

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

APRIL 2022

Onerahtoka (Oh-nay-rah-doh-kah)

“Budding Time”

She:kon,

Friday, April 15th - Good Friday/Office Closed

Monday, April 18th - Easter Monday/Office Closed

If you would like to receive the newsletter via email or would like to be removed from the list, please call Jessica!

Nia:wen

Tyendinaga Home Support Program

613-967-0122



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

All programs are funded by Ministry of Health unless otherwise stated.

Zoom Fitness Program for November

Barre Fitness

Facilitated by: Leslie Piekarski

When: Monday, April 4, 11, 25

Time: 5:30pm to 6:30pm

Barre combines dance and cardio fitness. Please have a chair and light weights handy.

Low Impact Strengthening

Facilitated by:

Tyendingaga Fitness Recourse Centre

When: Tuesday, April 5, 12, 19, 26

Time: 10am to 11am

Please have light weights and heavier weights ready to use.

Cardio Fitness

Facilitated by: Cindy Loft

You will need an excise band for this program.

When: Thursday, April 7, 14, 21, 28

Time: 10am to 11am

Where: via Zoom



If you would like to attend, please contact

Cindy Loft at 613-967-0122 ext 109.

Funded By: Ministry of Health



Zoom

BINGO

Join us for an afternoon of BINGO.

Please note that there is no exchanging of cards or switching cards with other players.

When: Tuesday, April 5, 12, 19, 26

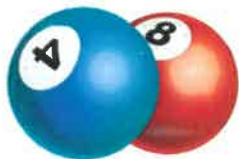
Where: via Zoom

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

Game will start at: 1:00pm to 3:00pm

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

Let's play and have some fun!!



Digging Up Roots

Join us for an afternoon of learning related to our family tree as we talk about the past and present with Trish Rea and Steven Lindsay-Maracle.

Let's Continue Sharing Our Stories!

When: Monday, April 4 & 25

Time: 1pm to 3pm

Where: via ZOOM

Limit: 15 people

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



COOKING WITH JODI Solo Edition



Recipe: CUMIN BAKED CHICKEN THIGHS

Registration opens on Monday, April 11 @ 8:30AM

Participants will receive all ingredients with a recipe to make a dish that serves 2. You will have until the end of the week to prepare the meal and send a picture into the program you registered with. Your name will be added into a separate

GRAND PRIZE DRAW! *Your Picture must be sent in by April 29th @ 4:30pm

Pick up groceries on Social Side at CWC between 9:am-12pm on Tuesday, April 26

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

Info Session



Facilitated by: Petra Lepage

Come learn about services available to our Community

When: Friday, April 1

Time: 1pm to 3pm

Where: via Zoom

Afternoon Colouring with Friends

Registration Opens: Wednesday, April 6 at 8:30am

When: Friday, April 8 and 29

Time: 1pm to 3pm

Limit: 12people

Cost:\$5.00

(Receive Inspirational Colouring Book and Markers)

Curb Side Pick-Up: Friday, April 8 at 9am to 12pm at Community Wellbeing Centre on Social Side.

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

SUN SAFETY & CRAFT

Facilitated By: Dr.Hugh Langley

Lets get ready for those nice sunny days by being sun safety ready! As you are learning how to protect your skin, paint your garden gnome with sun changing paint .

Registration opens on Monday, April 25 at 8:30pm

When: Wednesday, April 27

Time: 6pm to 8pm

Where: via Zoom

Cost: \$15.00

(Receive 2 Garden Gnomes and colouring changing paint for gnome's hat).

Limit: 25 people

Curb Side Pick-Up: Wednesday, April 27 at 9am to 12pm at Community wellbeing Centre on Social Side.

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

Tyendinaga Home Support is in partnership with Community Health and Family Health & Development



Traditional Teaching

Topic: Fasting & Sweats

Facilitated: Betty Carr-Braint

Join us as Betty shares her knowledge in the traditional teaching of doing a fast or sweat.

When: Wednesday, April 6

Time: 1pm to 2:30pm



Wampum Belt Teaching

Facilitated: Curtis Maracle

Let's understand more about why we have wampum belts and the teaching behind them.

When: Thursday, April 14

Time: 1pm to 3pm

Where: via Zoom

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

Funded by: Ministry of Health



55+ Alive Driver's Refresher Course

The 55 Alive course is designed to help you...

Facilitated By: Kevin Mc Caffery

- Update yourself on traffic laws and new technology
- Gain more confidence behind the wheel
- Voice your concerns in a friendly, relaxed environment

When: Thursday, April 21 and Friday, April 22

Time: 9:30am to 12pm

Where: via Zoom

You must attend both sessions to have your chance to win

1 of 4 \$100.00 gift cert car detailing.

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

Deseronto Run Or Napanee Shopping



BOOK YOUR APPOINTMENT FOR APRIL

These are the only stops that the handi van will be making during the Deseronto Run: Post Office, I.D.A., Grocery Store and Napanee Shopping will be 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 are still 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 an appointment please contact **Cindy Loft** at 613-967-0122 ext 109.



Walking Program

Registration Open: Thursday, April 28 at 8:30am

When: Every Wednesday for the month of May (weather pending)

Time: 10am to 11am

Where: spring Side Park Napanee

Limit: 10 people

Transportation available to those that require it. If you're not feeling well, stay home even if you have mild symptoms. You will be called the morning of the event for Covid screening check.

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



Monarch Butterfly

Facilitated by: Sandra D Moore

Lets learn about the Monarch butterfly life cycle from egg to adulthood.

When: Wednesday, April 13

Time: 6:30pm to 8pm

Where: via Zoom

If you would like to attend, please contact

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



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
April 28th 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 April 22nd 2022




Funded by
Indigenous
Services Canada

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 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 April 14th will be submitted April 15th

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



Paint & plant your own small garden: Paint the planter and plant markers, and sow the Marigold, Cosmos, and Zinnia flowers - with vibrant colors and pleasant scents. Follow along with the included step-by-step instructions.

Registration Date: Wednesday April 13th, 2022

**FUNDED BY HEALTH CANADA

Pick-up: Wednesday April 20th, 2022

**Kits available to clients residing on TMT*

Please Call/text/email Patty Sager 613-967-0122 ext. 141/ 613-813-1667 or pattys@mbq-tmt.org

sunshine: yorahkote



COVID KITS AVAILABLE

If you would like a covid kit that includes a box of rapid tests and lysol wipes, please call Jessica @ 613-967-0122, ext. 126 to sign up.

One kit per household.



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.

MOW Volunteer helper/driver

We are currently seeking an energetic individual to join our team as a VOLUNTEER meals on wheels driver that would also enjoy helping with some kitchen duties. Hours are from 10-1, Tuesday – Friday. Duties may include delivery of meals, assisting cook with meal prep, loading and unloading of bags for driver's, dishes and clean up! Must possess own insured vehicle.

If you have interest please call Jessica Brant 613-967-0122

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



TYENDINAGA HOME SUPPORT HOME MAINTENANCE PROGRAM

The Tyendinaga Home Maintenance program offers assistance around the yard and home to Seniors 55+ and physically disabled 18+ who are unable to perform the task themselves and have no one residing within the household capable of completing the task.

We have a limited number of clients we can take for the season. Once our list is full I will start a waiting list. If you would like to sign up please call Jessica @ 613-967-0122, ext. 126. Everyone must call this year to be put on list, even if you received service in the past.

A new list is started every season.

Please note that we have limited equipment/workers and many clients on our list. Weather also plays a factor in our work. We do our best to get around to everyone in a timely manner and we appreciate your patience as we work hard to accommodate everyone. Lawn cutting is the priority with weed eating when time permits. We also have list of name/numbers of other lawn maintenance businesses.

Contact Jessica for the list if you are interested.

(Set up and payment would be between you and the business).

****NOTE****

Due to rising cost of fuel among other things, the cost for this program will now be \$4 hourly.



APRIL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Meals on Wheels Info Session	2
3	4 Barre Fitness Tax Package Pick Up Digging up Roots	5 Low Impact Fitness Meals on Wheels Bingo	6 Meals on Wheels Traditional Teaching	7 Cardio Fitness Meals on Wheels	8 Meals on Wheels Colouring with Friends	9
10	11 Barre Fitness Tax Package Pick Up	12 Low Impact Fitness Meals on Wheels Bingo	13 Meals on Wheels Butterfly Session	14 Cardio Fitness Meals on Wheels Wapum Teaching	15 GOOD FRIDAY OFFICE CLOSED	16
17	18 EASTER MONDAY OFFICE CLOSED	19 Low Impact Fitness Meals on Wheels Bingo	20 Meals on Wheels Garden Planter Pick up Mushroom Session	21 Cardio Fitness Meals on Wheels Driver Refresher Course	22 Meals on Wheels Driver Refresher Course	23
24	25 Barre Fitness Digging up Roots	26 Low Impact Fitness Meals on Wheels Cooking Pick Up Bingo	27 Meals on Wheels Sun Safety/ Craft	28 Cardio Fitness Meals on Wheels Memory Cafe	29 Meals on Wheels Colouring with Friends	30