

# TYENDINAGA HOME SUPPORT NEWS



## REMEMBERING THE ELDERS

# AUGUST 2022

### Seskeha (Time of Much Freshness)

She:kon,

**Monday, August 1st - Civic Holiday/Office Closed**

#### HOME SUPPORT PROGRAMMING NOTICE

The Home Support Team is excited to be able to offer some small in person programming for all community residents. 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 encouraged.
- 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.



## *Friendly Visiting Outing*

Come and join us for some food and conversation!

When/Ka'tke: Wednesday August 31<sup>st</sup>

Registration begins: August 8<sup>th</sup> at 8:30 am

Location to be determined. Pick up starts at 12 pm

**\*\*Lunch is at your own Expense\*\***

Priority for transportation will be for those

in need.

Call/text/email Patty at 613-813-1667/613-967-0122 ext. 141 or [pattys@mbq-tmt.org](mailto:pattys@mbq-tmt.org)

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## *Friendly Visiting Activities for August*

Cost: \$2.00

When/Ka'tke: August 9<sup>th</sup> and 30<sup>th</sup>

Where: Elders Lodge Common Room 1-3pm

Registration Begins: August 8<sup>th</sup> at 8:30am

Come have some fun and conversation!

Call/text/email Patty: 613-813-1667

613-967-0122 ext. 141/ [pattys@mbq-tm.org](mailto:pattys@mbq-tm.org)

I'm happy. Wakatshenno'n:ni



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## **Protecting yourself and others from scams- some tips**

- Don't be afraid to say no
- Avoid pressure
- Stay safe online
- don't respond to suspicious texts
- be alert to the fact that scams exist
- Know who are dealing with
- Keep personal information secure
- Choose all passwords carefully
- Protect your Social Insurance Number
- Protect your online accounts
- Check your credit report regularly
- Review your privacy and security settings on social media

## 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.

Happy August Home Supporters, I just wanted to take the time to acknowledge our wonderfully dedicated Meal on Wheels drivers and our new kitchen help volunteers. Carol Brant, Manson Loft and Glenda Hill have been delivering MOW faithfully throughout the pandemic and our team has so much appreciation for their dedication to ensure that you all keep receiving your meals. Please if you see them give them a shout out and a big THANK YOU!

We have 2 new kitchen help volunteers that you may also see delivering on occasion. Emily Schwagger and Marilyn Brant better known as Curly. Emily has a young family and wanted to give back to her community, she resides in the Foxboro area and travels to Tyendinaga to help when she can, she has been with us for a few months.

Marilyn is a new comer to us but I'm sure you have seen her out and about as a dedicated MBQ bus driver. She will be starting this month with us. We look forward to working with her in the kitchen.



**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

# Tai Chi



Join us for a morning of Tai Chi in the park .

**Registration Opens:** Friday, Aug 5 at 8:30am

**When:** Monday, Aug 8, 15, 22, 29

**Starts at:** 10am to 11am

**Pick up time starts at:** 9am

**Where:** Napanee Conservation Park

# Zoom Bingo

Join us for an afternoon of BINGO.

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

**When:** Tuesday, Aug 2 and 16

**Time:** 1pm to 3pm

**Where:** via Zoom

Bingo winners pick up is every

**Wednesday, 9am to 12pm** on

Social Side at **Community Wellbeing Centre**

# Cooking with Jodi

All ingredients will be provide for the this recipe:

**Recipe:** Summer Peach Salad

**Registration Opens:** Tuesday, Aug 9 at 8:30am

**When:** Wednesday, Aug 24

**Where:** via Zoom

**Time:** 2pm to 4pm

**Limit:** 20 people

**Curb-Side-Pick up:** Tuesday, Aug 23 from 1pm to 3pm at  
Activity Centre at 1794 York Rd



# Belleville Shopping

**Reminder: Don't Forget Grocery Bags**

**When:** Thursday, Aug 4

**Time:** Pick up will start at 9am

**Returning:** Approximately at 3pm

**Sign-Up- Deadline:** Wednesday, Aug 3

**Cost:** \$5.00

Will be stopping at Quinte Mall and Walmart.

We will be eating lunch at  
Quinte Mall at your own expense.



# Deseronto Run

**When:** Friday, Aug 12 and 26

**Time:** Pick up will start at 9am

**Returning:** Approximately at 11am

**Sign-Up- Deadline:** The Thursday before trip

We will be stopping at the post office, I.D.A  
and grocery store.

Transportation may be available to those without transportation to utilize these services. If you would like to attend, any of the events on this page contact **Cindy Loft** at **613-967-0122** ext **109**.

# Pop Ups In The Park

You want to know what these Pop Ups in the park are all about, well join us to see!

**Registration Opens:** Friday, Aug 5 at 8:30am

**When & Where:** Thursday, Aug 11—West Zwick Park

Thursday, Aug 25—Quinte West

**Time:** 10am to 2pm

**Pick up will start at:** 9:30am

**Cost:** \$5.00( transportation)

Lunch will be at your own expense

# Picnic

**Registration Opens:** Friday, Aug 5 at 8:30am

If your into fun and games and enjoy being outside, join us for the day.

**When:** Thursday, Aug 18

**Where:** Conservation Park Napanee

**Time:** 10am to 3pm

**Limit:** 15people

**Cost:** \$5.00( covers cost of lunch)

# Monarch Butterfly

Facilitated by: Sandra Moore

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



## Monarch Butterfly Release

**Registration Opens:** Tuesday, Aug 9 at 8:30am

**When:** Wednesday, Aug 17

**Time:** 1pm to 3pm

**Where:** Pow Wow Grounds

**Limit:** 20 people

**Brown Bag Lunch served at 12pm cost: \$5.00**



Transportation may be available to those without transportation to utilize these services. If you would like to attend any of the events on this page, please contact **Cindy Loft** at **613-967-0122 ext 109**.



1 2 3 4  
5 6 7 8  
9 0 \* #

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

Are you feeling lonely?

***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

# Covid-19

4 simple steps to stay safe and prevent the spread.

1- Wash your hands

2- Wear a mask in crowded areas

3- Stay home if you're sick

4- Get vaccinated



## Feeling Unwell? It Might be COVID-19

- FEVER AND/OR CHILLS
- DECREASE OR LOSS OF TASTE OR SMELL
- COUGH
- SHORTNESS OF BREATH
- SORE THROAT
- EXTREME TIREDNESS
- MUSCLE ACHES OR JOINT PAIN
- RUNNY OR STUFFY NOSE
- HEADACHE
- NAUSEA OR VOMITING
- DIARRHEA



If you experience any symptoms please remember to

It may not be allergies

1- Stay Home

2- Take a Test

3- Wear a Mask



## When taking a test remember

- 1- Don't eat/drink for 30 minutes before
- 2- Swab your cheeks and back of throat
- 3- Swab both nares for 5 seconds
- 4- Wait 15 minutes



2 Lines=Positive

Results invalid any time after 15 minutes

Covid-19 Vaccine  
Appointments  
Available  
at the CWC



August 10, 16, & 24

Community  
Wellbeing Centre  
50 Meadow Drive



Rapid Tests Available  
for pick up  
Monday- Friday 9-4  
at the CWC



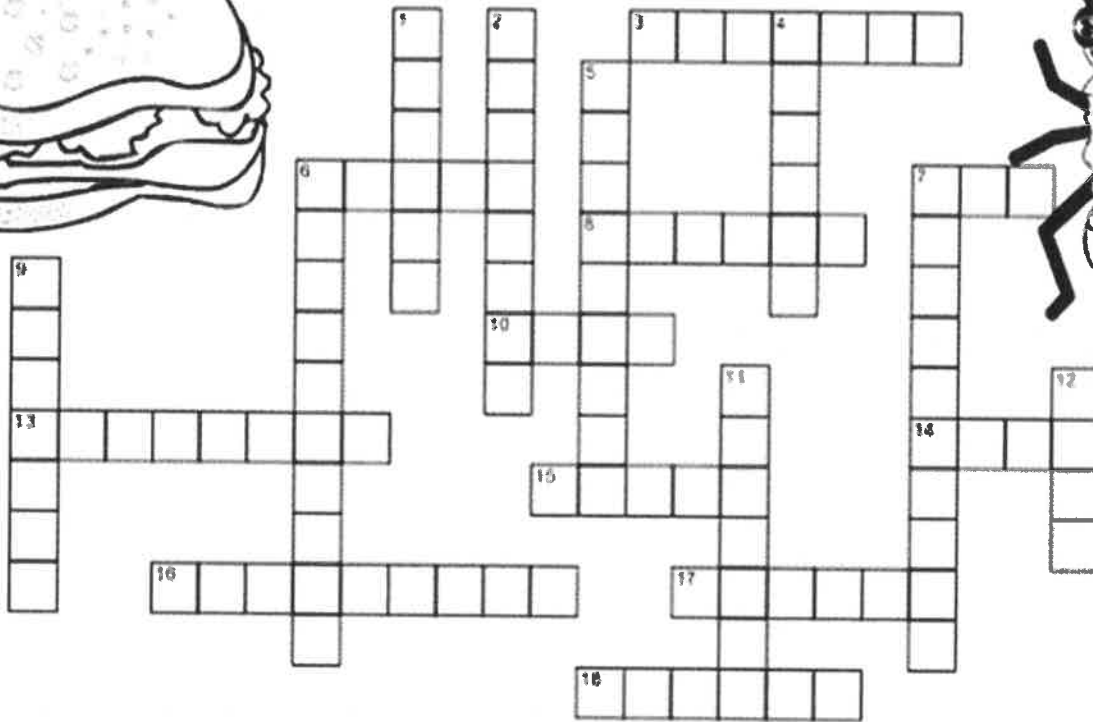
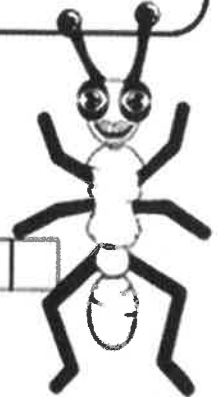
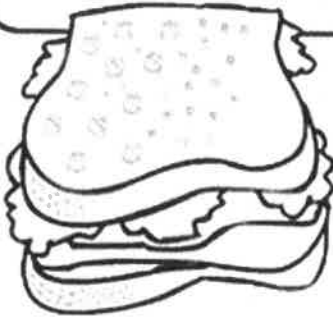
For Questions or to  
Book a Vaccine

☎ 613-967-3603

📞 613-866-5510

✉ covid19support@mbq-tmt.org

# Picnic Crossword Puzzle



## ACROSS

3. A fun picnic game played with a disc shaped toy.
6. Coleslaw is a type of \_\_\_\_\_.
7. A popular round-shaped baked dessert that is cut into wedges to serve.
8. One type of container used to carry picnic goodies.
10. It's yummy on the cob.
13. This comes in black lumps and is sometimes used on a picnic grill.
14. This type of weather can often ruin a picnic.
15. Tall and leafy, these provide shady places for your picnic blanket.
16. A bright evening show that sometimes follows a picnic.
17. A square of cloth or paper used to keep things clean when eating your picnic meal.
18. Grilled wiener on a bun.

## DOWN

1. A picnic container that keeps food cold.
2. Two pieces of bread stuffed with meat, cheese, or other good stuff.
4. Most popular season of the year for picnics in North America.
5. A ground beef patty on a bun.
6. Eye protection from the sun.
7. A fun area for kids inside some parks.
9. Red condiment made from tomatoes.
11. Yellow sauce sometimes used on hamburgers and hotdogs.
12. Tiny picnic invaders.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>CIVIC HOLIDAY</b> <b>OFFICE</b> <b>CLOSED</b>	2 <i>Meals on Wheels</i> <b>BINGO</b>	3 <i>Meals on Wheels</i>	4 <b>Belleville Shopping</b> <i>Meals on Wheels</i>	5 <i>Meals on Wheels</i>	6
7	8 <b>Tai Chi Fitness</b>	9 <i>Meals on Wheels</i> <b>FV Activities</b>	10 <i>Meals on Wheels</i> <b>Scrapbooking</b>	11 <b>Pop Ups in the Park</b> <i>Meals on Wheels</i>	12 <b>Deseronto Run</b> <i>Meals on Wheels</i>	13
14	15 <b>Tai Chi Fitness</b>	16 <i>Meals on Wheels</i> <b>BINGO</b>	17 <i>Meals on Wheels</i> <b>Monarch Teaching</b>	18 <b>Picnic &amp; Games</b> <i>Meals on Wheels</i>	19 <i>Meals on Wheels</i>	20
21	22 <b>Tai Chi Fitness</b>	23 <i>Meals on Wheels</i>	24 <b>Scrapbooking</b> <i>Meals on Wheels</i> <b>Cooking with Jodi</b>	25 <b>Pop Ups in the Park</b> <i>Meals on Wheels</i>	26 <b>Deseronto Run</b> <i>Meals on Wheels</i>	27
28	29 <b>Tai Chi Fitness</b>	30 <i>Meals on Wheels</i> <b>FV Activities</b>	31 <i>Meals on Wheels</i> <b>FV Outing</b>	<b>NOTE: No Memory Café this month, be sure to check next month newsletter for upcoming.</b>		