

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

Ohia:riha (Ripening Time)

She:kon,

The office will be closed on Wednesday, June 21st in recognition of Aboriginal Day. As well as Friday, June 30th for Canada Day.

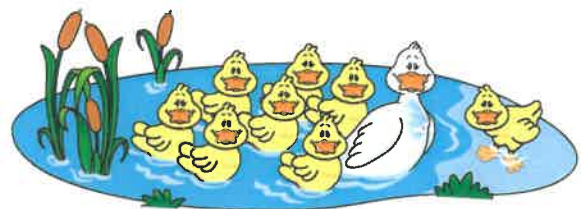
If you are ill or not feeling well please be respectful of other clients, staff and volunteers and stay home to help minimize the spread of illness.

Interested in any services? Would like to receive or stop receiving our newsletter? Give us a call at 613-967-0122. We would be more than happy to help!

Nia:wen

Tyendinaga Home Support Team

613-967-0122



Napanee Shopping



When: Thursday, June 1, 2017

Time: Pick up will start at 9am

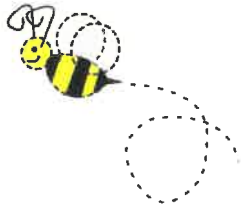
Limit: 12 people

Cost: \$5.00

Returning: Approximately at 1:00pm

Will be stopping at No Frills and Giant Tiger . If you would like to attend, contact **Cindy Loft** at **613-967-0122**.

****Please note there will be no lunch stop this trip****



Belleville Shopping

When: Thursday, June 15, 2017

Time: Pick up will start at 9am

Sign-Up-Deadline: Wednesday, June 14, 2017

Limit 12 people

Cost: \$5.00

Will be stopping at Value Village, 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 , June 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**



Walking Program

When: Every Tuesday starting June 6 and ending on June 27

Where: Belleville Water Front Trail June 6 and 13\ Napanee Water Front Trail June 20 and 27

weather permitting (will be moved that day to
Belleville Wellness Centre in event of poor weather.)

Time: 10am to 11am

Pick up time will start at 9am

Limit: 15 people

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

Picnic At O'Hara Mills

Join us for some games and a tour of O'Hara Mills.

Some of the exhibits has limited accessibility.

When: Thursday, July 13, 2017

Time: Leaving Bayshore park at 9:30am

Returning: Approximately at 4:30pm

Limit: 15 people

Sign-Up-Deadline: Monday, July 10, 2017

Cost: \$10.00 (includes lunch, admission into O'Hara Mills and transportation)

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



June

WEDNESDAY, JUNE 14TH AND 28TH

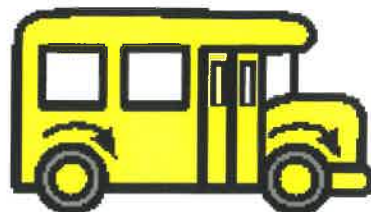
- WHAT:** DINERS/BINGO
WHERE: COMMUNITY CENTRE, DOWNSTAIRS
TIME: LUNCH 12-1 BINGO 1-3
COST: LUNCH \$3.50 BINGO .50 PER CARD OR 6 CARDS
(MAX) FOR \$2.00

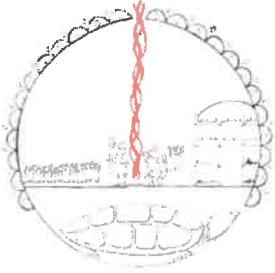


Meals on Wheels,

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 insure 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. Please be ready and waiting!





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

June 29th, 2017

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 ext #166

Will run the last Thursday of every month

Enyonkwa'nikonhriyohake' Program presents:

CANCER TALKING CIRCLE

WHEN: Thursdays 6:30-8PM on the following dates:

May 18th, June 15th, July 13th & August 17th

WHAT: This supportive circle is centred around a group-directed discussion. Information around living with cancer will also be provided.

WHO: This circle is open to anyone who is living with cancer or supporting someone who is living with cancer. Cancer survivors are also welcome.

WHERE: Teaching Lodge at the Community Wellbeing Centre

The circle will be facilitated by Dionne Nolan, Aboriginal Patient Navigator for the South East Regional Cancer Program & Carol Anne Maracle



Refreshments Provided

For more information or if you require transportation, please call:
Tracy Hill, Community Wellness Support Worker (613) 967-0122 x 146

Stroke Warning Signs

Stroke is a medical emergency. Recognizing and responding **immediately** to the signs of stroke by calling 9-1-1 or your local emergency number can significantly improve survival and recovery.

What are the **5** signs of stroke?

Stroke can be treated. That's why it is so important to recognize and respond to the warning signs.



Weakness - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



Trouble speaking - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



Vision problems - Sudden trouble with vision, even if temporary.



Headache - Sudden severe and unusual headache.



Dizziness - Sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms, call 9-1-1 immediately.

If a person is diagnosed with a stroke caused by a blood clot, doctors can administer a clot-busting drug available only at a hospital, and only within a few crucial hours after symptoms begin.* That's why it is very important to be able to recognize the 5 warning signs of stroke and **immediately** call 9-1-1 or your local emergency number.



June 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Ceramics 1-3pm @ Activity Centre Diners Club 12-1pm @ Com Centre Bingo 1-3pm @ Com Centre Euchre 6:30-8:30 @ Activity Centre Garden Club 10am-12pm @ Activity Centre Scrapbooking 10am-3pm @ Activity Centre				 1 Napanee Shopping MEALS ON WHEELS	2 Deseronto Run MEALS ON WHEELS Scrapbooking	3
4	5 <i>Ceramics</i>	6 Walking Program MEALS ON WHEELS	7 Seniors Fair Euchre	8 MEALS ON WHEELS Garden Club	9 Deseronto Run MEALS ON WHEELS	10
11	12 <i>Ceramics</i>	13 Walking Program MEALS ON WHEELS	14 Diners Club BINGO	15 Belleville Shopping MEALS ON WHEELS	16 Deseronto Run MEALS ON WHEELS Scrapbooking	17
18	19 <i>Ceramics</i>	20 Walking Program MEALS ON WHEELS FV Outing	21 OFFICE CLOSED Aboriginal Day	22 MEALS ON WHEELS Garden Club	23 Deseronto Run MEALS ON WHEELS	24
25	26 <i>Ceramics</i>	27 Walking Program MEALS ON WHEELS	28 Diners Club BINGO	29 MEALS ON WHEELS Memory Cafe	30 OFFICE CLOSED FOR CANADA DAY	

Financial Abuse by Relatives and Caregivers

Unlike strangers, relatives, caregivers, neighbours and friends are in positions of trust and have ongoing relationships with the older adult.

Financial exploitation is when the offender steals, withholds or misuses the older adult's money, property or valuables for personal advantage or profit to the disadvantage of the older adult.



The tactics offenders use, include; *deceit, coercion, intimidation, emotional abuse, empty promises of lifelong care and they usually isolate the older adult from friends, family and others.*

They prevent others from asking about the older adult's well-being, prevent them from seeking advice from others on important decisions and sometimes may give the older adult the impression that no one else cares about their well-being.

Their methods can include:

- Taking (sometimes by force) the older adults money, property or valuables
- Borrowing money without any intention of paying it back
- Denying services or care to save funds
- Giving away/selling the older adult's possessions or property without permission
- Signing or cashing pension cheques without permission
- Misusing bank and credit cards



Elder Abuse Ontario
Stop Abuse - Restore Respect

Financial Abuse by Relatives and Caregivers



Top Scams by Strangers Against Older Adults

www.elderabuseontario.com

Relatives, Caregivers, Neighbours and Friends Can Sometimes Exploit the Following Financial and Legal Arrangements

Joint bank accounts: Under the guise of helping the older adult with their financial affairs, the offender may withdraw or transfer funds.

Deed or title transfer: The older adult transfers ownership of homes or cars to the offender.

Power of attorney and continuing power of attorney: These legal arrangements give a person the authority to manage the older adult's affairs on their behalf. When used properly, the legally appointed agent makes decisions that are in the best interest of the older adult.



Misuse occurs when the agent takes actions which benefit the agent to the detriment of the older adult, uses the power after it has been terminated or uses the power for purposes other than that for which it is was intended.

Living Trust or Will: the perpetrator may coerce an older adult to change his or her will.

Successful Frauds Share Some Common Elements

- The offenders gain the trust and confidence through their charisma.
- The offender(s) use a business name similar to a well-established company.
- The offender(s) communicate a concern for the older adult.
- The offender(s) create the impression that the older adult is special, lucky and is chosen to receive the offer and that such offers are rare.
- The offender(s) encourage their victims to make an immediate decision or commitment to purchase products and services, which limits consultation with others.
- Since the special offers are only for a select group of customers, the scammer asks the victim to not discuss the details and thereby decrease the chance of discovery by a family member, neighbour or others.

Elder Abuse Ontario 2015

According to the Royal Canadian Mounted Police, the top scams involving older adults are...

Telemarketing Fraud: Many companies use the telephone to distribute information about their goods and services. Hiding behind anonymity, some criminals take advantage of seniors by sounding exactly like legitimate businesses.



The telephone is also used to commit prize and sweepstake frauds. These frauds generally involve informing the victim that he or she could win, or has already won, a valuable prize or large sum of money. The victim is required to send in money to cover the taxes, shipping or processing fees and the prize may never be delivered or it is costume jewelry or cheap electronic equipment worth less than the money paid to retrieve it.

Identity Theft: A voice on the phone may ask, "Please verify the last three digits of your social insurance number, we believe that there has been fraudulent activity with your credit card." By invoking fear, scammers take full advantage of the elderly to obtain the necessary information, and exploit their identity

Charity Contribution: The scammers call you, and ask for a donation on behalf of their charitable organization. Criminals succeed at deceiving people as they often use names of charities that sound extremely similar to distinguished ones. They play on the older adults desire to help others.

Medical Fraud: Qualified health care providers are the only ones eligible to provide medical treatment and sell medical supplies. Criminals will often try and offer medical services over the phone and or by mail. Many scammers have been receiving free treatment by assuming someone else's identity, and using their health care.

The Prize Scam: *Someone calls to tell you that you have won a prize such as money or a car, but you must submit a payment to cover costs such as taxes or shipping in order to obtain the prize.*