

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

OCTOBER 2022

Kentenha (Time of Poverty)

Monday, October 10th/Thanksgiving - Office Closed

She:kon,

Autumn is upon us, and with it brings lots of great programs and activities both online and in person. Be sure to check out all the great information inside!

In an effort to reduce paper waste we are offering the monthly newsletter via email. If you are currently receiving a mailed paper copy and would like to switch to email copy, please call Jessica with your email address to get it switched.

Nya: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 Programs for October

Yoga and Meditation

Facilitated by: Linda Dudas
When: Tuesday, Oct 4, 11, 18, 25
Time: 10am to 11am

Cardio Ball Drumming
Facilitated by: Nancy Morgan
Equipment will be supplied
when signing up.
When: Monday, Oct 3, 17, 24, 31
Time: 11am to 12pm

Seniors Cardio Fitness

Facilitated by: Cindy Loft
When: Friday, Oct 7, 14, 21, 28
Time: 10am to 11am

Belleville Shopping

Don't Forget Grocery Bags!

When: Thursday, Oct 6
Time: Pick up will start at 9am
Returning: Approximately at 3pm
Sign-Up-Deadline: Wednesday, Oct 5
Cost: \$5.00

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



Napanee Shopping

Don't Forget Grocery Bags!

When: Thursday, Oct 20
Time: Pick up will start at 9am
Returning: Approximately at 1pm
Sign-Up-Deadline: Wednesday, Oct 19
Cost: \$5.00

We will be stopping at No Frills or Metro
for groceries
and then going to Country Traditions.

Cooking with Jodi

All ingredients will be provided for this recipe.

Recipe: Cabbage Roll Soup

Registration Opens: Tuesday, Oct 4 at 8:30am

When: Thursday, Oct 20

Where: via Zoom

Time: 2pm to 4pm

Limit: 20 people

Curb-Side-Pick up: Wednesday, Oct 19 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 contact **Cindy Loft** at **613-967-0122 ext 109**.

Tree Life Craft

Craft Facilitated By: Brenda Brant

Join us over zoom as we make Tree Life and chat with Lorraine Ross from the Alzheimer Society..

Registration sign up: Tuesday, Oct 11 at 8:30am

Limit: 10 people

When: Thursday, Oct 27

Where: via Zoom

Time: 2pm to 4pm

Curb-side pick up: Thursday, Oct 27 at 9am to 12pm
at Activity Centre 1794 York Rd



Campbells Orchard



Let's do a wagon ride at Campbells Orchard and learn some fun facts about the orchard.

You can pick your own apples or buy already picked.

Registration sign up: Monday, Oct 3 at 8:30am

When: Wednesday, Oct 12

Time: 10:30am to 4:00pm

Cost: \$5.00 for transportation

Limit: 15 people

We will be stopping for lunch at Legends Pub at your own expense.



Paint Night

Facilitated by: Theresa Brant

Registration sign-up: Monday, Oct 3

Limit: 15 people

When: Wednesday, Oct 5

Where: Elders Lodge

Time: 6pm to 8pm

Cost: \$10.00 (includes all supplies, snack and tea/coffee)



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**.

HALLOWEEN PARTY



This Halloween Party has a twist. do you dare to join?! There will be crazy games, scary stories and some outrageous prizes.

Registration Opens: Wednesday, Oct 5 at 8:30am

When: Thursday, Oct 13

Where: Elders Lodge

Time: 10am to 3pm

Limit: 15 people

Lunch is included at this scary event. There will be a prize for best Halloween costume and much more.

TRICK OR TREAT !!

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, Oct 4 and 18

Where: via Zoom

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

Let's play and have some fun!!

Bingo winners pick up is every **Wednesday at 9am to 12pm** on social side at **Community Wellbeing Centre**

Deseronto Run

When: Friday, Oct 14 and 28

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



OCTOBER

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.

If you require more information regarding the Meals on Wheels program, please call Angela D. Maracle at 613-967-0122 ext. 135, cell 613-813-1055.

Chicken Tortellini Alfredo Soup

- 2 TBSP salted butter
- 1/2 med onion diced
- 4 oz baby carrots halved lengthwise and sliced into half moons.
- 2 cloves of garlic minced
- 1 LB boneless skinless chicken cut into bite size cubes.
- 1 TSP salt
- 1/2 TSP fresh pepper
- 1/4 CUP Flour
- 4 CUPS reduced salt chicken broth
- 1 CUP half & half
- 1 TSP crushed red pepper flakes
- 9 OZ cheese tortellini, fresh or frozen
- 2 CUPS fresh shredded parmesan cheese
- 2 OZ baby spinach (optional)



1. in a large pot over medium heat add butter and let melt then add onion & carrot, cook till translucent about 3 min. add garlic & cook for another 30 sec.
2. Add chicken, salt & pepper, cook till just browned on the outside.
3. Sprinkle flour over chicken and veg, stir and cook for 2-3 min till flour is a little brown. Stir in chicken stock, half & half and pepper flakes. Continue cooking until thickens
4. Add tortellini to the pot and let cook till al dente 5-7 min (frozen takes a bit longer)
5. Remove from heat and add 1 CUP of shredded parmesan cheese stir till melted. Repeat with remaining cheese. Pour into bowls and garnish with spinach, season to taste. Enjoy!



Enjoy the fall leaves on a tour to Campbellford

**Chocolate Factory/Cheese Factory and lunch at Riverview
Restaurant in Campbellford.**

Date: Friday Oct 21st pick up starts at 11am

Cost: Lunch and purchases at your own expense

Registration begins: October 3rd at 8:30 am

Call/text/email Patty at pattys@mbq-tmt.org

613-813-1667 or 613-967-0122 ext. 141

Friendly Visiting Activities for October- games/activities

Cost: \$2.00

When: October 11th and 25th 1-3pm

Location: Elders Lodge

Registration begins: October 3rd at 8:30 am



Friendly Visiting - join us to paint a flower vase and some conversation!

When: Oct. 19th 1-3pm

Cost: \$5.00

Location: Elders Lodge Common room

Registration begins: October 3rd at 8:30am



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

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 October 27th at the Community Wellbeing Centre-
Social Side from 9:00am-12pm**

****Deadline to sign up is Tuesday October 25th**

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.



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.*

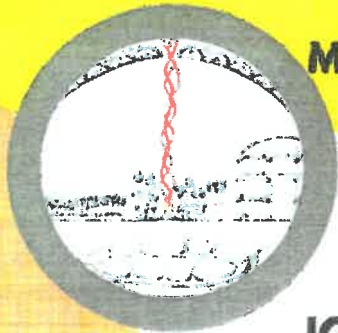
ALL WELCOME-PLEASE JOIN US
October 27th from -1-3:00pm
Where: Elders Lodge
Covid protocols are in place

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

Runs the last Thursday of every month
Register by October 21st 2022



Funded by
Indigenous
Services Canada



**MBQ'S DIABETES EDUCATION PROGRAM
INVITES YOU TO OUR:**

TYPE 2 DIABETES WORKSHOP

**JOIN US TO LEARN, MEET OTHERS
LIVING WITH DIABETES, AND GET
YOUR QUESTIONS ANSWERED!**

Date: October 25, 2022 at 6pm
Contact: 613-967-3603 ext. 114 or
diabetesrd@mbq-tmt.org
Location: The Elders Lodge

Community Health



Influenza Walk In Clinic

High Risk Clinic

Limited High dose vaccine available for 65+



October 13 4-6pm

October 14- 10am-3pm

General Population

*For anyone 6 months and older

October 22- 10am-1pm

October 25- 1-6pm

October 26- 1-6pm



50 Meadow Drive

Clinics for MBQ members living on Territory (Deseronto & Shannonville)

NEW: Covid-19 Bivalent Vaccine



Who's Eligible?

*SpikeVax
(Moderna)*

MBQ status members living on Territory (Shannonville & Deseronto)

Household members

18 years and older (recommended 30 +)

How long do I have to wait?

3 months after your last

and COVID-19 infection

6 months after your last COVID-19 vaccine (minimum 3 months)



50 Meadow Drive

To Book Visit
[MBQ-TMT.ORG](https://www.mbq-tmt.org)

613-967-3603

Masks Mandatory



October

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|---|--|--|-----|
| | | | | | | 1 |
| 2 | 3 Cardio Ball Drumming | 4 Yoga Fitness Meals on Wheels Bingo | 5 Meals on Wheels Paint Night | 6 Belleville Shopping Meals on Wheels | 7 Cardio Fitness Meals on Wheels | 8 |
| 9 | 10 THANKSGIVING OFFICE CLOSED | 11 Yoga Fitness Meals on Wheels FV Activities | 12 Scrapbooking Meals on Wheels Campbell's Orchard | 13 Meals on Wheels Halloween Party | 14 Deseronto Run Cardio Fitness Meals on Wheels | 15 |
| 16 | 17 Cardio Ball Drumming Will Bowling | 18 Yoga Fitness Meals on Wheels Bingo | 19 Meals on Wheels FV Activities | 20 Napanee Shopping Meals on Wheels Cooking with Jodi | 21 Cardio Fitness Meals on Wheels FV Outing | 22 |
| 23 | 24 Cardio Ball Drumming Wii Bowling | 25 Yoga Fitness Meals on Wheels FV Activities | 26 Scrapbooking Meals on Wheels | 27 Service Canada Meals on Wheels Memory Cafe | 28 Deseronto Run Cardio Fitness Meals on Wheels | 29 |
| 30 | 31 Cardio Ball Drumming Wii Bowling | | | | | |