

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

FEBRUARY 2022

She:kon,

Monday, February 7th - Mid Winter/Office Closed

Monday, February 21st - Family Day/Office Closed

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

For Seniors 55+ and physically disabled adults 18+ residing on the Tyendinaga Mohawk Territory.

Zoom

BINGO



Join us for the afternoon of fun
When: Tuesday, Feb 1, 8, 15, 22

Where: via Zoom

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

Game will start at: 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**



Funded by: Ministry of Health

Zoom Fitness Program for February

Cardio Ball Drumming

Facilitated by: Nancy Morgan

Equipment will be supplied when
signing up.

When: Monday, Feb 7, 14, 28

Time: 11am to 12pm

Low Impact Strengthening

Facilitated by:

Tyendingaga Fitness Recourse Centre

When: Tuesday, Feb 1, 8, 15, 22

Time: 10am to 11am

Please have light weights
and heavier weight.

Yoga and Meditation

Facilitated by: Linda Dudas

When: Wednesday, Feb 2, 9, 16, 23

Time: 11pm to 12pm

Funded by: Government of Ontario
& Indigenous Services Canada



Mobility & Fitness

Facilitated by: Nancy Miller-McKenzie

Program designed for people with mo-
bility issues and to help finding a way to
keep moving

When: Thursday, Feb 3, 10, 17, 24

Time: 11am to 12pm

Tyendingaga Home support Program
is in partnership with Community Health.

If you would like to attend, please contact

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

In Partnership with
Community Health



Funded by: Government of Ontario



Cooking with Jodi

Recipe: One Pot Cheesy Chicken Pasta

All ingredients will be provided for this recipe

Registration Opens: Wednesday, February 9 at 8:30am

When: Wednesday, Feb 16

Where: via Zoom

Time: 2pm to 4pm

Limit: 20 people

Curb side pick-up: Tuesday, Feb 15 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**



Bead Work Valentine

Photo Contest



Hand out valentine's



Pet Valentine

Theme: Valentine's

Show us the LOVE for February

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

Winner for the month of January is: **Marg Bonner**

One Entry per person

Entries Open: Tuesday, Feb 1st 8:30am

Entries Close: Wednesday, Feb 16 at 4:30pm

Please send your entry to: cindyl@mbq-tmt.org



Nature Valentine



Dice Baseball & Trivia

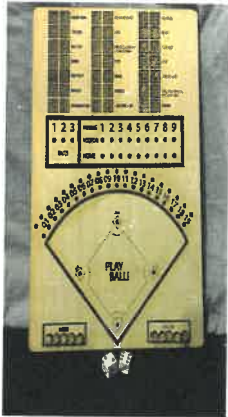
Join us for the afternoon for some baseball and trivia. So you better have your popcorn ready, your dice warmed and brush up on your knowledge of useless facts. Winning team will have bragging rights

When: Friday, Feb 18 and 25

Where: Via Zoom

Time: 1pm to 3pm

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



Deseronto Run

BOOK YOUR APPOINTMENT FOR DECEMBER

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.





Sample of project medallion may be different

Beading with Cassie

Registration Open: Wednesday, Feb 2 at 8:30am

When: Thursday, Feb 10, 17 and 24

Where: Via Zoom

Time: 1pm to 3pm

Limit: 15 people

Cost: \$5.00(cash only)

Curb side pick-up: Wednesday, Feb 9 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**.

Tyendinaga Home Support Program is in partnership with C.A.R.A. Funded by Government of Ontario and Ministry Sport, Tourism & Culture



Info Session with Community Health

Join us for the afternoon where you can share your thoughts and feeling on this pandemic as well as learning about TB. We will have Hannah Hill and Chelsea Foster from Community Health Program joining us as well to answer any question that you may have.

Let's keep a open mind throughout this chat

When: Friday, Feb 11

Time: 1pm to 3pm

Where: Via Zoom

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



Seasonal Cooking With Seniors



Veggie-Of-The Month:

COME TRY SOMETHING NEW!

Registration Open: Thursday, Feb 10 at 8:30am

When: Wednesday, Feb 23

Where: Via Zoom

Time: 3pm to 4:30pm

Limit: 20 people

Curb side pick-up: Wednesday, Feb 23 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**

Tyendinaga Home Support Program is in partnership with Community Health. Funded by: Government of Ontario





Alzheimer Society

HASTINGS - PRINCE EDWARD

MBQ Community Health and Home Support Programs, in partnership with the
Alzheimers 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
February 24th from 2-4:00pm 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 February 18th 2022



Funded by
Indigenous
Services Canada

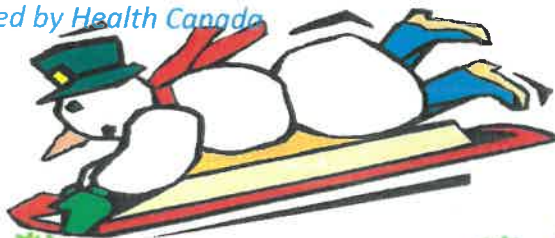
*Are you looking for something to help keep you busy during
the winter months?*

Home Support has some activities for you!

- Limited diamond art
 - Crossword puzzles
 - Puzzles
 - Word search
 - Adult colouring books
 - Sudoku
- **In Partnership with
Good Minds ****

*Limited supplies. Available to Home Support Clients residing
on TMT. Patty sager 613-813-1667 call/text*

** Funded by Health Canada*



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.

FEBRUARY FROZEN ORDERS are due by Tuesday, February 15th, 2022

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

Funded by Ministry of Health and Indigenous Services



What can be done to reduce the risk of

- ♥ Early detection and treatment
- ♥ Consume alcohol in moderation
- ♥ Reduce or quit smoking
- ♥ Stay at a healthy weight
- ♥ Exercise
- ♥ Eat healthy
- ♥ Manage stress

HEART DISEASE



1 in every 12 Canadians is living with heart disease.

Risk factors for heart disease include age, family history & build¹

Men are twice as likely to suffer a heart attack than women²

Women usually get their first diagnosis of heart disease at age 65 to 74, Men at age 55 to 64²

www.cpd.ca



Tyendinaga Fitness Resource Centre

Are you age 55+ looking to get more active?

Check out Feb Fit Week.

Get a free bag of exercise gear!!

From 10:00am-11:00am

Registration ends Wednesday February 16

Only 20 spots available

FEBRUARY FITNESS WEEK

FEBRUARY 21ST - 25TH, 2022

tyfitnessres@mhq-tmt.org

(613) 962-2822

14 York Road, Unit 1, Tyendinaga Mohawk Territory, ON

 @tyendinagafitness

 Tyendinaga Fitness Resource Centre



February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Low Impact Fitness Meals on Wheels	2 Yoga & Meditation Meals on Wheels	3 Mobility Fitness Meals on Wheels	4 Meals on Wheels	5
6	7 Mid Winter Office Closed Cardio Ball Drumming	8 Low Impact Fitness Meals on Wheels Bingo	9 Yoga & Meditation Meals on Wheels	10 Mobility Fitness Meals on Wheels Beading with	11 Meals on Wheels Community Health Info Session	12
13	14 Cardio Ball Drumming	15 Low Impact Fitness Meals on Wheels Bingo	16 Yoga & Meditation Meals on Wheels Cooking with Jodi Photo Contest Daad-	17 Mobility Fitness Meals on Wheels Beading with Cassie Memory Cafe	18 Meals on Wheels Dice Baseball & Trivia	19
20	21 FAMILY DAY OFFICE CLOSED	22 Low Impact Fitness Meals on Wheels Frozen Meal Delivery	23 Yoga & Meditation Meals on Wheels Seasonal Cooking Class	24 Mobility Fitness Meals on Wheels Beading with Cassie	25 Meals on Wheels Dice Baseball & Trivia	26
27	28 Cardio Ball Drumming					