



Moccasin Trail

NOVEMBER 2015

POINTS OF INTEREST:

- Upcoming Activities
- Preparing for Winter
- Caregivers Celebration
- Last Month's Events

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The Saint Regis Mohawk Senior Center Caregiver Program Presents the 2nd Annual

Caregiver Celebration

Wednesday, November 4, 2015

SRMT Senior Center

2:00pm-6:00pm

Meet our Partners & Presenters:

Diane Boots, Natures Gift

Linda LaRue, Legal Aid Society
of Northeastern NY

Akwesasne Community Collective

Anita Plann, SRMHS Mental Health Program

Kalpana Reddy, Wholistic Care NY

Louise Ingle, Reflexology

Plus many others to support you in your Caregiving Journey.

See Pages 8, 9 & 10 for more information



Wednesday, November 11th– Veterans Day
Thursday, November 26th– American Thanksgiving
Friday, November 27th– American Indian Heritage Day

SENIOR CLUB

*Congratulations to
Doreen Delormier, the Winner
of the Quilt*

Upcoming Events:

Nov. 10th Club Meeting at
10:00am
Nov. 18th 40th Anniversary
Celebration
at the Casino Ballroom

Volunteer BINGO Schedule:

November 2nd
Betty Kelly, Dorothy Shatlaw, & Nancy Jacobs

November 9th
Rose Jacobs & Minerva White

November 16th
Vicki Phillips & Lucille Peters

November 23rd
Judy Cole & Rosemary Bonaparte

November 30th
Barbara Lazore & Brenda LaFrance

Senior Club Office Hours:

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

**The Deadline to Purchase tickets for the
40th Anniversary Dinner will be on
Monday, November 9th. You must have a
dinner Ticket to attend.**

New Members:

Joe Thompson
Nelson Sawatis

Our Condolences to the
Family of Anna Nelson

Thank You

Pies- Mona Via, Marion Parker, Sylvia Beeson, Lois Thomas

Kitchen Workers - Millie Cook, Florence Cook, Brenda LaFrance, Karen White, and
Cynthia Sawatis

Food Table- Sheila Marshall, Sylvia Beeson, Elaine Cook, Marion Parker

Craft Table– Minerva White & Betty Kelly

Soup Makers- Elaine Cook, Barbara Lazore, Betty Kelly, Bea White, and
Rose Marie Jacobs (Chili)

Quilt Tickets– Ben Kelly & Lud Beeson

Donations- Judy Cole, Rosemary Bonaparte, Candy Thomas, Debbie Terrance,
Rosemarie Jacobs, Marianne Loran and Phyllis Point

Akwesasne Quilt Club– Louise Cook, Donna Hastings, Martha Cook, Judy Cole,
Dolores Thompson, and Lois Thomas

Baskets– Josephine Lazore, Nanci Ransom, Debbie Jacobs, Judy Cole, Abe Gray, and
Florence Benedict
Rose Jacobs, and Marianne Loran

Thank you to everyone who donated food and/or items for the Craft Fair.
And to All for making this event a Success!

Thank You

Thank You

Thank You



Nia:wen Claudia Martin for her donations to the Senior Center.

Nia:wen to the family of the late Cecelia Square for the donation of Craft Materials.

Nia:wen to Tom Cook for his generous donation of Potatoes .

Nia:wen to Grace Chubb for flowers and decorations.

Wall of Art Contest



At the Birthday Meal for the month of September Seniors held an Art contest. Anyone could enter the contest. We numbered each work of art and everyone wrote down their top 3 favorites. Polls were added up and Bea White won First Place with a creatively colored cat. Second Place was Carol Lazore which was a picture of a pretty arrangement of flowers. Thank you to everyone who participated in the contest. Everyone's creations are still being displayed at the Senior Center.

Upcoming Activities

- Nov. 2-6th– Game & Puzzle Week: We will be playing a game/puzzle every morning
- Nov. 2nd– National Deviled Egg Day: Deviled Egg Cooking Contest
- Nov. 5th– Trip to Rideau Carleton Raceway in Ottawa.
- Nov. 6th 11:00pm– National Saxophone Day: Mr. Hahn, Mohawk Schools Music Teacher will be here playing the Saxophone for us to enjoy!
- Nov. 10th– Marine Corp's Birthday
- Nov. 12th– Tanger Outlet Mall Shopping Trip to Ottawa
- Nov. 13th 1:00pm– Craft Class: Silhouette Painting with Dawn Myers
- Nov. 17th– Homemade Bread Day: Let's Celebrate with a Snack!
- Nov. 19th 12:30pm– Ride to Nowhere
- Nov. 20th 1:00pm– Craft Class: How to make your own Gift Bags and Boxes

The Wild Center in Tupper Lake



Bea White



Barbara Lazore



Rosemary Bonaparte



Rose Jacobs



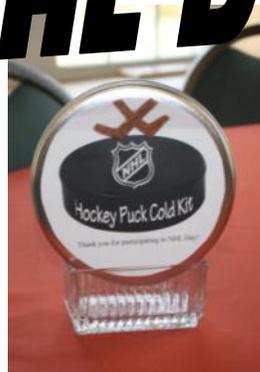
Katie Boots

On September 24th the Activities department took a bus to the Wild Center in Tupper Lake. When we arrived in Tupper Lake we had a great lunch at the Lumber Jack. We walked around the Wild Center and saw all of the exhibits. We saw live otters, fish, turtles, various ducks, lizards, and spiders. There was so much to see and we learned a lot.

NHL Day



Jersey Participants: Nancy Jacobs, Elaine Cook and Kathi Jock



Prizes for the Day:
Hockey Puck Cold Kit



Staff Hockey Fans: Emily Tarbell, Lora Lee La France, Tewentahawih'tha' Cole, and Katie Boots

To celebrate the start of the 2015 Hockey Season on October 7th, the senior center organized "NHL Day" to get everyone into the spirit. We had a drawing for all participants who wore a hockey jersey from their favorite team. We had a table game that consisted of Hockey Trivia. Then we played a mini slap shot game with a little hockey net, regular size sticks and pucks to see who could get the most in out of 10. The winner of the jersey drawing was Kathi Jock. The winners of the Hockey Trivia Game was Wayne Thomas, Ben Kelly, Clark Lazore, Jack Leaf, Tom White, and Gordon Delorimiere. Lastly the winners of the Mini Slap Shot Game was 1st place Sally Patterson and 2nd Place Nancy Jacobs.



OFA Snow Plowing Services



Most people know that we provide a snow plowing service during the winter months for some of our seniors. Here are some of the most frequently asked questions we get....

How to I get put on the seniors snow plow list?

Those seniors wishing to be on the snow plow must meet eligibility requirements and complete a release of liability form. Forms are available at the front desk. Applicants will be notified if they have been approved and are on snow plow list.

If I was on the list last year do I need to apply again this year?

Yes, you must apply every year. Applications are available at the front desk and you will be notified if you have been approved and your name is on the list.

Why doesn't my driveway get plowed the same time as my neighbors?

Priority for snow plow services is given to those seniors who are receiving medical care in the home or those who must leave their home for medical treatments. After those individuals have been cleared, then our driver will continue on with the list.

What happens if I cannot get on the snow plow list?

Those individuals who do not qualify for snow plow services will be put on a waiting list. There is also a list of private snow plow drivers available that you can contact for services. Many private snowplow drivers give Senior discounts!

Will the seniors center pay for snow removal if I call a driver off the private snow plow drivers list?

No, the Office for the Aging will not pay for a private snow plow driver. You must pay for this service yourself .

Is the snow plow service free?

The snow plow service has a suggested contribution of \$5.00. You will not be denied service if you cannot make a contribution. All contributions are used to cover costs for the snow plow service such as gasoline and vehicle maintenance.



Kentənəkó:wə/November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Activity: 6:00pm Ace to King	2 Chicken Parm with Spaghetti Italian Bread Pears Activity: 1:00 Bingo <i>We will be Celebrating Deviled Egg Day!</i>	3 Tuna Melt Cucumber, Tomato & Carrot Slices Cottage Cheese with Peaches, Lemon Fluff Activity: 10:00 Chair Yoga 1:00 Shopping 3-5:30 Healthy Choices for Healthy Living	4 Beef Barley Soup Biscuit Jell-o Activity: 8:20am Aquafit 11:00 Nutrition Education Caregiver Celebration 2:00pm-6:00pm	5 Red Bean & Rice Brussels Sprouts Oatmeal Cookie Activity: 1:00 Shopping 3-4:15 Active Living Every Day 9:00am Rideau Carleton Raceway Trip	6 Salt Pork Boiled Potatoes Green Beans, Roll Chocolate Pudding Activity: 10:00 Computer Skills 2:00 Green Food Bag Order Deadline 1:00 Craft Class <i>National Saxophone Day, Come listen to a Live Musicians!</i>	7 Activity: 6:00pm Ace to King
8 Activity: 6:00pm Ace to King	9 Hamburger Gravy Boiled Potatoes Wax Beans Roll Fruit Cup Activity: 1:00 Bingo	10 Turkey in Pita Pocket Tomato & Cucumber Slices Fresh Orange Activity: 9:00-2:30 Massage 10:00 Chair Yoga 10:00 Club Meeting 1:00 Shopping 3-5:30 Healthy Choices for Healthy Living (last class) <i>Let's Celebrate the Marine Corp's Birthday</i>	11 Closed Veterans Day 	12 Bake Ziti 3 Bean Salad Italian Bread Creamsicle Parfait Activity: 1:00 Shopping 3-4:15 Active Living Every Day (last class) 6-8:00pm Advisory Board Meeting 9:00am leave Shopping Trip to Tanger Outlet Mall in Ottawa	13 Corn Soup Biscuits Apple Cake Activity: 10:00am Computer Skills 1:00 Craft Class-- Paint Class with Dawn Myers	14 Activity: 6:00pm Ace to King

<p>15 Activity: 6:00pm Ace to King</p>	<p>16 Chicken Broccoli Alfredo Roll Peaches Activity: 1:00 Bingo</p>	<p>17 Tuscan Squash & Herb Farfalle Roll Mix Berries Activity: 10:00 Chair Yoga 1:00 Shopping Pick up Green Food Bags by 4:30pm <i>Homemade Bread Day! Come visit for a bite!</i></p>	<p>18 Thanksgiving Meal Turkey Mash Potatoes Stuffing Cranberries Carrots, Pumpkin Pie Activity: 8:20am Aquafit 3-5:00 Living with Loss Support Group <i>Senior Club 40th Anniversary Dinner</i></p>	<p>19 Sausage Croissant Scrambled Eggs Orange Juice Strawberries Activity: 1:00pm Shopping 12:30pm Ride to Nowhere</p>	<p>20 Tomato soup, grilled cheese, mandarin organes Activity: 10:00 Computer Skills 1:00 Tina's Painting 1:00 Craft Class- How to make Gift Bags & Boxes with Linda Besio from Nature Center</p>	<p>21 Activity: 6:00pm Ace to King Cribbage</p>
<p>22 Activity: 6:00pm Ace to King</p>	<p>23 Beef Stew Roll Citrus Cup Activity: 1:00 Bingo 11:00 Nutrition Education</p>	<p>24 Chicken Burger Sweet Potato Fries String Beans Applesauce Activity: 9-2:30 Massage 10:00 Chair Yoga 1-3:00 Nutrition Counseling 1:00pm Shopping</p>	<p>25 BirthDay Meal Boiled Ham Dinner Roll Cake Activity: 8:20am Aquafit 3-5:00 Living with Loss Support Group</p>	<p>26 Closed Thanksgiving Day</p> 	<p>27 Closed American Indian Heritage Day</p> 	<p>28 Activity: 6:00pm Ace to King</p>
<p>29 Activity: 6:00pm Ace to King</p>	<p>30 Chili Roll Berry Yogurt Parfait Activity: 1:00 Bingo</p>	<p>Dec-1 Activity: 10:00 Chair Yoga 1:00 Shopping</p>	<p>Dec-2 Activity: 8:20am Aquafit</p>	<p>Dec-3 Activity: 1:00 Shopping</p>	<p>Dec-4 Activity: 10:00am Computer Skills</p>	<p>Dec-5 Activity: 6:00pm Ace to King</p>

*The SRMT Senior Center Caregiver Program
Presents the 2nd Annual:
Caregiver Celebration*

*A mini-conference for Family Caregivers and
their loved ones*

Wednesday, November 4, 2015

2:00-6:00pm

At SRMT Senior Center

Akwesasne, NY

518-358-2963

Your loved one's care does not always take place in hospitals, or nursing homes, or doctor offices, or medical clinics. Most care actually occurs in the home – and that's a good thing. People are healthier at home and health care costs are reduced. Family caregivers have the best interests of their loved ones at heart. But caregiving at home can take its toll and it certainly takes a lot of planning. The Nation's 90 million family caregivers are front and center in providing care every day – enabling their loved ones to stay at home longer where they are happier and healthier.

November is National Family Caregiver's Month. To recognize family caregivers and the hard work they do, the SRMT Senior Center Caregiver Program is hosting the 2nd Annual Caregiver Celebration. We recognize the importance to the community of the role that all family caregivers play. Which is why the Caregiver Celebration is meant to be a relaxing and fun evening, while offering some education on various areas of life that may be useful in caregiving. Our goal is to provide you with a good time with tools and strategies to better handle the unique caregiver challenges you face.

Caregiver Celebration Schedule of Events:

2:00pm

Opening of event and activities

2:00pm—6:00pm

Choose one 30-minute Reflexology or Reiki Session. By appointment only. Call ahead to book 518-358-2963.

2:30pm

Workshop: Your Energy, Your Health

3:00pm

Workshop: Where There's a Will, There's a Way

4:00pm

Enjoy some free food and free time! Get taken away by some crafts and activities. Peruse the offerings of the Caregiver Program. And meet with our partners and presenters one-on-one.

4:45pm

Workshop: You, Me, and a Cup of Tea

5:45pm

Door Prize Drawing and Closing Remarks

On the Menu:

Beef Barley Soup or Cream of Broccoli Soup

Ham or Turkey Sandwiches

Platters of Fruits, Vegetables, Cheese, and Crackers

Refreshments include: Hot & iced tea, coffee, water, cranberry juice

Hospitality will be provided to the person you are caring for by our staff. Hospitality offers light, enjoyable activities, social time, food, and refreshments. That way you know your loved one has things to do, while you attend the offerings.

Workshop & Sessions Information:

Your Energy, Your Health: Diane Boots Meet with Diane Boots, owner of Nature's Gift, who can guide you in targeting your health issues by drinking nutritional smoothies and using energy to assist your body to regenerate itself to maintain optimal health.

Where There's a Will, There's a Way: Linda LaRue Our goal is to provide clarification about several documents that may be of interest to you. The presentation will be about several legal documents including will, living wills, and health care proxies. An explanation of what these documents are and how they differ from each other. It will also include a bit about power of attorney.

You, Me, and a Cup of Tea: Akwesasne Community Collective

Not only is tea hydrating to the body, but there are other benefits to be had. Enjoy tea time with a special blend of handpicked herbs for caregivers to decrease stress and anxiety, as well as boost immunities for the upcoming cold and flu season. This experience will allow you to walk away with some knowledge of traditional medicines, their benefits, and your very own sample of tea.

What is Reflexology? A type of massage used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body.

What is Reiki? Reiki Healing Touch Therapy supports the body's natural ability to heal itself (balancing and harmonizing energies), working with the total person. Benefits include among many, deep relaxation and relief from stress and anxiety.

Ride to Nowhere

Wednesday, October 14th the bus ended up at the Onkwehonwe Art Show in Malone and the Market Barn. We then took the scenic route through the beautiful Adirondack foothills. The participants were Jimmy Arquette, Emily Tarbell (staff), Marion Campbell, Kathi Jock, Iona Castagner, Sandy Swanger, Bea White, and Agnes Bero. November 19th will be our last Ride to Nowhere this year, due to weather.



Yoga Schedule for November 2015
Leader: Catherine Cook

chair yoga
 Yoga for EveryBody

Tuesday, November 3rd — Sunroom
 Tuesday, November 10th — Sunroom
 Tuesday, November 17th — Sunroom
 Tuesday, November 24th — Sunroom

All Classes will start at 10:00am

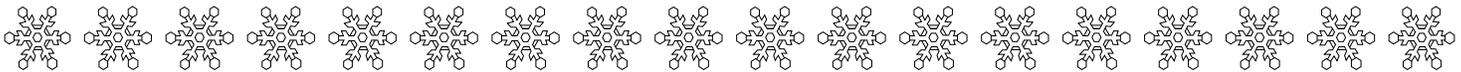
Happy Birthday!



- 1- Alice Jacobs
Roy Paro
Annette
Armstrong
- 2- Dolores
Thompson
Doreen Delormier
- 4- Linda Tessier
- 5- Helena Lamb
- 6- Bonnie Fray
- 7- Vickie Phillips
Stanley Burnham
- 9- Leona Cook
Ramona Hudson
Elaine Thompson

- Isabel Rourke
- 11- James Arquette
Jeb Beeson
Doris Cook
- 12- Madeline Gray
Dan Jacobs
Daniel
McDonald Jr.
- 14- Shirley Oakes
Cecile Briggs
- 18- Joseph Calcagno
- 19- Sharon
Thompson
Cecil Thompson

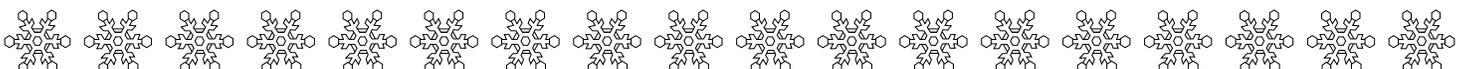
- 22- Carol White
Sharon Loran
 - 23- Millie Cook
Nancy Sampier
 - 24- Alice Cook
Katherine
Thompson
 - 26- Peggy Pellegrino
Trudy Lauzon
 - 28- Florence Cook
 - 29- Angus Ransom
- Bold are St Regis
Mohawk Senior Club
Members**



Cold Weather is Right around the Corner!

Now is the perfect time to start getting ready for the colder weather. Here are helpful tips to keep you toasty and safe.

1. **Call early for a handyman appointment.** It's much easier for our handyman to remove an air conditioner or help put plastic on the windows when the snow isn't falling.
2. **Have your furnace cleaned and inspected.** You don't want to find out on the first cold day that your furnace doesn't work!
3. **Every home needs** to have working smoke detector and Carbon Monoxide or CO monitor. Now is a good time to test the unit and replace the batteries.
4. **Reverse your ceiling fan.** To keep warm air near the floor, your fan should be spinning in a clockwise direction.
5. **Get your lawn mower ready for storage.** Don't forget to put away your gardening tools and weed eater.
6. **Get ready for the snow.** Stock up on ice melt, find your snow shovel, and get the number of a plow driver.





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/
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..**