

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

MARCH 2023

Ennisko:wa (Much Lateness)

She:kon,

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

Mohawk Words of the Month

Otsikhé:ta - Sugar

Owistóhsera - Butter


Othé:sera - Flour

O'nhónhsa - Eggs


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.

IT'S THAT TIME OF YEAR



TO FILE YOUR INCOME TAX



Your income tax form will be completed and filed by a professional volunteer for **FREE**. This is a community based program designed to help **low-income individuals** with **simple tax situations** complete their income tax, free of charge.

Total family Income limits: 1 person \$35,000, 2 persons \$45,000

***LOW INCOME INDIVIDUALS**

***SIMPLE TAX SITUATIONS**

These sessions are available **ONLY** to seniors 55+ and 18+ with a physical challenge (those under 55 must be receiving a pension related to the physical disability):

*****Saturday, March 18th 9:00-3:30pm**

***** Thursday, April 27th 5:00pm-7:00pm**

***** Saturday, April 22nd 9:00am-3:30pm**

By Appointment ONLY

Location: Community Wellbeing Centre (Social Side)

Please call **Patty at Home Support** 613-967-0122 ext. 141 to make an appointment.

Please bring a copy of last year's return to your appointment(if possible)

*******Transportation may be available upon request.** Please indicate if you require transportation when you call to book your appointment. *****

What date is your return due? Generally before April 30th

Note:

If you file your return after April 30, 2023, your GST/HST credit (including any related provincial credit), Canada Child Tax Benefit payments (including those from certain related provincial or territorial programs), and Old Age Security benefit payments may be delayed.



Friendly Visiting Activities

When: March 14th and 28th

Where: Elders Lodge

Cost: \$2.00

Time: 1-3pm

Sign up starts March 7th.

Friendly Visit- Outing

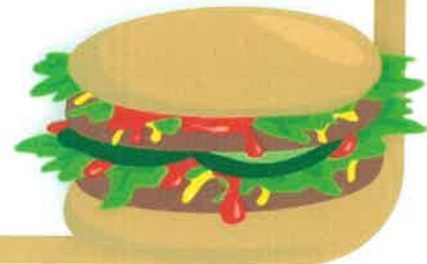
When: March 31st

Where: Denny's Napanee

Cost: \$5.00 for transportation

****Lunch at your expense****

Sign up March 7th.



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



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 March 24th**

Time: 1-3pm

No cost. No sign up required.

Zoom Fitness Program

Weights & Bands Fitness

Facilitated by: Nancy Miller-McKenzie

When: Monday, Mar 6, 13, 20, 27

Time: 11am to 12pm

Yoga & Meditation

Facilitated by: Linda Dudas

When: Tuesday, Mar 7, 14, 21, 28

Time: 10am to 11am

Seniors Cardio Fitness

Facilitated by: Cindy Loft

When: Friday, Mar 10, 17, 24, 31

Time: 10am to 11am

Wa'katkwé:ni

Zoom Bingo

March Bingo dates: Tuesday, March 7 and 21 at 1pm to 3pm on Zoom

Sign-Up for April Zoom Bingo

When: Wednesday, March 29 (payment is due on this date)

Time: 1pm to 4pm

Payment: Community Wellbeing Centre on Social Side

Cost: \$5.00 for the month

April Bingo Dates

Tuesday, April 4 and 18 at 1pm to 3pm on Zoom

Wa'katkwé:ni

Shopping Trips for Feb

Belleville Shopping

When: Thursday, March 2

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up Deadline: Wednesday, Mar 1

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, March 30

Time: Pick up will start at 9am

Returning: Approximately at 1 pm

Sign-Up Deadline: Wednesday, Mar 29

Cost: \$5.00

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

Deseronto Run

When: Friday, March 17

Time: Pick up will start at 9am

Returning: Approximately at 11am

Sign-Up Deadline: Thursday before trip

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



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**

Cooking with Jodi

All ingredients will be provide for this recipe

Recipe: Wild-Rice Casserole

Registration Opens: Tuesday, March 7 at 8:30am

When: Wednesday, March 22

Where: via Zoom

Time: 5:30pm to 6:30pm

Limit: 20 people

Curb-Side-Pick up: Tuesday, March 21 at 2pm to 4pm at
Activity Centre 1794 York Rd



Beat the Winter Blues

Tips and Strategies

Facilitated by: Betty Carr-Braint

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

Registration Opens: Wednesday, March 8

When: Wednesday, March 29

Where: Elders Lodge

Time: 6pm to 8pm

Humour Workshop

Facilitated by: Tracey Gazley

Laughter is the best medicine, so join us and don't forget to bring a good joke or two.

Registration Opens:

Wednesday, March 8 at 8:30am

When: Thursday, March 23

Where: Elders Lodge

Time: 1pm to 3pm

Leather Keychain

Facilitated by: Jennifer Brant

Leather Keychain Craft

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

When: Thursday, March 16

Where: Elders Lodge

Time: 1pm to 4pm

Limit: 15 people

Cost: \$10.00 (payment due Friday, Mar 10)

Did you laugh today?

Transportation maybe 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 613-967-0122 ext 109.**

MARCH

Meals on Wheels,

We are a program that provides a hot nutritious meal for adults 55 or older or adults 18 or older with physical challenges.

Meals are delivered to your home by our volunteer drivers on Tuesday, Wednesday, Thursday & Friday between the hours of 11:00-12:30.

Please contact Angela D. Maracle 613-967-0122 ext. 135 or cell 613-813-1055 if you require more information regarding this program.



Ham & Swiss Casserole

1 pkg (8oz) egg noodles, cooked and drained

2 cups cubed fully cooked ham

2 cups shredded swiss cheese

1 can (10 oz) cream of celery soup

1 cup of sour cream

1/2 cup each of chopped onion & green pepper

- 1. in a greased 9x13 baking dish layer half of the noodles with the ham and cheese.**
- 2. In a large bowl, combine the soup, sour cream, green pepper and onions; spread half over top, repeat layers. Bake uncovered at 350° for 40-45 min. until heated through.**





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

****This month we will be partnering with Home Support and welcoming special guest
Tracey Gazley who will be chatting to us about smudging and it's importance****

ALL WELCOME-PLEASE JOIN US
March 30th 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 March 24th, 2023

Funded by



Indigenous
Services Canada

"Let's Talk About Septic Maintenance"

You are invited to attend an Information Session with:

Ms. Lindsay MacDonald, Environmental Health
Officer, Indigenous Service Canada

Date: Thursday March 9th—10:30am

Location: Elders Lodge, Bayshore Road, TMT, ON

Time: 10:30am

"Snacks and beverages will be provided"

"Transportation can be available if requested"

Email Crystal Maracle to register at
communityhealth@mbq-tmt.org or call CWB at 613-967-3603
Deadline to register: Tuesday March 7th—4:30pm

Diabetes Education Program

Transform your health with our Dietitian



Let us create a personalized plan that addresses your unique needs and goals. Schedule a consultation today!

Who qualifies?

Those with:

- Type 2 Diabetes
- Pre-diabetes
- Looking to lose weight
- Family history of diabetes

HOW CAN A DIETITIAN HELP ?

- Personalized nutrition plan
- Weight management
- Help with sustainable lifestyle changes
- Healthy restaurant eating
- Nutrition label reading
- Group education sessions

GET IN TOUCH!

 613-967-3603 X 114

 DIABETESRD@MBQ-TMT.ORG

FUNDED BY THE ONTARIO DIABETES STRATEGY



MARCH

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|---|--|--------------------------------|
| | | | 1 Meals on Wheels | 2 Belleville Shopping Meals on Wheels | 3 Meals on Wheels | 4 |
| 5 | 6 Weights & Bands Fitness Wii Bowling | 7 Yoga & Meditation Meals on Wheels Bingo | 8 Scrapbooking Meals on Wheels | 9 Septic Info Session Meals on Wheels | 10 Cardio Fitness Meals on Wheels Singing Group | 11 |
| 12 | 13 Weights & Bands Fitness | 14 Yoga & Meditation Meals on Wheels FV Activities | 15 Meals on Wheels | 16 Meals on Wheels Leather Keychain | 17 Deseronto Run Cardio Fitness Meals on Wheels Wii Bowling | 18 Income Tax Clinic |
| 19 | 20 Weights & Bands Fitness Wii Bowling | 21 Yoga & Meditation Meals on Wheels Bingo | 22 Scrapbooking Meals on Wheels Cooking with Jodi | 23 Meals on Wheels Humor Workshop | 24 Cardio Fitness Meals on Wheels Drop In | 25 |
| 26 | 27 Weights & Bands Fitness Wii Bowling | 28 Yoga & Meditation Meals on Wheels FV Activities | 29 Meals on Wheels Beat the Winter Blues | 30 Napanee Shopping Meals on Wheels Memory Cafe | 31 Cardio Fitness Meals on Wheels FV Outing Singing Group | |