

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS **JANUARY 2023**

Tsiothohrko:wa (The Big Cold)

She:kon,

**Holiday Season/Office Closed Friday, December 23rd @ 4:30 and reopening on
Tuesday, January 3rd at 8:30am**

With the winter weather upon us comes inclement weather. We make every attempt to contact clients should a program need to be cancelled due to weather. If you haven't been contacted and are unsure please call Home Support before heading to the program.

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.

Nia:wen

Tyendinaga Home Support Program

613-967-0122

Aksotha - Grandma

Raksotha - Grandpa

Ihsta - Mom/Aunt

Rakeni - Dad/Uncle

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 Activities for January

When: January 10th and 24th

Games! Fun! Conversation!

Cost: \$2.00

Time: 1-3pm

Where: Elders Lodge Common Room

FV Outing- Jan. 27th

Food! Fun! Conversation!

Lunch at your own expense.

Location: Tammy's Restaruant

Cost: \$5 for transportation

Pick up starts at 12 pm

Registration begins: Jan. 5th

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



Diamond Art Suncatchers

When: Jan. 31st 1-3pm

Where: Elders Lodge common room

Cost: \$5 (pick up or stay and complete)

Registration begins: Jan. 5th

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

Snow: o'niehte



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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

New! Drop in for a coffee/tea and a visit

Bring a craft to work on or just stop by for a chat (limited puzzles books
And other activities may be available)

Location: Elders Lodge common room Jan. 20th

Time: 1-3pm

No cost. No sign up required.

Meals on Wheels Program

If you are an adult 55 or older or an adult 18 or older with a physical challenge you are eligible for this program. We provide a hot, nutritious meal delivered to your home by our wonderful volunteer drivers on Tuesday, Wednesday, Thursday and Friday between the hours of 11:30-12:30. If you require more information regarding this program please contact Angela D. Maracle 613-967-0122 ext. 135 or cell 613-813-1055.

Nia:wen



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

January 26th 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 January 20th, 2023

Funded by



Indigenous
Services Canada

Zoom Fitness Program January

Weights & Bands Fitness

Facilitated by: Nancy Miller-McKenzie

Equipment will be supplied when signing up .

When: Monday, Jan 9, 16, 23, 30

Time: 11am to 12pm



Yoga & Meditation

Facilitated by: Linda Dudas

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

Time: 10am to 11am

As you sign up please let us know if you need light weights or fitness bands

Cooking with Jodi

All ingredients will be provide for this recipe

Recipe: Venison Stew

Registration Opens: Tuesday, Jan 10 at 8:30am

When: Wednesday, Jan 18

Where: via Zoom

Time: 5:30pm to 6:30pm

Limit: 20 people

Curb-Side-Pick up: Tuesday, Jan 17 at 9am to 11am
at Activity Centre 1794 York Rd



Cardio Fitness with Health Break

Seniors Cardio Fitness

Facilitated by: Cindy Loft

When: Friday, Jan 6, 13, 20, 27

Time: 10am to 10:30am

Where: Via Zoom

Health Break

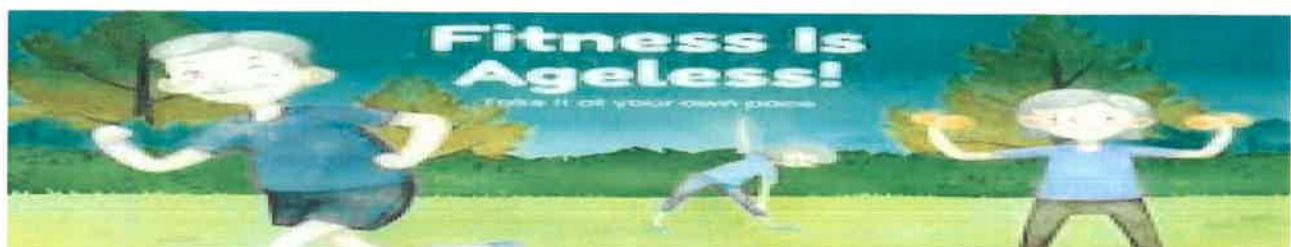
Facilitated by: Diabetes Program

Topics: Eating and your workout, Healthy eating 101, Health benefits of exercising and foot care

When: Friday, Jan 6, 13, 20, 27

Time: 10:30am to 11am

Where: Via Zoom



Zoom Bingo

January Bingo dates: Tuesday, Jan 3 & 17 at 1pm to 3pm

On via Zoom

Sign-Up for February Zoom Bingo

When: Friday, Jan 6 (payment is due on this date)

Time: 1pm to 4pm

Payment: Community Wellbeing Centre on Social side

Cost: \$5.00 for the month

February Bingo Dates

Tuesday, Feb 7 and 21 at 1pm to 3pm via ZOOM



If you have any question please contact
Cindy Loft at 613-967-0122 ext 109

Shopping Trips for Jan

Belleville Shopping

When: Thursday, Jan 5

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up-Deadline: Wednesday, Jan 4

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

When: Thursday, Jan 19

Time: Pick up will start at 9am

Returning: Approximately at 1pm

Sign-Up-Deadline: Wednesday, Jan 18

Cost: \$5.00

We will be stopping at No Frills or Metro for groceries , Country Tradition and Bulk Food Station.

Deseronto Run

When: Friday, Jan 13

Time: Pick up will start at 9am

Returning: Approximately at 11am

Sign-Up-Deadline:

The Thursday before trip
Will be stopping at the post office, I.D.A , grocery store and Lily Doll's Farm

Fun Little Melody



Facilitated by: Tracey Gazley

Do you enjoy singing in the shower, singing while you clean or pumping the tunes in the car and singing-a-long. Join this fun group as we sing some fun new ones and sing some of those good old songs too.

Registration Open: Friday, Jan 6 at 8:30am

When: Thursday, Jan 12 & 26 and Thursday, Feb 2 & 16

Where: Elders Lodge

Note: Jan 26th @ Ball Diamond Complex (1935 York Road)

Time: 1pm to 2:30pm



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

Beat the Winter Blues

Tips and Strategies

Facilitated by: Betty Carr-Braint

If the short, dark days are getting you down? What can you do to feel like yourself again? Lets chat!

Registration Opens: Friday, Jan 20

When: Wednesday, Jan 25

Where: via Zoom

Time: 1pm to 3pm

Not Just a Hides Depot



Facilitated by: Cheryle Maracle

Learn the importance of building a shared relationship as caretakers of the land.

Registration Opens: Thurs, Jan 12 @ 8:30am and closes on Fri, Jan 13 @ 4:30pm

Supper Included

When: Tuesday, Jan 17

Time: 6pm to 9pm

Where: Native Renaissance

One Pot Wonders

Diabetes Education &
Home Support Program

Present:

Featuring Chicken Cacciatore with Broccoli



Sign up Starts : Wednesday, Jan 11, 2023

A Crockpot Cooking Session!

Contact: Cindy Loft

613 967-0122 ext 109

Limited Spots Available

Where: Elders Lodge

When: January 18, 2023

Time: 10am - 12pm

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

How the Program Works

Lifetime membership with MedicAlert® is available through Health Canada's Non-Insured Health Benefits (NIHB) Program.

NIHB will cover the initial cost of any bracelet, sport band or necklace included in this application form plus membership. Medical updates to your file are **FREE OF CHARGE.**

NIHB will only collect, use, disclose and retain your information in the form attached to approve and pre-pay MedicAlert for your lifetime membership. Health Canada protects your personal information in accordance with applicable Federal laws and policies. Should you have any questions about the information collected by Health Canada, kindly contact your regional office.



Please submit the completed form with a doctor's or nurse practitioner's signature and a copy of your prescription to MedicAlert Foundation Canada by mail or fax.

Note: MedicAlert Foundation Canada will submit your registration form to NIHB for approval. NIHB approval could take up to 8 weeks.

About MedicAlert® Foundation Canada

Only MedicAlert

- Has a 24/7 Emergency Hotline that answers calls within an average of 5 seconds in 140 languages
- Engraves IDs based on globally recognized medical editing standards verified by doctors and paramedics
- Will notify loved ones of the member's condition and whereabouts
- Is a registered charity that has served over 1 million Canadian members for over 50 years

To learn more, visit medicalert.ca/nihb.

Tel: 1.800.668.1507 | Fax: 1.800.392.8422



If you require a printed copy, give Home Support a call at 613-967-0122.



Join for **FREE**



Exclusive Offer for

First Nations & Inuit Peoples



**SWIM/SKATE
PASSES**

**Swim Passes are available
for pick up at the
Community Wellbeing
Centre
50 Meadow Drive, TMT, ON
(Health Side)**

**THE QUINTE
SPORTS AND
WELLNESS CENTRE**

265 CANNIFTON ROAD, BELLEVILLE ON

**Information:
Contact Community
Wellbeing Centre at
613-967-3603**

Please check the website for available
dates and time slots;
www.quintesportsandwellnesscentre.ca

*Presented by Community Health
Open to M&BQ Members*



January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 OFFICE CLOSED	3 Yoga Fitness Meals on Wheels BINGO	4 Meals on Wheels	5 Belleville Shopping Meals on Wheels	6 Cardio Fitness Meals on Wheels	7
8	9 Weight/Band Fitness Wii Bowling	10 Yoga Fitness Meals on Wheels FV Activities	11 Meals on Wheels	12 Meals on Wheels Fun Little Melody	13 Deseronto Run Cardio Fitness Meals on Wheels	14
15	16 Weight/Band Fitness Wii Bowling	17 Yoga Fitness Meals on Wheels BINGO <i>Not Just Hides Info Session</i>	18 One Pot Wonders Meals on Wheels Cooking with Jodi	19 Napanee Shopping Meals on Wheels	20 Cardio Fitness Meals on Wheels Drop In	21
22	23 Weight/Band Fitness Wii Bowling	24 Yoga Fitness Meals on Wheels FV Activities	25 Meals on Wheels Beat the Winter Blues	26 Meals on Wheels Fun Little Melody Memory Cafe	27 Cardio Fitness Meals on Wheels FV Outing	28
29	30 Weight/Band Fitness Wii Bowling	31 Yoga Fitness Meals on Wheels Diamond Art Pick Up				