

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

APRIL 2023

Onerahtokha (Budding Time)

She:kon,

Has Spring finally sprung? We made it through the Winter months and with the nicer weather comes some different programs. Be sure to check the ads out for more information!

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 have it changed.

Nia:wen

Tyendinaga Home Support Program

613-967-0122

Mohawk Words of the Month

Sken:nen - Peace


She:kon - Hello

Oh niyohtonhatye - How are you doing


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):

***** 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.

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)?

**Wednesday May 10th at the Community Wellbeing Centre-
Social Side from 9:00am-12pm**

****Deadline to sign up is Monday May 8th**

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.
- Set up a My Service Canada Account

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

Call Patty at Home Support

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



Friendly Visiting Activities

When: April 11th and 25th

Where: Elders Lodge

Cost: \$2.00

Time: 1-3pm

Sign up starts April 4th.

Friendly Visit- Outing

When: April 28th

Where: Buffet Garden, Belleville

Cost: \$5.00 for transportation

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

Sign up April 4th.



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 April 21st**

Time: 1-3pm

No cost. No sign up required.

Intergenerational Craft



In partnership with Good Minds Program

Facilitated by: Frances McParlend

Bridging the gap between youth and elders by working together to complete a beautiful **Fuse Stain Glass** sun catcher.

Registration Open: Tuesday, April 11 at 8:30am

When: Thursday, April 27th

Time: 6pm to 8pm

Limit: 10 people



Game Day

It's All Fun And Games

When: Wednesday, Apr 5 & 19

Time: 10am to 12pm

Where: Elders Lodge

Cost: \$2.00 for each day



Walking Program

Rain or Shine Walking Program

If the weather is bad we will be doing fitness program with the Deseronto Library.

Location: Deseronto

When: Every Monday, Apr 3, 17, 24

Time: 9am to 10am

Zoom BINGO

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

Sign-Up for May Zoom Bingo

When: Wednesday, April 26 (payment is due on this date)

Time: 1pm to 4pm

Payment: Community Wellbeing Centre on Social Side

Cost: \$5.00 for the month



May Bingo Dates

Tuesday, May 2 and 16 at 1pm to 3pm on Zoom

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**

Shopping Trips for April

Kingston Shopping

When: Thursday, April 6

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up Deadline: Wednesday, April 5

Cost: \$5.00

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

Deseronto Run

When: Friday, April 14

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

Napanee Shopping

When: Thursday, April 20

Time: Pick up will start at 9am

Returning: Approximately at 1 pm

Sign-Up Deadline: Wednesday, April 19

Cost: \$5.00

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

Salve Workshop

Facilitated by: Seaira Maracle

This salve workshop will be teaching you how to make **Pain Relief Bear Salve** and incorporating some Mohawk language throughout the workshop.

Registration Opens: Tuesday, April 11 at 8:30am

When: Friday, April 28

Time: 9am to 4pm

Where: Elders Lodge

Limit: 24 people

Cost: \$10.00 (include lunch and jar salve to take home)

Afternoon at Movies

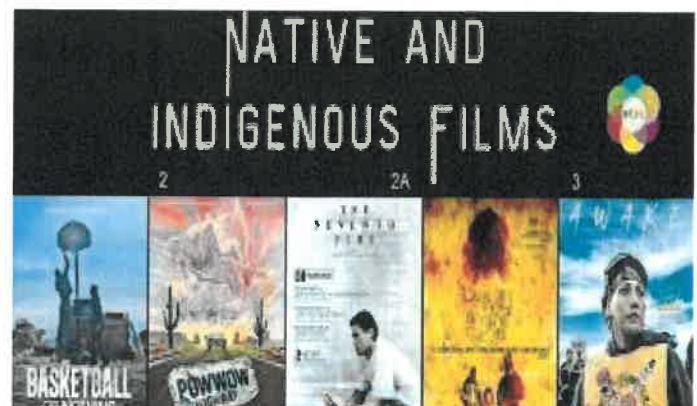
When: Monday, April 24

Time: 1pm to 3pm

Where: Elder's Lodge

Cost: \$1.00 includes little snacks

Please bring your favourite lawn chair to enjoy the movie in



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**

April

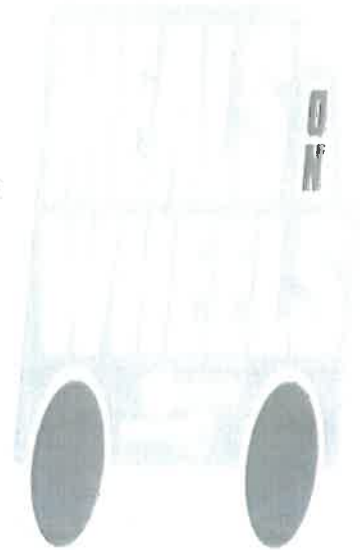


Meals on Wheels,

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.



Alzheimer Society

H A S T I N G S - P R I N C E E D W A R D

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, practice brain boost strategies and gentle movement.

ALL WELCOME-PLEASE JOIN US

April 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 April 21st, 2023***

Funded by





TYENDINAGA HOME SUPPORT HOME MAINTENANCE PROGRAM

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.

****NEW****

The program has now moved to income based qualification. Clients must meet annual income levels to qualify.

Proof of income is required both taxable and non-taxable prior to service implementation

Qualifying Income Levels:

Single \$32,240.00 or less annually

Couple \$48,360.00 or less annually

**Everyone must call to sign up, even if you received service in the past.
A new list is started every season.**

Sign Up Date begins Thursday, April 13th @ 8:30am

We have a limited number of clients we can take for the season. Once our list is full I will start a waiting list. If you have any questions or would like to sign up, please call Jessica @ 613-967-0122, ext. 126.

****NOTE****

Due to rising cost of fuel among other things, the cost for this program will now be \$5 hourly.



April



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Walking Program	4 Meals on Wheels Bingo	5 Game Day Meals on Wheels	6 Kingston Shopping Meals on Wheels	7 GOOD FRIDAY OFFICE CLOSED	8
9	10 EASTER OFFICE CLOSED	11 FV Activities Meals on Wheels	12 Meals on Wheels Scrapbooking	13 Meals on Wheels	14 Deseronto Run Meals on Wheels	15
16	17 Walking Program	18 Meals on Wheels Bingo Stain Glass Craft	19 Game Day Meals on Wheels	20 Napanee Shopping Meals on Wheels	21 Meals on Wheels Drop In	22 Income Tax Clinic
23	24 Walking Program Afternoon at the Movies	25 FV Activities Meals on Wheels	26 Meals on Wheels Scrapbooking	27 Meals on Wheels Memory Caf Income Tax Clinic	28 Meals on Wheels FV Outing Salve Workshop	29
30						