

# TYENDINAGA HOME SUPPORT NEWS



## REMEMBERING THE ELDERS

# JUNE 2023

## Ohiari:ha (Ripening Time)

She:kon,

We are entering into Summer, and we hope everyone is enjoying the beautiful weather. We have many exciting trips and programs running this month! Be sure to check the ads out!

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

- Kakwité:ne - Spring
- Akenhnhá:ke - Summer
- Kanenna'ké:ne - Fall
- Akohserá:ke - Winter

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.

Transportation may be 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 at 613-967-0122 ext 109.

# Zoom Bingo

**June Bingo dates:** Tuesday, June 6 & 20 at 1pm to 3pm

**Sign-Up for June Zoom Bingo**

**When:** Tuesday, June 27 (payment is due on this date)

**Time:** 1pm to 4pm

**Payment:** Community Wellbeing Centre on Social Side

**Cost:** \$5.00

**July Bingo Dates:**

Tuesday, July 4 & 18 at 1pm to 3pm via zoom

# Social Songs

**Facilitated by:** Mandy Smart and Crystal Loft  
Dust off your moccasins, warm up your drums and rattles as we reconnect with traditional dances and songs.

**When:** Tuesday, June 20

**Time:** 9:30am to 11am

**Where:** Elders Lodge

**Cost:** \$2.00

# Shopping Trips for June



## Deseronto Run

**When:** Friday, June 16

**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, June 22

**Time:** Pick up will start at 9am

**Returning:** Approximately at 1pm

**Sign-Up Deadline:** Tuesday, June 20

**Cost:** \$5.00

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



## Belleville Shopping

**When:** Thursday, June 1

**Time:** Pick up will start at 9am

**Returning:** Approximately at 3pm

**Cost:** \$5.00

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

# Afternoon at Movies



**Feature Movie:** Thunderheart

**When:** Thursday, June 8

**Time:** 1pm to 3pm

**Where:** Elder's Lodge

**Cost:** \$1.00 includes snacks

Please bring your favourite lawn chair to enjoy the movie in



**Rated: R**

A young mixed-blood FBI agent is assigned to work with a cynical veteran investigator on a murder on a poverty-stricken Sioux reservation.

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



# Picnic



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

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

**Registration Closes: Tuesday, June 13 at 4:30pm**

**When:** Thursday, June 15

**Time:** 10am to 3pm

**Where:** Bayshore Park

**Limit:** 20 space

**Cost:** \$10.00( fee must be paid by Tuesday, June 13)



## Prep Garden Boxes

Join us as we prep garden boxes

**When:** Friday, June 2

**Time:** 10am to 11:30am

**Where:** Elders Lodge

Home Support Program will be supplying all plants for garden boxes.

## Yard Games

**Registration Open:** Friday, June 2 at 8:30am

**When:** Monday, June 5, 12, 19, 26

**Time:** 10am to 12pm

**Where:** Elders Lodge Court Yard

**Cost:** \$2.00 each day

**Limit :** 20 people



## Strawberry Picking & Teaching



**Registration Opens:** Tuesday, June 6 at 8:30am

**Traditional Teaching by:** Tracey Gazley

**When:** Wednesday, June 14

**Departing Community Wellbeing Centre at 9:30am**

**Returning back to Community Wellbeing Centre at 12:30 pm**

**Where:** TBA

**Limit:** 12 people

**Cost:** \$5.00

# Friendly Visiting Activities

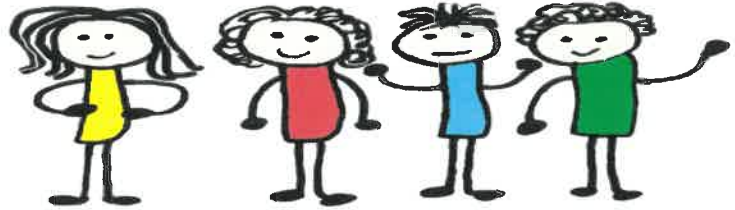
**When:** June 27<sup>th</sup>

**Where:** Elders Lodge Common room

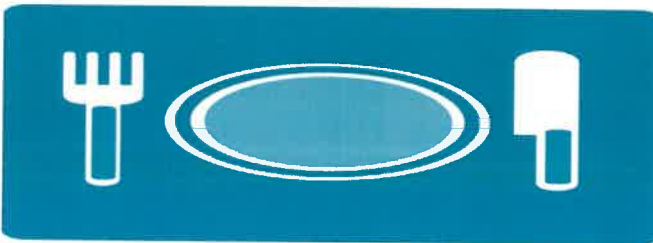
**Cost:** \$2.00

**Time:** 1-3pm

**Sign up starts** June 5<sup>th</sup> at 8:30am



# Friendly Visiting Outing



**When:** June 23<sup>rd</sup>

**Where:** Waterfront River Pub and Terrace  
Napanee

**Time:** pick up starts at 12

**Cost:** \$5.00 and lunch at your expense

# Drop in for coffee/tea and a visit

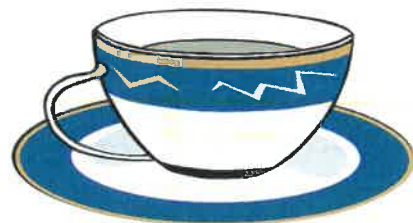
Bring a craft to work on or just stop by for a chat (limited puzzle books, and activities may be available.)

**\*\*Internet and iPads also available for use\*\***

**Location:** Elders Lodge common Room June 16<sup>th</sup>

**Time:** 1-3pm

**No cost. No sign up required.**



**Please contact Patty Sager if you are interested in the Friendly Visiting programs- sign up starts on June 5<sup>th</sup> at 8:30am.**

**613-967-0122 ext. 141/ 613-813-1667 or email [pattys@mbq-tmt.org](mailto:pattys@mbq-tmt.org)**

# Meals on Wheels

The Meals on Wheels program 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 dedicated volunteer drivers on Tuesday, Wednesday, Thursday & Friday between the hours of 11:15-12:45

This program has now moved to income based qualifications. New 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.

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



## CATALINA CRANBERRY CHICKEN

- 3 LBS**      **bone in skinless chicken breast or thighs**
- 1 CAN**      **whole berry cranberry sauce**
- 1/2 CUP**    **Catalina dressing**
- 1 PKT**      **onion soup mix**



Heat oven to 350°, place chicken in a 9X13 baking dish , mix remaining ingredients; pour over chicken, bake 50 min. until chicken is done (170°).



## **Ken'niyohontehsa Festival**

ONKHA: AKWE:KON THOTIYENS

Katke: Tuesday June 13<sup>th</sup>

KA'NONWE: 275 Farley Avenue (Eastside SS)

**No Cost**

11-2:30pm Lunch included

Dancing | Food | Social | Local Vendors

*\*\*Notorious Cree performing\*\**

**Pick up starts at 10am**

Sign up starts June 5<sup>th</sup> at 8:30 am

Limited spots available

Please call/text/email Patty

613-813-1667/613-967-0122, ext. 141

[pattys@mbq-tmt.org](mailto:pattys@mbq-tmt.org)





# 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, practice brain boost strategies and gentle movement.

**ALL WELCOME-PLEASE JOIN US**

**When: June 29th, 2023**

**Where: Elders Lodge**

**Time: 1:00-3:00pm**

To register contact: Hannah Hill 613-967-3603, ext. #166 or

email [chrcwb@mbq-tmt.org](mailto:chrcwb@mbq-tmt.org)

*Runs the last Thursday of every month*

Register by June 23rd, 2023

Funded by



Indigenous  
Services Canada

### Mohawk Letter Sounds

a - makes the sound like "aw" as in jaw

i - makes the sound like "ee" as in meek

k - makes the sound like "g" as in gone

kh - makes the sound "c" as in cookie

s - makes the sound "z" as in buzz

sh - makes the sound like "s" as in snake

t - makes the sound like "d" as in drink

th - makes the sound like "t" as in talk

(Resources above obtained from Tahatikonhsotóntie Head Start Program)



# AIAI'S 24TH ANNUAL ELDER'S GATHERING

*Shekoli Aanii Sheikon  
Kwiinganeewul*



## WHEN

August 22 - 24, 2023



## WHERE

### Batchewana First Nation

Quattro Hotel & Conference Centre, 229 Great Northern Road, Sault Ste Marie, ON P6B 4Z2



## DETAILS

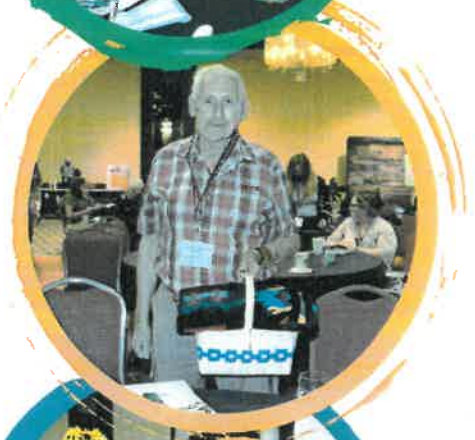
Youth (ages 18-25) are also invited to attend

**Registration Deadline: Friday, June 23, 2023**

(Registrants must be from an AIAI member Nation)

**DRESS UP THEME: TBD**

Judging will take place August 23rd at 3:30 P.M.



**TO REGISTER  
PLEASE CONTACT**

**Registration Deadline: Friday, June 23 at 4:30pm**  
If you would like to attend Elders Gathering  
virtually or in person please contact  
**Cindy Loft at 613-967-0122 ext 109.**



# Support of ParticipACTION Challenge



**Join Us**

## **WALKATHON IN SUPPORT OF THE COMMUNITY CHALLENGE**

**LOCATION: QUINTE MOHAWK SCHOOL TRACK**

**DATE: TUESDAY JUNE 27, 2023**

**TIME: 5:00pm - 7:00pm**

**EVERYONE WELCOME TO PARTICIPATE  
PLEASE ENTER AND PARK AT QUINTE MOHAWK SCHOOL**

**WELCOME TABLE WILL BE LOCATED AT THE FRONT OF THE SCHOOL**

**JOIN US FOR OUTDOOR ACTIVITIES AND A CHANCE TO WIN PRIZES!  
CHALLENGES: Shooting Basket Ball, Ladder Challenge,  
Dancing, Lacrosse, Lawn Games etc!!  
or Walk the Track**

***Come have fun while supporting Community ParticipACTION!***

**Healthy Snacks and Water will be provided**



***For Transportation please call Cindy Loft @ 613-967-0122 ext. 109***

***Community Health & The Indigenous Interprofessional Primary Care Team  
Challenge you***

# JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Belleville Shopping Meals on Wheels	2 Garden Box Planting Meals on Wheels	3
4	5 Yard Games Mohawk Language Class	6 Meals on Wheels Bingo	7 Meals on Wheels	8 Meals on Wheels Afternoon at the Movies	9 Meals on Wheels	10
11	12 Yard Games Mohawk Language Class	13 Ken'niyohontehsa Festival Meals on Wheels	14 Strawberry Picking Meals on Wheels Scrapbooking	15 Picnic in the Park Meals on Wheels	16 Deseronto Run Meals on Wheels Drop In	17
18	19 Yard Games Mohawk Language Class	20 Social Songs/ Dance Meals on Wheels Bingo	21 ABORIGINAL DAY OFFICE CLOSED	22 Napanee Shopping Meals on Wheels	23 Meals on Wheels TV Outing	24
25	26 Yard Games Mohawk Language Class	27 ParticipACTION Challenge Meals on Wheels TV Activities	28 Meals on Wheels Scrapbooking	29 Meals on Wheels Memory Cafe	30 Meals on Wheels	