

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

JANUARY 2022

She:kon,

Happy New Year! We hope this new year brings you lots of health and happiness!

Please note that we will be making some adjustments to the monthly newsletter. Beginning in February we will be removing addresses of Seniors who are not registered with our program in an attempt to lower copy cost and waste. We encourage you to call and provide your email address to have an electronic copy emailed monthly instead of paper copy mailed. If you are not registered with Home Support and not using our services but would still like to receive newsletter, please contact Jessica.

Nia:wen

Tyendinaga Home Support Program

613-967-0122

Zoom

BINGO

Home Support staff member will drop off Bingo cards day before bingo and you will only have 2 cards to play.
There is no exchanging of cards or switching with other players.

When: Tuesday, Jan 4, 11, 18, 25

Where: via Zoom

Email login time: Email will be sent at 12:30pm

Game time: 1:00pm to 3:00pm

If you have any question or want to sign up, please contact **Cindy Loft** at **613-967-0122** ext **109**.



Let's play and have some fun!!

Funded by: Ministry of Health

Zoom Fitness Program for November

Funded by: Government of Ontario
& Indigenous Services Canada

Cardio Ball Drumming

Facilitated by: Nancy Morgan

Equipment will be supplied when signing up.

When: Monday, Jan 3, 10, 17, 24, 31

Time: 11am to 12pm

If you would like to attend,
please contact

Cindy Loft at **613-967-0122** ext **109**



Low Impact Strengthening

Facilitated by:

Tyendinaga Fitness Recourse Centre

When: Tuesday, Jan 4, 11, 18, 25

Time: 10am to 11am

Please have light weights
and heavier weight.

Mobility & Fitness

Facilitated by: Nancy Miller-McKenzie

Program designed for people with mobility issues and to help finding a way to keep moving

When: Thursday, Jan 6, 13, 20, 27

Time: 11am to 12pm

Tyendinaga Home Support Program
is in partnership with Community Health.

Cooking with Jodi

Recipe: Chicken Sweet Potato Soup

All ingredients will be provided for this recipe.

Registration Opens: Wednesday, Jan 5

When: Wednesday, Jan 26

Where: via Zoom

Time: 10am to 12pm

Limit: 20 people

Curb side pick-up: Tuesday, Jan 25 at 9am to 12pm

Community Wellbeing Centre on the Social Side

If you would like to attend,
please contact **Cindy Loft** at **613-967-0122** ext **109**.



Funded by: Government of Ontario



Winter Blues

Feeling Blue!!

There are things you can do to feel better. There are things you can do to help others.
So join us to learn some tips and fun ways to free yourself from the blues.

When: Every Wednesday for the month of January

Wednesday, January 5- Learning to relieve stress through laughter with Tracey Gazley

Wednesday, January 12- Learning some ways to ease stress, anxiety, depression with Betty Carr-Braint

Wednesday, January 19- Relaxing with Yoga and Meditation and how it helps reduce stress and anxiety with Linda Dudas

Wednesday, January 26- Fun activities and info session on what the Community Wellbeing Centre has to offer

Time: 1pm to 2pm

Where: Via Zoom

If you would like to attend, please contact Cindy Loft at 613-967-0122 ext 109.
Tyendinaga Home Support Program is in partnership with Community Health.

Funded By: Government of Ontario & Indigenous Services Canada



Coaches Corner

Join us for an afternoon of interesting topics!

Friday, Jan 14- C.A.L.C will be talking about scams/fraud, learn how to protect yourself from these situations with Danielle Holbrough.

Friday, Jan 21- How to navigate and understand how Non-Insured Health Benefits work with **Scott Maracle**

Friday, Jan 28- Learn more about Oxygen and CPAP Therapy with **Nicole Esch**, a registered Respiratory Therapist from InspiAIR

Time: 1pm to 3pm

Where: via Zoom

If you want to attend, please contact **Cindy Loft** at **613-967-0122** ext **109**.
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Funded By: Government of Ontario & Indigenous Services Canada



Photo Contest

Theme: Fun In The Snow

Winner's photo will be featured in our next month newsletter and will receive a fun prize.

One Entry person

Entries Open: Monday, Jan 3 at 8:30am

Entries Close: Monday, Jan 17 at 4:30pm

Please send your entry to: cindyl@mbq-tmt.org or send it by text **613-813-1127**



Meals on Wheels is a hot nutritious meal delivered to your home on Tuesday, Wednesday, Thursday and Friday between the hours of 11:30-12:30.

If you are a senior 55 or older or an adult 18 or older with a physical challenge you qualify for this program.

FROZEN MEALS

Apetito is a frozen meal company which strives on excellence.



They carry a variety of beef, chicken, turkey, vegetarian & cheese meals.

They also have selections with no added sugar, low sodium, gluten free and vegetarian. Meals are ordered on a monthly bases.

JANUARY FROZEN ORDERS are due by Tuesday, January 18th, 2022 and delivery will be on Tuesday, January 25th, 2022

If you require more information regarding the Hot/ Frozen meal programs, please call Angela D. Maracle at 613-967-0122 ext . 135 or cell at 613-813-1055.

Deseronto Run



BOOK YOUR APPOINTMENT FOR JANUARY

These are the only stops that the handi van will be making during the Deseronto Run - Post Office, I.D.A and Grocery Store.

Priority goes to people without transportation to utilize this service.

We **DO NOT** do same day booking, so please call for appointment.

Note: COVID protocols will be in place and must be followed. Transportation will be done by appointment only and client screening will be done prior to pickups. Clients must call to cancel if not able to make their appointment time.

To qualify for this service and to book a appointment please contact **Cindy Loft** at 613-967-0122 ext 109.



Alzheimer's Society

HASTINGS - PRINCE EDWARD

MBQ Community Health and Home Support Programs, in partnership with the
Alzheimer's Society of Hastings Prince Edward offer:

Memory Cafe

*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 movement.*

**ALL WELCOME-PLEASE JOIN US
January 27th from 2-3:30pm via Zoom**

To register contact: Hannah Hill 613-967-3603, ext. #166 or email chrcwb@mbq-tmt.org
Runs the last Thursday of every month
Register by January 21st 2022

Funded by
Indigenous
Services Canada



Winter Activities to keep you Busy

Beaded Snowman Kits
Registration: Jan. 10th, 2022
Pick up: Jan. 17th, 9am-2pm CWC Social Side

AND

An assortment of puzzles! 300, 500 or 1000 pieces!
Registration: Jan 10th at 8:30 am
Pick-up: Jan 17th, 9am-12pm CWC social side

Call/text/email Patty Sager to sign up 613-813-1667/613-967-0122 ext. 141
pattys@mbq-tmt.org. Limited supplies.



INTERNET FRAUD

As web use among senior citizens increases, so does their chances to fall victim to internet fraud. Internet fraud includes non-delivery of items ordered online and credit and debit card scams.

Only make purchases from trusted sources. Never give out personal private information such as social insurance number, credit card and bank account numbers, drivers license number, address and telephone numbers.

How to protect yourself when you're shopping online

- Do not send cash.
- Be on the lookout for prices that are too good to be true. They're likely counterfeits.
- Don't use public Wi-Fi to shop online.
- Read the privacy policy and find out how your information will be used.
- Don't respond to an email or pop-up message that asks for financial information. Legitimate companies don't ask for this information this way.
- Read your credit card statements and check for unauthorized charges.
- Make sure your firewall is "on". For example, Windows Firewall is on by default on the latest version of Windows, but make sure it isn't turned off:
 - Open Windows Firewall by clicking the Start button then the Control Panel
 - In the search box type "firewall" then click Windows Firewall
 - In the left pane, click Turn Windows Firewall on or off
- Don't allow auto fill for your passwords or personal information, like your address, and never allow a site to store your credit card information



common symptoms

- fever
- cough
- tiredness
- loss of taste or smell
- sore throat
- headache
- aches & pains
- diarrhea

**REGARDLESS
of vaccination
status, if
you're
experiencing
any
COVID-19
symptoms:**

- get swabbed for COVID-19
- self-isolate until you receive negative test results
- stay home until you are 100% symptom free

**testing is available by
appointment at the
CWC - 613-967-3603**

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 HAPPY NEW YEAR
2	3 Ball Fitness	4 Low Impact Fitness Meals on Wheels Bingo	5 Meals on Wheels Winter Blues	6 Mobility Fitness Meals on Wheels	7 Meals on Wheels	8
9	10 Ball Fitness	11 Low Impact Fitness Meals on Wheels Bingo	12 Meals on Wheels Winter Blues	13 Mobility Fitness Meals on Wheels	14 Meals on Wheels Coaches Corner	15
16	17 Ball Fitness Photo Contest Deadline Winter Activities Pick Up	18 Low Impact Fitness Meals on Wheels Bingo	19 Meals on Wheels Winter Blues	20 Mobility Fitness Meals on Wheels	21 Meals on Wheels Coaches Corner	22
23	24 Ball Fitness	25 Low Impact Fitness Meals on Wheels Bingo Frozen Meal Delivery	26 Meals on Wheels Winter Blues Cooking with Jodi	27 Mobility Fitness Meals on Wheels Memory Cafe	28 Meals on Wheels Coaches Corner	29
30	31 Ball Fitness					