

## More Head Start Graduates

Congratulations from Indian Time!



Amanda Basteo

Regretfully, not all pictures turned out. Some pictures that were developed were not of quality enough for the printers. Below is a list of Head Start students whose photos can be purchased from Indian Time.  
 Will Sunday  
 Shane Cook  
 Dwight Bero  
 Dylan Herne  
 Bianca Jacobs  
 Spencer McDonald  
 Call Indian Time at 358-9531 or 575-2063 and ask for Derrick  
 Photos are black and white and the following are the cost:  
 3X5-\$1.50  
 5X7-\$3.00  
 8X10-\$5.00



Brad Francis

## Nursing Home Month at Iakhihsotha June 1992



Back Row - Pat Chubb, Charley Jacobs, Linda Jacobs, Ann Terrance, Isabel McDonald, Shirley Braman  
 Front Row - Phil McDonald, Dorothy Shatlaw, Sadie Peters, Yvonne Chubb, Lucy David  
 Missing - Charlotte, Kim & Ceily Lazore, Marty & Ann Bush

### Life Enrichment Service:

This past month of May has been both an exciting and trying one for us. Judy & Charlene have joined forces in an attempt to create a "Life Enrichment Program", which will be meeting the wide range of needs for Iakhihsotha residents.  
 Some new programs include: Table ball, shuffle ball, manicures, Dear Abbey, Jenga, Walk & talk, fun & fitness.  
 Generally, these programs have been received well, but new ideas are always welcome.

The first week of Nursing Home Month is set aside for volunteers. Here at Iakhihsotha we have 15 volunteers. Our program has been in existence for over 1 year. The hours average from 300 to 400 hours a month and are getting higher every month.

The reasons for the volunteers are: The care of our elderly is not only meeting the medical or health needs of each resident, but also includes holistic approach to care giving, need for socialization, need for mental & intellectual stimulation, need for physical action based upon the limits & interests of the residents, to have religious or spiritual needs met and the need to feel needed and wanted.

The importance of volunteers: Boost a residents self-esteem, self-worth and self-confidence. Begin a new friendship or renew an old one. Be a link between the resident and the outside community. Help in preventing depression, boredom, loneliness and other problems associated with the aging process. Share special talents and interests. Help fulfill the lives of our elders. "Give the Gift of Time".

Volunteers give an important contribution to our facility. Without their help, we cannot meet all of the individual needs of our elders as readily and as comprehensively.

What do volunteers do? Friendly visiting - developing a one-to-one friendship with one or more of our residents on an informal but regular basis.

Activity assistance - include assisting the residents in a variety of activities such as; radio bingo, exercise, crafts, cooking, baking, playing cards, riding the van, etc.

Special Events - provide assistance with special events such as outing, trips, cook outs, tours, parties, picnics, shopping trips, etc.

Entertainment - provide dancing, plays, music, demonstrations and other forms of artistic entertainment for residents.

Departmental assistance - assisting a department to help meet the needs of the resident. Training not necessary.

Required for volunteers: An orientation session which will be held for new volunteers. A desire to work with the elderly, an interest or friendship to share. Self-awareness of your responsibilities to yourself, to the residents and to each Iakhihsotha. The gift of time to give. Respect for the residents privacy and dignity regardless of their physical year and a half and why they are here.

Shirley Braman is an employee of the St. Regis Catholic Church in the Adult Programs. She comes to the home once a week, Tuesday

mornings, to do bible study at 11 a.m. She's also doing the garden around the home. This year she already has all the flowers planted around the back patio and they're all in bloom. She tells us what to grow and where they will do best. She is a great worker and gardener. After this planting season, we're

losing her to another parish. We will surely miss her. Thank you Shirley for everything you've done for us.

Isabel & Phillip McDonald have been here since the volunteer program started in February of 1991. Isabel comes here with all her experience in her own kitchen. Everybody has sampled her molasses cookies, biscuits and pies of all kinds. Phillip comes along to peel apples & potatoes for the pies. The Wednesday's this past winter have been just great days, after the baking is done everybody usually sits around and visits or plays cards.

Lucy David comes just from down the road. When we need last minute things, she's here in 5 minutes. Lucy is a very cheerful person and knows all the residents and talks to them in their own native language. She really enjoys visiting with everybody and is always around for baking days and for whatever else we need. Lucy has a lot of experience in the nursing home care, she worked at McDonnell for quite a few years and knows how to put a smile on peoples faces.

Ann Terrance comes to us with a lot of care and love. Ann retired from the St. Regis Mohawk School after 20 years of being a cook. She was not ready to retire, but due to an accident, she was forced into early retirement. She was home for a while until she decided to volunteer her time at the home. According to Ann, that was the greatest thing that could have happened. With all her experience in the kitchen, her cooking is very good. She has gotten to know so many of the residents and misses them when she doesn't see them for a few days. She's always ready for whatever there is to do any given day.

Kim & Charlotte Lazore came to the home to volunteer about 6 months ago and later they came with Ceily Lazore, Charlotte's niece. They had time on their hands between classes, so they called and asked if we needed any help. They're another trio that can be called at the last minute and of course, now their father and grandfather, Wilson Lazore, is here with us. So they are here more with Cecilia. Great people when you call last minute, never an excuse. Thank you girls.

Dorothy Shatlaw from Fort Covington, N.Y. comes here often. Her mom, Mary Gray, is a resident. Dorothy got involved with the volunteers. Now she does

the movie night on Tuesday's. She also pops all the corn for the show. Also, she sells Avon and does facials and make-up for the ladies. These are fun things for Dorothy to do. Dorothy and her grandchildren were at the home for the Easter Egg Hunt in April and enjoys it here along with the rest of us.

Charley & Linda Jacobs are great members for the volunteer program. Charley comes to us after retiring from New York State Maintenance Foreman. He enjoys the residents and chats with the men. Also, he helps with the heavy work on Bingo night which is Thursday. Linda is here 2 or 3 times a week. She does the birthday cakes for the residents and helps in all the spiritual needs for the residents. Linda is also helping with the crafts. She has crocheted lap blankets for the residents. So, these two are really great team members.

Pat & Yvonne Chubb have been volunteers since last summer. They are both retired. Pat worked for New York State Maintenance for years and Yvonne just retired from the Head Start Program. They come here a lot and love to be with the residents, most of them they know in one way or another. They are life time residents of the reserve.

Pat & Yvonne enjoy being on the team and love to be in the groups, whether it be on a bus ride, cooking, bingo, church, etc.

Marty & Ann Bush from St. Regis Village have been volunteering here for the past 4 months. Marty is a student of the Recreation Program on Cornwall

Island. When she comes here, she brings her daughter Ann. They both enjoy the residents and the activities that we have here.

Cecilia Peters (Dee Dee) has been with us since the volunteer program started. Sadie is really good with the residents also. Some of these elders were her neighbors and she has known them all their life. Dee Dee is an all around good person for whatever we need, she's here. She enjoys cooking, riding and all of the other activities that we have. Also, she enjoys the team of volunteers mostly the jokes that are thrown around from the residents.

These are the volunteers at Iakhihsotha, that have put out so many hours for our elders of Akwesasne.

So, if you have any spare time, give us a call at 575-2507 and ask for Char or Judy.

Check the paper each week for activities during Nursing Home Month.



Max Shea. He received a special award for only two days absent for the 1991-92 school year.



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