

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

MARCH 2022

Ennisko:wa (Much Lateness)

She:kon,

Please note that we will be making some adjustments to the monthly newsletter. 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



February Photo
Contest Winner:

Marg Bonner

IT'S THAT TIME OF YEAR
 TO FILE YOUR INCOME TAX 

Through the Community Volunteer Income Tax Program -your income tax form will be completed and filed by a professional volunteer for **FREE**. This is a community based program designed to help **low-income individuals** with **simple tax situations** complete their income tax, free of charge.

Total family Income limits: 1 person \$35,000, 2 persons \$45,000

*LOW INCOME INDIVIDUALS

*SIMPLE TAX SITUATIONS

This service is available to Home Support clients residing on TMT.

Due to covid restrictions income tax will be done remotely again this year.

New process:

1. Call/text/email Patty to sign up for the program 613-967-0122 ext. 141/613-813-1667/pattys@mbq-tmt.org
2. Come to the CWC building social side Monday March 7th, 14th, 21st, 28th or April 4th and 11th between 9am-12pm or 1pm-3pm and pick up an envelope with forms to sign and complete.
3. Complete and sign the forms. Return the envelope with the completed forms and income tax information(t-slips) to CWC (Home Support now has a drop box located outside on Social side of the building)

Deadline to return completed paperwork:

Completed paperwork returned by March 24th will be submitted March 25th

Completed paperwork returned by April 14th will be submitted April 15th

*****Paperwork drop off and pick will be available only to those without transportation. *****



Would you enjoy a phone call/video chat or text from a volunteer or staff member?

Are you feeling lonely during the long winter months?

We would love to speak to you!

Highlights of the Friendly Visiting Program

- Opportunity for meaningful connections with others
- Visits double as a safety check, providing peace of mind
- Helps combat the negative effects of social isolation

Please contact Patty Sager if you are interested in the Friendly visiting program
613-967-0122 ext. 141/613-813-1667/pattys@mbq-tmt.org



Paint by Numbers Kit

Registration Date: Wednesday March 9th, 2022

Pick up: Wednesday March 23rd at CWC Social Side 9am-12pm

Please Call/text/email Patty Sager at 613-967-1022 ext. 141/ [613-813-1667/pattys@mbq-tmt.org](mailto:pattys@mbq-tmt.org)

Funded by Health Canada

***Kits available to clients residing on TMT ***



**THANK YOU! NIA:WEN
FAMILY HEALTH AND CHILD
DEVELOPMENT
AND ALL THE QMS STUDENTS WHO
MADE SPECIAL VALENTINES FOR
OUR SENIORS!**

**65 went out with our Meals on Wheels
and the rest were taken to
Friendly Manor Nursing Home!**

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.

MARCH FROZEN ORDERS are due by Tuesday, March 22nd, 2022
and delivery will be on Tuesday, March, 29th, 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.

Funded by Ministry of Health and Indigenous Services

ZOOM

BINGO

Let's play and have some fun!!

When: Tuesday, March 1, 8, 15, 22, 29

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**

BINGO CARD EXCHANGE!!!

It's your chance to exchange those unlucky bingo cards.

When your exchanging bingo cards you must exchange both cards.

When: Wednesday, March 30

Time: 9am to 12pm

Where: Community Wellbeing Centre (on the Social Side)

If you would like new cards,

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

Seasonal Cooking With Seniors

VEGGIE-OF-THE-MONTH: SWEET POTATOE

WE LEARN THE BENEFITS OF THE VEGETABLES AND WAYS TO PREPARE IT.

COME TRY SOMETHING NEW!

Registration Open: Wednesday, March 9 at 8:30am

When: Wednesday, March 23

Where: Via Zoom

Time: 3pm to 4:30pm

Limit: 20 people

Curb side pick-up: Tuesday, March 22 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



For The Love of Animals

Cochrane Polar Bear Habitat

Facilitated by— Amy Baxendell-Young

Join us and find out what goes on at the polar bear habitat.

When: Wednesday, March 16

Time: 10:00am to 11:30am

Where: via Zoom



Ontario SPCA Lennox & Addington

Facilitated by— Mags McLarty, RVT

Mags from the SPCA is going to share how we can keep our pets healthy and safe.

When: Thursday, March 24

Time: 1:00pm to 2:30pm

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

Coaches Corner

Join us for the afternoon for some interesting topics. If you would like to attend, please contact **Cindy Loft** at **613-967-0122 ext 109**.

Wills and Power of Attorney Presentation

Facilitated by: Janelle Martin

When: Friday, March 4

Time: 1:00pm to 2:30pm

Where: Via Zoom

Healthy Snack

Facilitated by: Denise Leaf

When: Wednesday, March 9

Time: 3pm to 4pm

Traditional Tobacco Teaching

Facilitated by: Curtis Maracle

When: Friday, March 25

Time: 1:00pm to 3pm

Where: Via Zoom

Easter Wreath

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

When: Thursday, March 17

Where: via Zoom

Time: 6pm to 7:30pm

Limit: 25 people

Cost: \$15.00

Curb Side Pick-Up: Thursday, March 17 at 9am to 12pm

Community Wellbeing Centre on Social Side

If you would like to attend, please contact

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



Bee Talk

Facilitated by: Kerri Wilson

Learn how Kerri started creating all natural products using beeswax and honey from their hives.

Registration Opens: Thursday, March 10

When: Wednesday, March 16

Where: via Zoom

Time: 6:30pm to 7:30pm

Limit: 15people

There will **BEE** a surprise, so stay till the end and find out!

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



Tyendinaga Home Support Program is in partnership with Family Health and Child Development

Zoom Fitness Program For March

Cardio Ball Drumming

Facilitated by: **Nancy Morgan**

Equipment will be supplied when signing up.

When: Monday, March 7, 14, 21, 28

Time: 11am to 12pm

Funded by: Government of Ontario & Indigenous Services Canada



Low Impact Strengthening

Facilitated by:

Tyendinaga Fitness Recourse Centre

When: Tuesday, March 1, 8, 15, 22, 29

Time: 11am to 12pm

Please have light weights and heavier weight.

Tyendinaga 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**

Yoga and Meditation

Facilitated by: **Linda Dudas**

When: Thursday, March 3, 10, 17, 24, 31

Time: 10am to 11am



Deseronto Run Or Napanee Shopping



BOOK YOUR APPOINTMENT FOR MARCH

These are the only stops that the handi van will be making during the runs.

Deseronto Run - Post Office, I.D.A, Grocery Store and **Napanee Shopping** - No Frills or Metro.

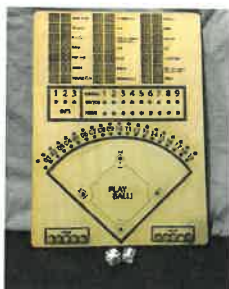
Priority goes to people without transportation to utilize this service.

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**.

Dice Baseball & Trivia Part 2



If you missed out on the fun from last month join us for part 2 of Dice Baseball and Trivia. So you better have your popcorn ready, your dice warmed up and brush up on your knowledge of useless facts.

Winning team will have bragging rights!

When: Friday, March 11 and 18

Where: Via Zoom

Time: 1pm to 3pm

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



Cooking With Jodi

Funded By: Government of Ontario



Recipe: Cheesy Wild Rice Casserole

All ingredients will be provided for this recipe.

Registration Opens: Tuesday, March 1 at 8:30am

When: Thursday, March 3

Where: via Zoom

Time: 2pm to 4pm

Limit: 20 people

Curb-side pick up: Wednesday, March 2 at 9am to 12pm

Community Wellbeing Centre on Social Side.

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



Let's Get Growing

Community Health Program in partnership with Tyendinaga Home Support

As the growing season begins, we invite you to join us.

Learn to grow your own mushrooms at home!

Supplies are limited, register early.

When: Wednesday, April 20

Time: 6pm to 7:30pm

Where: Via Zoom

Curb-Side pick up: Wednesday, April 20 at 9am to 12pm

To REGISTER please email

denisel@mbq-tmt.org OR

Call Cindy 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
March 31st 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 March 25th 2022



Funded by
Indigenous
Services Canada



March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Low Impact Fitness Meals on Wheels Bingo	2 Meals on Wheels	3 Yoga & Meditation Meals on Wheels <i>Cooking with Jodi</i>	4 Meals on Wheels Coaches Corner	5
6	7 Cardio Ball Drumming	8 Low Impact Fitness Meals on Wheels Bingo	9 Meals on Wheels Coaches Corner	10 Yoga & Meditation Meals on Wheels	11 Meals on Wheels Dice & Trivia	12
13	14 Cardio Ball Drumming	15 Low Impact Fitness Meals on Wheels Bingo	16 Meals on Wheels Bee Talk Love of Animals	17 Yoga & Meditation Meals on Wheels Easter Wreath	18 Meals on Wheels Dice & Trivia	19
20	21 Cardio Ball Drumming	22 Low Impact Fitness Meals on Wheels Bingo	23 Meals on Wheels Paint Kit Pick Up <i>Seasonal Cooking</i>	24 Yoga & Meditation Meals on Wheels Love of Animals	25 Meals on Wheels Coaches Corner	26
27	28 Cardio Ball Drumming	29 Low Impact Fitness Meals on Wheels Frozen Meal Delivery Bingo	30 Meals on Wheels	31 Yoga & Meditation Meals on Wheels <i>Memory Cafe</i>		