

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

MAY 2022

Onerahtohko:wa (Oh-nay-rah-doh-go-wah)

She:kon,

Monday, May 23rd - Victoria Day/office Closed

HOME SUPPORT PROGRAMMING NOTICE

The Home Support Team is excited to be able to offer some small in person programming this month. We know many of you are ready to get back together and have some fun. If you are interested in attending any of the in-person programming, please ensure you register on the date the registration opens for each program offered. We will not be able to accommodate extra participants at this time who do not register.

- 1) Screening will still be done upon entering site. **We ask that if you are not feeling well to please stay home.** If someone is ill, or becomes ill during programming, employees will make any necessary arrangements needed to ensure you can return home.
- 2) We encourage everyone to wear a mask and will have some on hand if you do not have one. We want to ensure everyone remains safe and programs can continue to be offered in person.
- 3) Social distancing is still required.
- 4) Sanitizing hands regularly is recommended.

Please note that the above requirements are subject to change based upon changes to MBQ COVID requirements and/or public health recommendations at the time the program is offered.

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.



Meals on Wheels is a hot nutritious meal delivered to your home

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.

We are still offering Frozen Meals but will not be advertising monthly. Please call Angela D. Maracle if you require frozen meals and she will let you know when they have enough for an order.

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

Funded by Ministry of Health and Indigenous Services

Tyendinaga Home Support

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 to Friday. Duties may include delivery of meals, assisting cook with meal prep, loading and unloading of bags for drivers, and clean up! Must possess a valid G license & own insured vehicle.

If you have interested, please call Jessica Brant 613-967-0122

*****Come out, have some fun and chat with us- IN PERSON! *****

When: Monday May 16th and Monday May 30th

Where: Elders Lodge Common Room 1pm-3:30pm

Limited Space: registration starts May 11th at 8:30am

Limit of 10 people*registration is required to attend the session

***Coffee/Tea and water will be available.**

***Fun activities with Nicole from HCC**

***A chance to talk and socialize with covid protocols in place**

Call/ text or email Patty to sign up 613-967-0122 ext 141/613-813-1667 pattys@mba-iml.org



I'm happy. Wakatseno'n:ni

SCRAPBOOKING CLASS

Gather your photos and bring them to make into a scrapbook.

When? Wednesday, May 11th & 25th

Time? 10am-3pm (bring your own lunch)

Where? Elders Lodge Common Room

Cost? \$2.00 per class

(includes use of scrapbooking supplies)



To sign up, please call Jessica at 613-967-0122, ext. 126. Registration is required to attend.

Spaces are limited!

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: Every Tuesday 3, 10, 17, 24, 31

Where: via Zoom

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

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

Let's play and have some fun!!

Curb Side Pick for Bingo Winners is every Wednesday at 9am to 12pm on social side at Community Wellbeing Centre

Zoom Fitness Program

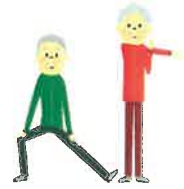
Cardio Fitness

Facilitated by: Cindy Loft

You will need an exercise band for this program.

When: Tuesday, 3, 10, 17, 24, 31

Time: 10am to 11am



Yoga Sampler

Facilitated by: Linda Dudas

Sampler 4 different styles of Yoga

When: Thursday, 5, 12, 19, 26

Time: 10am to 11am

Walking Program

Registration Open: Monday, May 30

When: Every Wednesday for the month June (weather pending)

Time: 10am to 11am

Where: Water Front Trail (Jane Forrest Park on George St in Belleville)

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.

Deseronto Run Or Napanee Shopping



BOOK YOUR APPOINTMENT

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.

If you would like to attend, any of the events on this page,
please contact **Cindy Loft** at **613-967-0122 ext 109**.

First Nation Drinking Water Class Action

Facilitated by: Keelan Maracle

Information session on drinking water class action settlement.

Find out how to apply and who is eligible for the class action settlement.

When: Tuesday, May 10

Time: 6pm to 7:30pm

Where: via Zoom

Is It A Frog Or A Toad

Facilitated by: Stana Luxford Oddie

from Cataraqui Conservation

Let's leap into spring with some frog talk .

Registration opens Tuesday, May 3 at 8:30am

When: Thursday, May 12

Time: 1:30pm to 2:30pm

Where: via Zoom

Limit: 25 people

ROCK PAINTING

Embrace your imagination for the afternoon

Registration opens on

Monday, May 9 at 8:30am

When: Friday, May 20

Time: 1pm to 3pm

Where: Elders Lodge

Limit: 15 people

Cost: \$5.00 (receive paints and rock)

Cooking With Jodi Solo Edition

Recipe: Turmeric Rice with Peas and Carrots & Pork Chops

Registration opens on Tuesday, May 3 @ 8:30am

Participants will receive all ingredients with a recipe to make a dish that serves 2. You will have until the end of 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 Friday, May 13 @ 4:30pm

Pick up groceries at Activity Centre at 1794 York Rd

between 9am-12pm on Tuesday, May 10



String Art Craft



Facilitated by: Tina Hineman from Tastefully Tangled

Registration open on Monday, May 9

When: Wednesday, May 11

Time: 6pm to 8pm

Limit: 20 people

Cost: \$15.00 (includes all materials to complete project)

Where: via zoom



Curb Side Pick-Up: Tuesday, May 10 at 9am to 12pm at Activity Centre at 1794 York Rd

If you would like to attend, any of the events on this page
please contact **Cindy Loft** at **613-967-0122 ext 109**.



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.





Alzheimer 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
May 26th 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 May 20th 2022



Funded by
Indigenous
Services Canada

Mohawk First Nation

U R N V E V P J F L Z P U V S J L
D D K R L O R W V V U Y M K A V X
N V R W C G F N H C T T C T Y D I
V Y R Q A N T U K U J W O W W O P
M U H D S H C P T H N S D B Y Q S
C V I H P I O R U B X T M Y O G Z
Z A K Q S G I M J V H O E H A J C
P L I U K B Y L W O T R B R T S U
P O M R E O P I B N X Y G I S D F
I N F U O C X Z U N R T P D V N K
M G D D O Q C P C X E E N V N E G
S H Y X S W U N A L M L C D A G R
P O G Z P O U O H G A L O A T E Q
J U A V B B L K I G X E L Z I L E
S S S L L Q B V J S O R N K V I Q
I E F A R M E R S D R S H C E I C
Y C A R E D E F N O C O J W J T M

legends
confederacy
music
longhouse

tribe
powwow
farmers
mohawk

story tellers
iroquois
hunters
native



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Cardio Fitness Meals on Wheels Bingo	4 Meals on Wheels	5 Yoga Fitness Meals on Wheels	6 Meals on Wheels	7
8	9	10 Cardio Fitness Meals on Wheels Bingo Water Class Action Session	11 Meals on Wheels String Art Scrapbooking	12 Yoga Fitness Meals on Wheels Frog Talk Session	13 Meals on Wheels Cooking Photo Submission Deadline	14
15	16 Friendly Visiting Program	17 Cardio Fitness Meals on Wheels Bingo	18 Meals on Wheels	19 Yoga Fitness Meals on Wheels	20 Meals on Wheels Rock Painting	21
22	23 VICTORIA DAY OFFICE CLOSED	24 Cardio Fitness Meals on Wheels Bingo	25 Meals on Wheels Scrapbooking	26 Yoga Fitness Meals on Wheels	27 Meals on Wheels	28
29	30 Friendly Visiting Program	31 Cardio Fitness Meals on Wheels Bingo				