

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

JUNE 2022

Ohiari:ha (Oh-he-yah-ree-go-wah)

She:kon,

Tuesday, June 21st - Aboriginal 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 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.

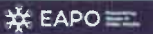
Financial Signs of Elder Abuse



 To learn more, visit eaopn.ca

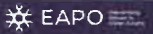
Physical Signs of Elder Abuse



 To learn more, visit eaopn.ca

Emotional Signs of Elder Abuse



 To learn more, visit eaopn.ca

Wear Purple June 15th in support of World Elder Abuse Day.

- Wear purple and send me a picture via email or text
- Prizes will be drawn!!
- Everyone sending in a picture will be entered into the draw
- Deadline for picture is June 17th 2022 at 4:30pm

What is Elder Abuse?

- There are over 200,000 older adults living in Ontario who have experienced or are experiencing Elder Abuse. Do you know the signs of abuse?
- Elder Abuse is a serious and growing injustice. Studies indicate approximately 8% to 10% percent of older adults are abused.
- Elder Abuse is defined by the World Health Organization as *“a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.”*

Please Send Pictures to Patty at pattys@mbq-tmt.org or 613-813-1667



Friendly Visiting for June

Cost \$2.00

When/Ka'tke: 1- 3:00 pm, June 14th and June 28th

Where: Elders Lodge common room

Registration begins: June 7th at 8:30am

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





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

June 30th from 2-4:00pm

Where: Elders Lodge

Covid protocols are in place

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

Runs the last Thursday of every month
Register by June 24th 2022



Funded by
Indigenous
Services Canada

Join us for an *Updated COVID Information session* with Chelsea Foster from the Indigenous Interprofessional Primary Care Team



When: June 8th

Time: 3-4:40pm

Where: Via Zoom

Topics Included: *Vaccination requirements,
Isolation rules and bring any of your COVID
related questions to the session*

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

Yard Games

Test your hand at a variety of lawn games.

Registration opens: Wednesday, June 1 @ 8:30am

When: Every Monday for the month of June (Weather Pending)

Cost: \$2.00 for each day when attending

Time: 10am-12pm

Where: Elders Lodge Court Yard

Limit: 20 people

Kubb Skittles

Bean Bag Toss

Ring Toss

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, June 7

Time: 1pm to 3pm

Where: via Zoom

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

Picnic & Games

Registration Opens: Thursday, June 9th at 8:30am

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

When: Friday, June 17

Where: Elders Lodge Court Yard

Time: 10am to 3pm

Limit: 15 People

Cost: \$5.00 (covers cost of lunch)



Cooking With Jodi

All ingredients will be provided for this recipe

Registration Opens: Thursday, June 9 at 8:30am

When: Thursday, June 23

Where: via Zoom

Time: 2pm to 4pm

Limit: 20 people

Curb-side pick up: Wednesday, June 22 from 1pm to 3pm at **Activity Centre (1794 York Rd)**



Deseronto Run

When: Friday, June 10 & 24

Time: Pick up will start at 9am

Returning: Approximately 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 attend any of the events on this page, please contact Cindy Loft at 613-967-0122 ext 109.

Belleville Shopping

Reminder Don't Forget Grocery Bags

When: Thursday, June 2

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Limit: 12 people

Cost: \$5.00

Sign-Up-Deadline: Wednesday, June 1

Will be stopping at Quinte Mall and Walmart.

We will be eating lunch at the quinte Mall at your own expense



Zoom Fitness Program

Cardio Fitness

Facilitated: Cindy Loft

You will need an exercise band for this program.

When: Tuesday, June 7, 14, 28

Time: 10am to 11am

Where: via zoom



Toad House Painting

Facilitated by: Marleen Murphy

Marleen will be showing us a new techniques that we will be using on our toad house.

Registration Opens: Thursday, June 9at 8:30am

When: Wednesday, June 29

Time: 6pm to 8pm

Where: via Zoom

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

Limit: 25 people

Curb Side Pick-Up: Tuesday, June 28 at 1pm to 3pm at

Activity Centre 1794 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 please contact **Cindy Loft** at **613-967-0122 ext 109** .

Onkwawén:na

On kwa wén: na- meaning is " Our Language



Here is a helpful tool that you can download on your computer or cellphone. Let's keep our language alive.

Name of App— Kanehsate Mohawk

This app includes

* Games * Quizzes * Culture and much more

Here is link to news articles on how this app got started and made—

<https://www.cbc.ca/news/indigenous/kanesatake-mohawk-language-app-1.5014478>

hello,

JUNE

*it's been a while since
i've seen you last*

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

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- Rule 1 - Each row must contain the numbers from 1 to 9, without repetitions. ...
- Rule 2 - Each column must contain the numbers from 1 to 9, without repetitions. ...
- Rule 3 - The digits can only occur once per block (nonet) ...
- Rule 4 - The sum of every single row, column and nonet must equal 45.



TYENDINAGA HOME SUPPORT HOME MAINTENANCE PROGRAM

**** LIST IS FULL ****

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 or family members who can help.

Our list is now full and we are starting a waiting list. If you would like to sign up on waiting list, please call Jessica @ 613-967-0122, ext. 126. We are going through an automatic rotation for lawn cutting to keep it fair for everyone.

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.





JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Meals on Wheels	2 Belleville Shopping Meals on Wheels	3 Meals on Wheels	4
5	6 Yard Games	7 Fitness Meals on Wheels Bingo	8 Meals on Wheels COVID Info Session	9 Meals on Wheels	10 Deseronto Run Meals on Wheels	11
12	13 Yard Games	14 Fitness Meals on Wheels Friendly Visiting	15 Scrapbooking Meals on Wheels Wear Purple for World Elder Abuse Awareness	16 Meals on Wheels	17 Meals on Wheels Picnic & Games Wear Purple Picture Deadline	18
19	20 Yard Games	21 ABORIGINAL DAY OFFICE CLOSED	22 Meals on Wheels	23 Meals on Wheels Cooking With Jodi	24 Deseronto Run Meals on Wheels	25
26	27 Yard Games	28 Fitness Meals on Wheels Friendly Visiting	29 Scrapbooking Meals on Wheels Toad House Painting	30 Meals on Wheels Memory Cafe		