

# TYENDINAGA HOME SUPPORT NEWS



## REMEMBERING THE ELDERS

# JULY 2022

### Ohiarihko:wa (Time of Much Ripening)

She:kon,

**Friday, July 1st - Canada Day/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.

# Cooking with Jodi

All ingredients will be provided for this recipe.

Recipe: **Grilled Corn & Chicken Salad**

**Registration Opens:** Tuesday, July 5 at 8:30am

**When:** Thursday, July 21

**Where:** via Zoom

**Time:** 2pm to 4pm

**Limit:** 20 people

**Curb-Side-Pick up:** Wednesday, July 20 from 1pm to 3pm at Activity Centre (1794 York Road)



## Deseronto Run

**When:** Friday, July 15 & 29

**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.



## Belleville Shopping

**Reminder Don't Forget Grocery Bags**

**When:** Thursday, July 7

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

**Returning:** Approximately at 3pm

**Sign-Up– Deadline:** Wednesday, July 6

**Cost:** \$5.00

Will be stopping at Quinte Mall and Walmart.  
We will be eating lunch at Quinte Mall at your own expense.

## Yard Game Challenge

**Elders vs Youth Camp**

**Lets show those whippersnappers how a fun yard game is played.**

**Join us for a fun morning while reconnecting with our youth.**

**When:** Wednesday, July 13, 20, 27

**Time:** 10am to 12pm

**Where:** 1644 York Rd

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**.

# 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, July 5 & 19

**Time:** 1pm to 3pm

**Where:** via Zoom

Bingo winner pick up is every

**Wednesday, from 9am to 12pm** on Social Side at **Community Wellbeing Centre.**

# Let's Get Crafty WITH CINDY

**Registration Opens:** Wednesday, July 6 at 8:30am

**When:** Monday, July 11

**Time:** 1pm to 3pm

**Where:** Elders Lodge

**Cost:** \$10.00 (covers paint and 1 ceramic piece)

Limit of 15 people



# A Picnic & More



**Registration Opens:** Wednesday, July 6 at 8:30am

If you're looking for a day of fun and lots of laughs. this event is for you.

**When:** Thursday, July 14

**Where:** Centennial Park Deseronto

**Time:** 10am to 3pm

**Limit:** 15 people

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

Transportation maybe available to those without transportation to utilize these services.

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

COMMUNITY HEALTH PROGRAM & HOME SUPPORT PROGRAM

## Herb Gardening

We are offering a new gardening program and are looking for herb gardeners to join us!

*We will provide-soil, planter and herb plants.*

Once herbs are harvested, we invite you to join us in our preserving program where we will use the herbs.

(September 2022, to be determined)

*We are growing basil, garlic, dill and oregano.*

For more information please call

Denise @ 613-967-3603 beginning JUNE 22

**Limited to 15 participants**





Thank-you for all of the purple shirt pictures in support of  
World Elder Abuse Day!

Winners of the draw prizes are  
Linda S. and Carol S.



### Friendly Visiting Outing!

When/Ka'tke: Friday July 15<sup>th</sup>. Pick up starts at 12:30

Where: Waterfront Pub Napanee

Registration begins: July 11<sup>th</sup> at 8:30am

\*\*Lunch is at your own expense\*\*

Priority for transportation will be for those in need.

Call/text/email Patty at 613-813-1667 ext. 141, or 613-813-1667



### Friendly Visiting Activites for July

Cost:\$2.00

When/Kat'tke: July 12<sup>th</sup> and July 26<sup>th</sup>

Where: Elders Lodge Common Room

Registration begins: July 11<sup>th</sup> at 8:30 am

Call/text/email Patty at [pattys@mbq-tmt.org](mailto:pattys@mbq-tmt.org) 612-813-1667/613-967-0122 141



# July

**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.

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

## Bake & Take Cake

1 1/4 cups of boiling water

1 cup of uncooked minute oats

**Mix and let stand**

1/2 cup of shortening or butter

1 cup white sugar

1 cup of brown sugar

**Cream together**

2 egg whites

1 tsp vanilla

**Mix and add to above**

(reserve yolks for topping)

1 1/3 cup flour

1 tsp soda

1/2 tsp salt

**sift together and add to creamed mixture**

**alternating with rolled oats.**

Bake in a 350° oven for 25 minutes.

**Topping**

reserved egg yolks

1/2 cup of melted butter

1/2 cup rolled oats

1 tsp vanilla

**Mix together and spread on hot cooked cake and broil till bubbly.**

Canada



Service Canada



***You can apply for the Old Age Security (OAS) up to one year before you turn 65.***

***Are you or your spouse turning 65 this year?***

***Do you need to complete an application for the Guaranteed Income Supplement (GIS)?***

***Do you need to complete an application for the Canada Pension Plan (CPP)?***

**Thursday July 14<sup>th</sup> at the Community  
Wellbeing Centre**

**9:00-12pm**

**A Service Canada representative will be available for a pension clinic (\*\*private individual appointments\*\*)**

- Complete your pension application (OAS, CPP, GIS) or Allowance and Allowance for the survivor

**\*\*Transportation may be available upon request\*\***

**Call Patty at Home Support**

**613-967-0122 ext. 141 to sign up.**

## PHONE SCAMS-TYENDINAGA RESIDENTS BE AWARE!!

Phone scams are on the rise in our area. Some things to keep in mind!

**\*Don't give out personal information over the phone (name, address, date of birth, SIN, credit card or banking information)**

**\*If you didn't initiate the call, you don't know who you are talking too.**

**\*Hang up, watch out for urgent pleas that play on your emotions.**

**If you think you have been a victim of fraud, please contact Tyendinaga Police at 613-967-3888 to report and receive help.**

Online resource against Fraud:

**Google: Canadian Anti-Fraud Centre**



# 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**

**July 28th from -1-3:00pm**

**Where: Elders Lodge**

**\*Covid protocols are in place\***

To register contact: Hannah Hill 613-967-3603, ext. #166 or email [chrcwb@mbq-tmt.org](mailto:chrcwb@mbq-tmt.org)

Runs the last Thursday of every month  
Register by July 22nd 2022



Funded by  
Indigenous  
Services Canada





Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>CANADA DAY</b> <b>OFFICE CLOSED</b>	2
3	4	5 Meals on Wheels <b>Bingo</b>	6 Meals on Wheels	7 <b>Belleville Shopping</b> Meals on Wheels	8 Meals on Wheels	9
10	11 Let's Get Crafty	12 Meals on Wheels Friendly Visiting Activities	13 <b>Yard Games</b> Meals on Wheels Scrapbooking	14 <b>Service Canada</b> Meals on Wheels Picnic in the Park	15 <b>Deseronto Run</b> Meals on Wheels Friendly Visiting Outing	16
17	18	19 Meals on Wheels <b>Bingo</b>	20 <b>Yard Games</b> Meals on Wheels	21 Meals on Wheels <b>Cooking with Jodi</b>	22 Meals on Wheels	23
24	25	26 Meals on Wheels Friendly Visiting Activities	27 <b>Yard Games</b> Meals on Wheels Scrapbooking	28 Meals on Wheels Memory Cafe	29 <b>Deseronto Run</b> Meals on Wheels	30
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