



Moccasin Trail

OCTOBER 2015

POINTS OF INTEREST:

- Plant the Promise
- Volunteer Recruitment Training
- Walktober
- Mood and Memory Screening

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You are Invited to a

HALLOWEEN BASH!

Thursday, October 29th
10:00am-2:00pm
Senior Center Dining Area

Come dressed in your Halloween Costume!
Or support our Party Theme along with
Red Ribbon Week and dress up as your
Favorite **Rock Star!**

Spooky Games
Prizes
Trick or Treats

Costume Contest!



Monday, October 12th– Indigenous Peoples Day
Friday, October 30th– Planning Day



SENIOR CLUB



Sorry we missed it!

September Birthdays:
Louis Jacobs
Janice Duso

Notice

Tickets for the Quilt Raffle need to be handed in by Friday, Oct. 2nd

Upcoming Events:

- Oct. 3rd Craft Show: 9am-4pm
- Oct. 13 Club meeting- 12:30
- *Trip to Turtle Bay Lodge in Kahnawake Moved to November*
- Nov. 10th Club Meeting– 10:00am
- Nov. 18th 40th Anniversary Celebration at the Casino Ballroom

Volunteer BINGO Schedule:

October 5th
Judy Cole & Rosemary Bonaparte

October 12th
No Bingo: Indigenous Peoples Day

October 19th
Linda Brunelle & Barbara Lazore

October 26th
Margie Beaubien & Debbie Thomas



Senior Club Office Hours:
Daily 10:30am-12:30pm
Club Membership Dues
\$3.00– Renewal
\$5.00– New Member

40 Year Anniversary Celebration

The SRM Senior Club is celebrating 40 Years of helping our Seniors.

Plans are being made for an evening of festivities on Nov. 18th at the Akwesasne Mohawk Casino Ballroom.

There will be a buffet dinner at 5:00pm followed by a DJ and Karaoke. There will be other prizes and a 50/50 Raffle.

The price of the dinner will be \$8.00 for club members (there will be a charge of \$16.50 for non-members). Tickets may be purchased in the Senior Club Office at the Senior Center. There is a limit so please get your tickets early. Deadline for purchase of tickets is Nov. 9th.

+55 ALED Walking Club Update:

Just to let you all know, the +55 ALED Walking Club is still going strong. To celebrate **Walktober**, we encourage you to continue making great strides to better health! The Walking Club will no longer be listed on the calendar of events, because you all have been doing very well on your own. We are going to be participating in **Weekly Walktober Huddles** at 9:00am. This is where you will have a chance to hand in your Weekly Walktober log sheets, pick up the Heart to Heart Day passes you've earned, and learn a tip or two about how to get the most out of your walks. So continue your walking routine on Mondays and Wednesday or whatever day of the week it is. **YOU ARE DOING GREAT!**

Volunteer Seminar

Wednesday, October 21, 2015

1:00pm-5:00pm

Free Training

Seniors will be hosting Recruit, Orient, Support, Evaluate, and Salute volunteer training curriculum. This curriculum will be used to: develop the volunteer position descriptions, identify groups of potential volunteers, create recruitment messages for specific audiences, develop a strategy to communicate the messages to desired groups, and implement a plan.

We will learn how to make volunteers feel like they are part of the workplace, including giving them a specific job title, which makes them feel a part of the work environment.

This workshop is open to All Community Members

Please sign up with Katie Boots or Emily Tarbell at the Senior Center 518-358-2963

Presented by the United Way of Northern New York

Plant the Promise

This is a campaign where tulips are planted with a promise to live healthy and drug free lives. When they bloom in April (Alcohol Awareness Month) they will remind us of our commitment.

Megan Bushey from Alcohol Chemical Dependency

Prevention Program will be here Monday October 19th at 11:30am to tell us more about Planting the Promise.

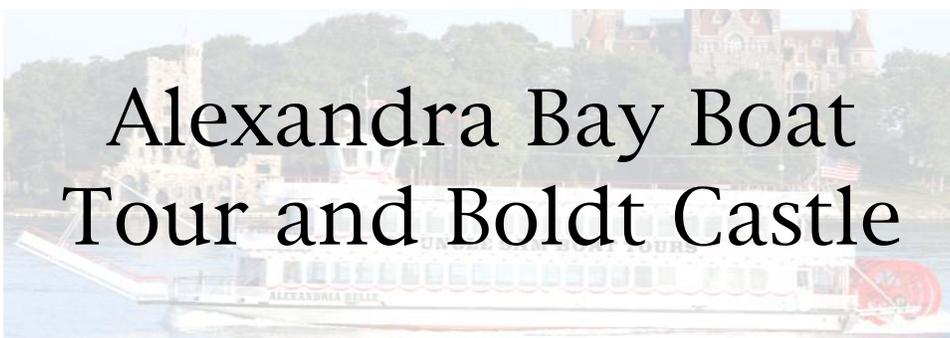
And they will be here on Monday, October 26th at 12:15pm to help us plant the tulips.

RED RIBBON WEEK!

Respect Yourself: Be Drug Free
October 23-31, 2015

There will be a Drawing for a prize Every Day for those who Participate!

Monday, Oct. 26th	Tuesday, Oct. 27th	Wednesday, Oct. 28th	Thursday, Oct. 29th	Friday, Oct. 30th
Wear Red Day: Red-y to live drug free and make a difference. Wear red to support being drug free	Superhero Day: Be a hero....have the power to say no! Dress up as your favorite super hero	Jersey Day: Stay in the game, play drug free. Wear your favorite sports teams jersey	Rock Star Day: We Rock Drug Free! Dress up as your favorite rock star	Costume Day: Say Boo to drugs! Wear your Halloween costume



Alexandra Bay Boat Tour and Boldt Castle

On September 3rd a group of our Seniors went to Alexandria Bay for a boat tour/luncheon and some went to Boldt Castle. It was a very beautiful day to be on the water, and we saw and learned a whole lot.



Jackie, Dave Mitchell & Katherine Thompson



Barbara Lazore & Rosemary Bonaparte



Delores Stanfield & Dave Mitchell



The Living with Loss Support Group is back!

Living with Loss Support Group is a 10-week program for adults coping with the adjustment and feelings associated with the loss of the loved one through death. It is a compassionate and sensitive look at the phases of grieving and mourning that we all face. As a practical and supportive program, on the knowledge and the skills that are essential on our grief journey, it will guide people to a better understanding of their loss and beyond. The program will be a safe place where people can feel comfortable with their emotions in a confidential setting.

The program will follow the “companioning” model of Dr. Alan Wolfelt of the Center for Loss and Life Transition. Dr. Wolfelt notes “We believe that those who companion the bereaved by walking with them as they journey in grief have a wondrous opportunity: to help others embrace and grow through grief—and to lead fuller, more deeply-lived lives themselves.” Dr. Wolfelt’s international best seller *Understanding Your Grief* and the companion journal will be provided to group members at no cost.

Through collaboration between the Saint Regis Mohawk Tribe Tsi Tetewatkins Office for the Aging and Kanikonri:iohne “Good Mind Counseling Center” at the Health Services, Anita Plann will be the leader for this program. She is a licensed Mental Health Counselor who has worked in the counseling field for over 30 years and has worked in Akwesasne since 2008.

Anita is passionate about the work she does. She notes that much of her time is spent working with individuals who has experienced grief and loss and other traumatic events in their lives. She believes in providing holistic care focused on meeting the needs of the individual and their family.

Below is a description of the program:

Wednesday, November 18 ———— Meet Individually with Anita ———— 3:00pm to 5:00pm

Meet individually with Anita to discuss the group, your individual needs, and answer questions, and pick up the group materials. Appointments are required for this day, please call Tewentahawih’tha’ to book yours at 358-2963.

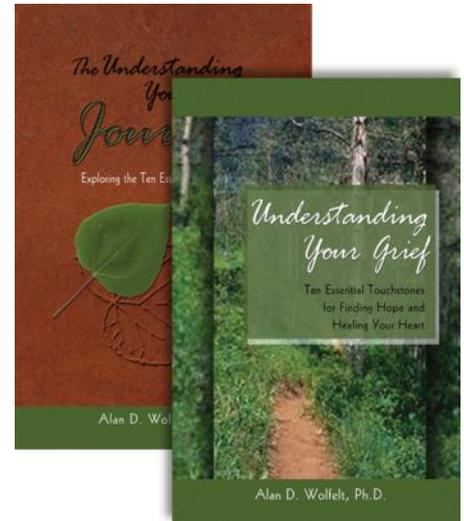
Wednesday, November 25 ———— Living with Loss Group Starts ———— 3:00pm to 5:00pm

First meeting of the group. Meetings will be held every Wednesday, for 10 weeks, at the Saint Regis Mohawk Senior Center Sunroom, on the following dates:

November	December	January	February
25	2, 9, and 16	6, 13, 20, and 27	3 and 10

All of the meetings are scheduled from 3:00pm to 5:00pm. The first hour will be for education regarding grief and loss. The second hour will be to process personal losses and to provide support to other members of the group. A healthy snack will be provided. Groups are limited to 8-10 individuals and will be closed ended. This way it ensures the group that starts the process of Living with Loss, ends the process of Living with Loss together.

For more information, please contact Tewentahawih’tha’ Cole, Health Educator of the Saint Regis Mohawk Tribe Office for the Aging at 518-358-2963 or e-mail tewentahawihtha.cole@srmt-nsn.gov.



Kentennial October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug-30 Activity: 6:00pm Ace to King	Sept-28 BBQ Ribs Potato Wedges Roasted Vegetables Roll Fig Newton Activity: 10:00am ALED: Walking Club 1:00 Bingo	Sept-29 Chicken Parm Asparagus Garlic Bread Sticks Applesauce Activity: 8:30 Massage 10:00 Chair Yoga 12:45-2 Growing Stronger 1:00 Shopping 3-5:30 Healthy Choices for Healthy Living	Sept-30 BirthDay Meal Roast Beef Mash Potatoes Carrots, Roll Chocolate Cake Activity: 8:20am Aquafit 9:00 Leave for K.O.R. Cultural Center 10-12 Vitals ALED Walking Club (anytime before 11:30am) 1-3 Nutrition Coun.	1 Macaroni Soup Roll Apple Crisp Activity: 10:00 Haircuts 12:45-2 Growing Stronger 1:00 Shopping 3-4:15 Active Living Every Day Walktober Begins!	2 Fish on a Bun Seasoned Potatoes Coleslaw Mandarin Oranges Activity: 10:00 Computer Skills 2:00 Green Food Bag Order Deadline World Smile Day! 	3 Activity: 9:00am-5:00pm Craft Show 6:00pm Ace to King
4 Activity: 6:00pm Ace to King	5 Salisbury Steak Brown Rice Mix Veggies Roll Chocolate Pudding Activity: 9:00 Weekly Walktober Huddle Hand in Log Sheets Get Tips on Walking Pick up Earned Day Passes 1:00 Bingo	6 Garlic Chicken Sweet Potato Fries Carrots Roll Peanut Butter Cookies Activity: 10:00 Chair Yoga 11:30 Lunch Box Bingo at Iakhisothona 12:45-2 Growing Stronger 1:00 Shopping 3-5:30 Healthy Choices for Healthy Living Class Begins	7 Tomato & Bacon Tortellini Garlic Bread Peaches Activity: 8:20am Aquafit 11:30 NHL Day! Wear your teams Hockey Jersey to win a Prize! 	8 BBQ Pork on a Bun Coleslaw Cucumber Slices Cherry Cobbler Activity: 8:30am Plattsburgh Shopping Trip 1:00 Shopping 3-4:15 Active Living Every Day Growing Stronger MOVED to Friday	9 Goulash Italian Bread Mix Berries with topping Activity: 10:00am Computer Skills 1:00 Craft Class 12:45-2 Growing Stronger	10 Activity: 6:00pm Ace to King

<p>11 Activity: 6:00pm Ace to King</p>	<p>12 Closed Indigenous Peoples Day No Weekly Walktober Huddle. It is moved to Tuesday at 9:00am</p>	<p>13 Chicken Noodle Soup Egg Sandwich Fruit Cocktail Activity: 9:00 Weekly Walktober Huddle 9:00 Massage 10:00 Chair Yoga 12:30 Club Meeting 12:45-2 Growing Stronger 1:00 Shopping 3:00-5:30 Healthy Choices for Healthy Liv</p>	<p>14 Bake Fish Potato Log Brussels Sprouts Fig Newton Cookie Activity: 8:20am Aquafit 12:30 Ride to Nowhere</p>	<p>15 BBQ Ribs Bake Beans Cauliflower Fruit Cup Activity: 10:00 Haircuts 12:45-2 Growing Stronger 1:00pm Shopping 3-4:15 Active Living Every Day</p>	<p>16 Cheese Manicotti Whole String Beans French Bread Butterscotch Pudding Activity: 10:00am Computer Skills 1:00 Craft Class</p>	<p>17 Activity: 6:00pm Ace to King Cribbage</p>
<p>18 Activity: 6:00pm Ace to King</p>	<p>19 Chili Johnny Cake Tapioca Pudding Activity: 9:00 Weekly Walktober Huddle Hand in Log Sheets 1:00 Bingo 11:30 Plant the Promise Presentation</p>	<p>20 Cream of Sweet Potato Soup Tuna Sandwich Pears Activity: 10:00 Chair Yoga 12:45-2 Growing Stronger 1:00pm Shopping 3:00-5:30 Healthy Choices for Healthy Living Pickup 6:30 CKON Radio Bingo</p>	<p>21 Season Pork Chops Brown Rice Mix Veggies Applesauce Activity: 8:20am Aquafit 1-5:00pm <i>Volunteer Recruitment Training</i></p>	<p>22 Potato Crusted Cod Harvest Blend Rice Roll Vanilla Pudding Activity: 9:30-1 Mood & Memory Screening/ Caregiver Support G. 12:45-2:00 Growing Stronger 1:00 Shopping 3-4:15 Active Living Every Day</p>	<p>23 Chuck Wagon Toss Salad Raspberry Filled Cookie Activity: 1:00 Craft Class</p>	<p>24 Activity: 6:00pm Ace to King</p>
<p>25 Activity: 6:00pm Ace to King</p>	<p>26 Mac & Cheese Stew Tomatoes Brussels Sprouts Peach Cobbler Activity: 9:00 Weekly Walktober Huddle Hand in Log Sheets 1:00 Bingo</p> 	<p>27 French Toast Bacon, Scrambled Eggs, Home Fries Bananas Activity: 9:00 Massage 10:00 Chair Yoga 12:45-2 Growing Stronger 1:00 Shopping 3:00-5:30 Healthy Choices for Healthy Living</p> 	<p>28 Birthday Meal Open face turkey Glazed carrots Sweet potatoes Cake Activity: 8:20am Aquafit</p>	<p>29 Halloween Bash Spaghetti with Meat Sauce Italian Bread Rice Pudding Activity: 10:00 Haircuts 12:45-2 Growing Stronger 1:00 Shopping 3-4:15 Active Living Every Day</p> 	<p>30 Closed Planning Day Trunk or Treat at IGA Parking Lot: 5-7:00pm</p> 	<p>31 Activity: 6:00pm Ace to King</p>



What is Walktober?

October is ideal for walking — the temperatures are cool and the colors are spectacular. Making the most of this great season, *Walktober* is a month-long campaign designed to inspire everyone to make walking a priority — in October and beyond. *Walktober* is designed for everyone — from inactive individuals to those already making great strides toward better health. Anyone can step it up and be successful with this cool weather walking program. To help you, the Health Promotion Services will reward you for walking. There are prizes to be won and fun to be had!

How does it work?

Dedicating yourself to walking (a little more than a leisurely or easy pace), you will track your steps (using a step counter) or minutes (dedicated walking minutes). The goal is to accumulate 5 or more leaves a week by recording daily minutes or steps:

-  **1-14 minutes or 100-1,999 steps = Blue**
-  **15-29 minutes or 2,000-3,999 steps = Purple**
-  **30-44 minutes or 4,000-5,999 steps = Red**
-  **45-59 minutes or 6,000-7,999 steps = Orange**
-  **60+ minutes or 8,000-10,000+ steps = Gold**



Any combination of blue, purple, red, orange, or gold leaves counts toward the goal. If you are just starting out, shoot for earning blue or purple leaves your first week. Then work your way up to any other color. If you are already active, aim a little higher than your usual, like red, orange, or gold leaves per week. **The idea is to have a challenging target and develop a walking habit you can maintain for good.**

You will have to hand in a weekly walking log sheet in order to qualify for prizes and other incentives. Plus, your progress will be posted on the bulletin board (identified as a number, not a name) as you watch all participants move along a special route to win prizes! It's a fun and effective way to track your activity!

Okay, I'm convinced. How do I sign up?

Come in to the Senior Center and sign up with Tewentahawih'tha'. She will give you a weekly log book, some tips to consider, and provide you with a pedometer to borrow until you can get your own. She is also willing to go to your home if you cannot make it to the center. Just call her at 358-2963.

Now, lets enjoy WALKTOBER!



Walkers continue to next page for Safety Tips

Walking Safety Tips

- *Walk with a partner.* It is always important to have someone with you in case you become tired and to prevent injury.
- *Don't start out too fast!* Try just walking a little ways only a couple times a week. Doing too much, too soon can lead to serious injury.
- *Make sure you are visible!* Walk in a well lit area at all times. If you choose to walk in the evening make sure you are wearing light colored clothing and have some sort of reflective tape on your clothing and shoes. It may also be beneficial to carry a flashlight.
- *Dress appropriately.* The Fall months can get very chilly. Be sure to wear a warm jacket and bring a hat and mittens just in case!
- *Use an assistive device, if needed.* People who use a cane or walker report more confidence and feelings of safety when used appropriately. This reassurance has resulted in increased activity for some people. So, talk to your doctor about it. Don't be shy.



Caregiver Program Presents:

Memory & Mood Screenings

SRMT Office for the Aging Caregiver Services & Plattsburgh State Center for Neurobehavioral Health will be here hosting **Memory & Mood Screenings on Thursday, October 22**. This screening makes sense for anyone concerned about memory loss or experiencing warning signs of dementia. They are also appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparisons.



Dr. Richard Durant
Clinical Neuropsychologist

Dr. Richard Durant of the Alzheimer's Disease Assistance Center will be doing a presentation on the topics of **signs and symptoms, caregiver tips, and ways to reduce risks of Dementia and Alzheimer's Disease**. During the presentation, there will be opportunity for you to ask any questions you may have about memory loss topics.

Appointments are required for the screenings, and will start at 9:30am. If you

would like to schedule an appointment, have any questions, or would like to be placed on the Caregiver Program mailing list, please contact Doris Burns at 518-358-2963.

**Thursday
October 22**

**Screenings:
9:30am-12:30pm
appointments required
(20 minutes)**

**Presentation:
12:30pm-1:00pm
by Dr. Richard Durant
Signs/Symptoms, Caregiver
Tips, & Ways to Reduce Your
Risk of Memory Loss**

Sponsored by:
Alzheimer's Disease Assistance Center
through its affiliation with Eastern Adirondack
Health Care Network eahcn.plattsburgh.edu



Hit the Books and Learn Something New with Healthy Choices for Healthy Living Workshops

If you haven't already heard, *Healthy Choices for Healthy Living* is a 6-session, weekly workshop for men and women (over age 55) with any type of ongoing health condition. It complements the healthcare you may already be getting, which means we never replace what your doctor asks you to do. Our goal is to help you become more successful at following your doctor's advice by teaching some "self-management" skills that could work for you. **The purpose of the *Healthy Choices for Healthy Living* workshop is to enhance one's skills and ability to manage their health and maintain an active and fulfilling lifestyle.**

During the workshops, you will enhance existing and learn new problem-solving and decision-making skills. **These new skills could help you with confronting the ever-changing challenges of living with Diabetes, Heart Disease, Arthritis, Depression, or any other long-term health condition.** The course will be facilitated by myself and Doris Burns. You are more than welcome to bring a family member, friend and/or caregiver.

To give you an idea of what to expect, below is a calendar for you to view workshop dates and the weekly topics. As a bonus, you will receive a free copy of the book "*Living a Healthy Life with Chronic Conditions*" and a CD called "*Relaxation for Mind and Body: Pathways to Healing*", which will be yours to keep if you attend the majority of the 6 weekly-

Class #1

**Tuesday, October 6
3:00pm – 5:30pm**

Workshop & Group Introductions
The Mind-Body Connection
Getting a Good Night's Sleep
Intro to Problem-Solving &
Action Plans

Class #2

**Tuesday, October 13
3:00pm – 5:30pm**

Dealing with Difficult Emotions
Introduction to Physical Activity &
Exercise
Preventing Falls & Improving
Balance

Class #3

**Tuesday, October 20
3:00pm – 5:30pm**

Making Decisions
Pain & Fatigue Management
Endurance Exercise
Relaxation: Body Scan

Class #4

**Tuesday, October 27
3:00pm – 5:30pm**

Better Breathing
Healthy Eating
Communication Skills

Class #5

**Tuesday, November 3
3:00pm – 5:30pm**

Making Healthy Food Choices
Medication Usage
Making Treatment Decisions
Dealing with Depression
Positively Thinking

Class #6

**Tuesday, November 10
3:00pm – 5:30pm**

Working with Health Care Pros
& Organization
Weight Management
Looking Back & Planning for the
Future

Yoga Schedule for October 2015

Leader: Catherine Cook


Chair yoga
Yoga for EveryBody

Tuesday, October 6th —Sunroom
Tuesday, October 13th —Sunroom
Tuesday, October 20th —Sunroom
Tuesday, October 27th —Sunroom

All Classes will start at 10:00am

Happy Birthday!



- 1- Dale Bintz
Sue Ann
Hutchcroft
- 3- Carl Tarbell
Leonard Swamp
- 5- **Gayle Dewitt**
- 6- Kenneth Cole
- 8- **Ben Kelly**
- 10- **Marsha White**
- 11- **Marianne Loran**
Harry Thompson
- 12- **Ruth Dora**
Julianne Barnes
- 14- **J.D. White**
Shirley Jacobs
- 16- **Elda Cook**
Sally Cook

- 17- **Mary Jessmer**
Barb White
- 19- **Lorraine Pierce**
Joe Thompson
Agnes Bero
Jeffrey Day
- 20- Mary Kay Square
- 21- Beulah Terrance
Arnold Printup
- 22- **Isabel Francis**
- 23- **Vicki Beeson**
Julianne Barnes
Yvonne Cree
Mary Wainman
Giles Quenville
Margaret Chubb

- 24- Virginia Planty
 - 25- Allan Gorrow
 - 26- **Carol L. White**
Irene Gambill
Joseph Hruska
 - 27- **Ida Ransom**
Sandy Swanger
Elizabeth Perkins
 - 28- **John W. Herne**
 - 29- **Gerry**
Thompson
Mary Sunday
 - 30- **Sam Oakes**
 - 31- **Sr. Christine**
Taylor
- Bold are St Regis
Mohawk Senior Club**



SAVE THE DATE

November 4, 2015

FOR THE ANNUAL
CAREGIVER'S CONFERENCE

Get Ready For:

Informational Workshops

Relaxing Activities

Care-for-You Demonstrations

Educational Presentations

Refreshments

And Lots of Fun!

Be sure to look for more information in
November's Newsletter!



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

We're Here to
Serve You!

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**