check booklet, as long as they are of age 60+ and meet income requirements.

Gross monthly income must be at or below:

\$1926 for a single-person household

\$2607 for a two-person household

\$3289/month for a three-person household

www.pptbackgrounds.net

Important Things to Remember:

- ⇒ Checks are distributed on a first come first serve basis.
- ⇒ You must personally sign the eligibility form and the check receipt form. Checks cannot be mailed.
- ⇒ A valid Power of Attorney (POA) may sign for check and pick up books for an eligible adult. Must bring proof that you are a POA.
- ⇒ If someone is unable to come to the center, please speak to Lora Lee to arrange a home visit
- ⇒ Checks may be used at authorized farmers markets, roadside stands, or mobile markets participating in the program – not grocery stores.
- ⇒ Checks may be used to buy locally grown fresh fruits and vegetables – farmers will not accept checks for items like cider, jams, honey or baked goods
- ⇒ Farmers accepting checks will display a brightly colored sign saying “We Gladly Accept Farmers Market Nutrition Program Checks”
- ⇒ Individual Farmers Market Checks are worth \$4.00. Farmers will not give change. If a purchase is less than \$4.00, farmers will add additional items of your choice to make up the difference
- ⇒ Lost checks cannot be replaced

The New York State Department of Agriculture and Markets collaborates with the New York State Department of Health, the New York State Office for the Aging, and Cornell Cooperative Extension in administering the Farmers' Market Nutrition Program (FMNP).

Craft Class

Now, that we have amazing weather, we picked to do a Beach Canvas for July and I must say, I am very amazed at the creativity that flows within everyone. We used paints, sand, shells, mini sea turtles and glue to create our Beaches. Next month we have planned to do “Owls for August” using old jeans. Sign up with Katie or Joy to reserve your spot!



Alice, Katie, Leona & Taylor hard at work

Artist: Alice Thompson



Artist: Florence Patterson



August 14th Craft Class:
Jean Owl door stop



July Ride to Nowhere



We found ourselves at the Natural Horse Lover Farm in North Lawrence! Absolutely no one could predict where we ended up. Michelle Young, owner of the farm has been involved with horses for 38 years with a diversity of experience. She also practices Reiki and other energy and natural healing modalities with animals and people as well. Michelle has 3 Arabian horses named Lola, Fosse, and Whiskey and 2 miniature horses. She also has 3 dogs and about 40 chickens. Each horse put on a little show for us like jumping, walking sideways, played little games and sometimes teased Michelle. We even got to feed them some treats for performing. Her Great Dane Gabby also gave us a little routine, she even came into the crowd and checked us out and they gave some kisses. We took a little tour of the rest of the farm and visited her chickens. There were so many different breeds like Silkie, Plymouth Rock, and Jersey Giant. It was a great afternoon of something out of the ordinary and brought back some great memories while making new ones. The next Ride to Nowhere will be Friday, August 9, 2019.



Article by Katie Boots



Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!



- 1- **Cecil Garrow**
- 2- **Margaret Ravier**
Donna Mae Dumville
Beverly Cook
- 3- **Iris Herne**
Ronald Garrow
- 4- **Nancy Reville**
Iona Castagnier
- 5- **Linda Montour**
Val Garrow
- 6- **Benjamin Tarbell**
Donna Delormier
- 7- **Gerald Ghotlaw**
- 8- Alice Jock
- 9- Carol Ann Thompson
Ruthie Peters

- 10- **Krystal Hallman**
Patricia Rubado
Debbie Cook-Jacobs
Carol Francis
Elaine Durant
- 11- **Sylvia Beeson**
Shirley Brown
- 12- **Elizabeth Clary**
Brian Thomas
- 18- **Gary Dumville**
Dorothy Shatlaw
Harvey Thompson
- 20- **Ronald Cook**
Cocoa D'Agostino
Karmen Miller
- 21- **Barbara Lizette**

- Dorothy Costello**
- 24- **Polly Mulvana**
- 25- **Mary J. Francis**
Patricia White
Lloyd Pitts
- 27- **Francine Palermo**
- 29- **Prascilla Herne**
- 30- **Joyce Kelso**
- 31- **Phoebe Curran**
Elaine Scott
Rebecca Massic
Ann Jakob



**Bold are Saint Regis
Mohawk Senior Club
Members**



Employee Spotlight



She:kon,
My name is Taylor Marcellus. I am happy to be serving the Mohawk Community as an Intern for the Senior Center. My mother is Wendy Jock and I was born in Cornwall. Being Native American from my mother's side, I love taking part in the Mohawk culture. I am currently getting my Master's degree in Occupational Therapy at Clarkson University. Occupational therapy involves helping people live more independent and productive life by incorporating meaningful activities to promote participation. It primarily focuses on improving life skills that lead to a better quality of life. I will be working on a project where I will be creating Meaningful Activity Kits for caregivers, to help support care recipients with dementia. I am beyond excited to see where this project takes me and for this opportunity to take part in, ensuring that those with dementia and their care providers have the support needed to live life to the fullest in the community.



If you would like to receive the Moccasin Trail Newsletter via email, please email Activity Coordinator at katie.boots@srmt-nsn.gov
The Newsletters are also available on the Saint Regis Mohawk Tribe's Facebook Page every month!





St. Regis Mohawk Office for the Aging

29 Business Park Road

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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Akwesasne, NY

PERMIT # 4

If you are not the Addressee, please
notify us of our mistake.

To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

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/
office_for_the_aging](http://www.srmt-nsn.gov/office_for_the_aging)

**We're Here to
Serve You!**

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