

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

FEBRUARY 2018

Enniska (Lateness)

She:kon,

Happy Valentine's Day - February 14th

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

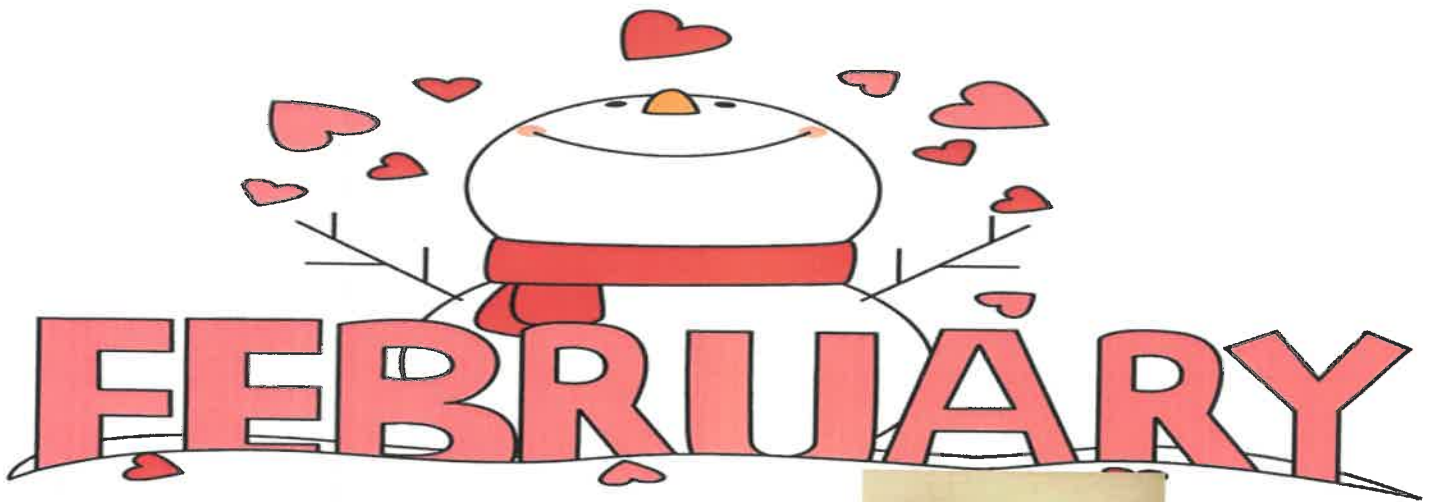
Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada. Inside is some valuable information, please be sure to take time and read it.

Nia:wen

Tyendinaga Home Support Program

613-967-0122





FEBRUARY

SATURDAY, FEB 10TH

WHAT: SUPPER CLUB
WHERE: ACTIVITY CENTRE
TIME: 5:30
COST: \$5.00
LIMITED TO 25 GUESTS



FRIDAY, FEB 23RD

WHAT: BREAKFAST CLUB
WHERE: ACTIVITY CENTRE
TIME: 8-9:30
COST: CASH DONATION

PLEASE CALL THE OFFICE TO SIGN UP FOR YOU ANY OF THE MEAL PROGRAMS SO THAT WE CAN ENSURE YOU GET A SEAT.

WEDNESDAY, FEB 14TH & 28TH

WHAT: DINERS/BINGO
WHERE: COMMUNITY CENTRE, DOWNSTAIRS
TIME: LUNCH 12-1 BINGO 1-3
COST: LUNCH \$3.50 BINGO .50 PER CARD OR 6 CARDS (MAX) FOR \$2.00



Meals on Wheels,



We deliver a hot nutritious meal to your door on Tuesday, Thursday and Friday between 11:30-12:30.

If you have interest in this program please call Angela D. Maracle at 613-967-0122 ext. 135

Please ensure that if you require transportation for any of the above programs that you call in by 4:30 on the day prior to the event. Pick ups start at 10:30 for Diner/Bingo and 7:30 for Breakfast club and 4:00 for Supper Club.

Napanee Shopping

When: Thursday, February 1, 2018

Time: Pick up will start at 9am

Limit: 12 people

Cost: \$5.00

Sign-Up-Deadline: Wednesday, January 31, 2018

Returning: Approximately at 3:00pm

Will be stopping at Giant Tiger, No Frills and Country Tradition. We will be having lunch at Itty Bitty Diner at your own expense.

If you would like to attend, please contact **Cindy Loft** at **613-967-0122**.



Belleville Shopping

When: Thursday, February 22, 2018

Time: Pick up will start at 9am

Sign-Up-Deadline: Wednesday, February 21, 2018

Returning: Approximately at 4:30pm

Limit: 12 people

Cost: \$5.00

Will be stopping at Canadian Tire, Quinte Mall and Wal-Mart. We will be eating at the Quinte Mall for lunch at your own expense. If you would like to attend, contact **Cindy Loft** at **613-967-0122**.

Deseronto Run

When: Friday, February 2, 9, 16, 23

Time: Pick up will start at 9:00am

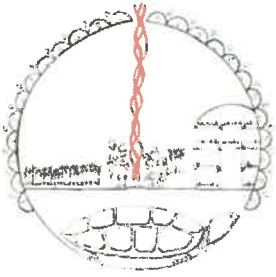
Returning: Approximately at 11:30am

Sign-Up-Deadline: The Thursday before trip

Will be stopping at Griddle Me This for breakfast, post office, I.D.A and grocery store. If you would like to attend, contact **Cindy Loft** at **613-967-0122**

Note: won't be going to Griddle Me This on Friday, February 23





Alzheimer Society

HASTINGS - PRINCE EDWARD



MBQ Community Health and Home Support Programs are partnering with the Alzheimer Society of Hastings-Prince Edward to offer

Memory Café

Are you worried about your memory and eager to learn ways to boost your brain. Do you have early stage dementia? Join us while we discuss brain health, practise brain boost strategies and gentle

**ALL WELCOME
PLEASE JOIN US**

Gentle Movement

Feb 22nd, 2018

2:00 - 3:30pm

**Teaching Lodge
at the Community
Wellbeing Centre**

50 Meadow drive,
Deseronto



Refreshments provided

Transportation available

To register for the event or if you require transportation please contact:

Hannah Hill [613-967-3603](tel:613-967-3603) ext #166

Will run the last Thursday of every month

Chit Chat With Matt

Are you or someone you know dealing with cancer?

Start the conversation and come join us where we talk with **Matt Del Grosso** who is the Integrated Cancer Screening Coordinator @ Kingston General Hospital

Come and get your “CANSWERS” and join us for coffee and have conversations about cancer and prevention

When: Thursday February 15th, 2018

Time: 10:00am-11:00am

Where: Community Wellbeing Teaching Lodge



To register for the event or if you require transportation please contact:

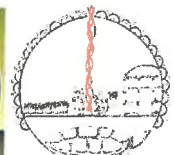
Hannah Hill at CWC @ 967-3603 ext.166

****Will continue to be a monthly event****



**South East
Regional Cancer Program**

in partnership with Cancer Care Ontario



Tyendinaga Fitness Resource Centre

Self Defense



When: February 6th and 13th , 2018

Time: 10:00-11:00AM

Lemon Lavender Body Scrub



When: February 16, 2018

Time: 1:30-3:30PM

Paint Party



When: February 23, 2018

Time: 1:00-4:00PM

Active Seniors Project 2018 Events

February Craft Days and Self Defense

Self Defense: Basic Self defense tactics and crime prevention, designed for seniors safety.

Homemade Body Scrubs: Enjoy the many benefits of all natural essential oils made into a body scrub.

Paint Party: Just For Today; I AM Creative will walk us through the process of creating a beautiful painted flower.

All events will have coffee, tea and snacks provided. Please call to register as spaces are limited.

Tyendinaga Fitness Resource Centre

14 York Rd.
Tyendinaga Mohawk Territory
Ontario Canada
K0K 3A0

Phone: 613-962-2822

SAVE THE DATE!!!

Sadie's Walk

Friday, March 30/18
8 A.M.

Please join us.
Community Wellbeing Centre
50 Meadow Drive
Tyendinaga Mohawk Territory.

Annual community walk in the education and prevention of
diabetes.

Please note- in efforts for the walk to be completed in a timely
fashion please plan on beginning your walk no later than 9 am.



Walking Program



When: Every Wednesday starting Wednesday, January 17th 2018 and running until the end of March (weather permitting)

Where: Quinte Sports & Wellness Centre

Time: 10:00am to 11:00am

Pick up time will start at 9:00am for those needing transportation

If you would like to attend, please contact **Hannah Hill or Crystal Maracle at 613-967-3603**

****Limited Spacing— Transportation waitlist currently started ****



FUN, FOOD AND FALLS

Open to 1st time attendees only

age 55+

This 4 week program will run every Wednesday from

Feb 28th, 2018 to March 21, 2018

10am – Noon

Location to be decided

YOU MUST REGISTER FOR THE 4 WEEK PROGRAM

Please contact:

Wendy Sonneveld at 613-967-3603 ext. 144

By 4:30 pm Monday February 12th, 2018

SPACE IS LIMITED TO 20 PARTICIPANTS



HEART &
STROKE
FOUNDATION

Taking Control

Lower your risk of heart disease and stroke

Taking Control

Paying attention to risk factors that you can do something about and maintaining a healthy lifestyle will help to reduce our risk of heart disease and stroke.

Talk to your healthcare provider.

High Blood Pressure

- also known as hypertension, happens when the force of blood pushing against artery walls (the tubes that carry blood away from your heart) is too high. To know whether your blood pressure is too low or high, a healthcare provider has to measure it using a blood pressure device.

- High blood pressure is the **#1 Risk factor for Stroke** and a **Major risk factor for Heart Disease**. That's why its important to keep high blood pressure under control.

Lack of Physical Activity

People who sit or do not move around much during the day have a higher risk of heart disease and stroke than those who are active. An active, healthy lifestyle can help prevent and manage high blood pressure, high blood cholesterol, excess weight and stress—all of which increase your risk of heart disease and stroke.

Smoking

Smoking and being exposed to 2nd-hand smoke increase your risk of heart disease and stroke. The bad health effects of smoking and 2nd-hand smoke include:

- ♥ **The build up of plaque in your arteries**
- ♥ **Higher Risk of blood clots**
- ♥ **Lower oxygen levels in your blood**
- ♥ **Strain on your heart**

Overweight

Being overweight, at any age, means you are at higher risk of having high blood pressure, high blood cholesterol, diabetes, heart disease and stroke. Maintaining a healthy weight is one of the best things you can do for your heart.

- ♥ **Eat a healthy diet**
- ♥ **Lose weight slowly**
- ♥ **Avoid "New" or "Fad" diets**
- ♥ **Eat healthy foods that are lower in fat**
- ♥ **Manage the size of food portions**
- ♥ **Drink plenty of water**
- ♥ **Calm your stress**

Diabetes

First Nations, Inuit and Métis Peoples are at a higher risk of developing Type 2 Diabetes, the most common form of this serious medical condition that may lead to heart disease and stroke.

If you have been diagnosed with diabetes

Work closely with your healthcare team to set goals for your blood glucose levels. Make sure you know what your target levels are, and how to maintain that target.



Community Health Team
Community Wellbeing Centre
50 Meadow Drive,
Deseronto, ON K0K 1X0
613-967-3603



February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Ceramics @ Activity Centre 1-3:30pm Euchre @ Activity Centre 1:30-3:30pm Wii Bowling @ Activity Centre 1:30-3:30pm Scrapbooking @ Activity Centre 10am-3pm				1 Napanee Shopping <i>Meals on Wheels</i>	2 Deseronto Run <i>Meals on Wheels</i>	3
4	5 <i>Simply Fit</i> Ceramics	6 Low-Impact Fitness <i>Meals on Wheels</i> Wii Bowling	7 <i>Simply Fit</i> Euchre	8 <i>Meals on Wheels</i> FV Outing	9 Deseronto Run <i>Meals on Wheels</i> <i>Scrapbooking</i>	10 SUPPER CLUB
11	12 <i>Simply Fit</i> Ceramics	13 Low-Impact Fitness <i>Meals on Wheels</i> Wii Bowling	14 <i>Simply Fit</i> DINERS CLUB Bingo	15 <i>Meals on Wheels</i> Chit Chat with Matt	16 Deseronto Run <i>Meals on Wheels</i>	17
18	19 <i>Simply Fit</i> Ceramics	20 Low-Impact Fitness <i>Meals on Wheels</i> Wii Bowling	21 <i>Simply Fit</i> Euchre	22 Belleville Shopping <i>Meals on Wheels</i> MEMORY CAFE	23 Breakfast Club Deseronto Run <i>Meals on Wheels</i> <i>Scrapbooking</i>	24
25	26 <i>Simply Fit</i> Ceramics	27 Low-Impact Fitness <i>Meals on Wheels</i> Wii Bowling	28 <i>Simply Fit</i> DINERS CLUB Bingo			