

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

MAY 2023

Onerahtohko:wa - Time of Big Leaf

She:kon,

Happy Spring! The trees are budding and flowers are sprouting. With Spring comes lots of great programs and activities. Be sure to check the ads inside for more information!

In an effort to reduce paper waste we are offering the monthly newsletter via email. If you are currently receiving via mail and would like to switch to email, please contact Jessica with your email address.

Nia:wen

Tyendinaga Home Support Program

613-967-0122

Mohawk Words of the Month

É:rhar owí:ra - Puppy

É:rhar - Dog

Takó:s owí:ra - Kitten

Takó:s - Cat

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.

MOW

May 2023



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.

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 613-967-0122 ext 109**

Walking Program

Rain or Shine Walking Program

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

Location: Deseronto

Cost: \$1.00

When: Every Monday, May 1, 8, 15 & 29

Time: 9:30am to 10:30am



Game Day

It's All Fun And Games

When: Wednesday, May 3, 17 & 31

Time: 10am to 12pm

Where: Elders Lodge

Cost: \$2.00 for each day

Memory Lane Bus Tour



Facilitated by: Steven Lindsay– Maracle and Trish Rae

Join us for a tour of our community as we drive down memory lane sharing stories along the way.

Registration Opens: Tuesday, May 2 at 8:30am

When: Wednesday, May 10

Time: 9:30am to 11:00am for Tour and heading to Sentimental Journey for lunch at your own expense.

Shopping Trips for April

Belleville Shopping

When: Thursday, May 4

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up Deadline: Wednesday, May 3

Cost: \$5.00

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

Deseronto Run

When: Friday, May 19

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, May 25

Time: Pick up will start at 9am

Returning: Approximately at 1pm

Sign-Up Deadline: Wednesday, May 24

Cost: \$5.00

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

Afternoon at Movies

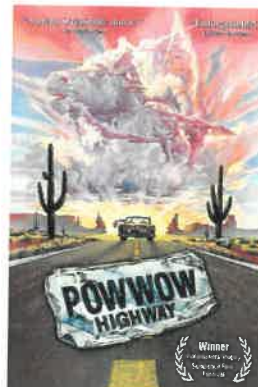
When: Thursday, May 18

Time: 1pm to 3pm

Where: Elder's Lodge

Cost: \$1.00 includes snacks

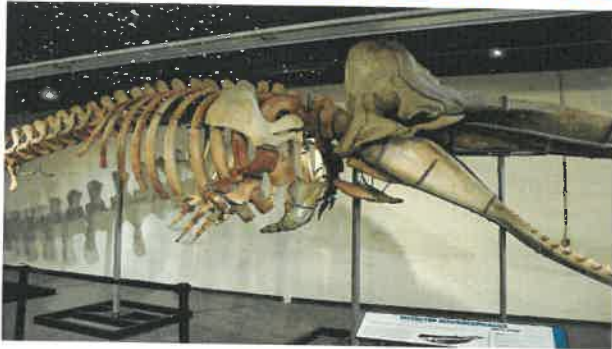
Please bring your favourite lawn chair to enjoy the movie in



PowWow Highway– Rated R

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 613-967-0122 ext 109**

Great Whale Exhibit



Registration Open: Thursday, May 18 at 8:30am

When: Wednesday, May 24

Leaving at: at 10am exhibition time is for 11:00am

Cost: \$10.00 (admission and transportation)

Limit: 15 people

We will be stopping for lunch at The Smokin' 116 Bistro & Bar, this will be at your own expense.

Zoom Bingo

May Bingo dates: Tuesday, May 2 & 16 at 1pm to 3pm on Zoom
Sign-Up for June Zoom Bingo and Card Exchange

When: Wednesday, May 31 (payment is due on this date)

Time: 1pm to 4pm

Payment: Community Wellbeing Centre on Social Side

Cost: \$5.00

June Bingo Dates:

Tuesday, June 6 & 20 at 1pm to 3pm via zoom

Gratitude Fast

Facilitated by: Betty Carr-Braint

Gratitude is pausing to notice and appreciate the things that we often take for granted, so join us while we take that time.

Registration Open: Tuesday, May 2 at 8:30am

When: Friday, May 12

Time: 10am to 1pm

Where: Bayshore Park

Social Songs/Dances



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, May 16

Time: 9:30am to 11am

Where: Elders Lodge

Cost: \$2.00



Kanyen'kéha Language

Facilitated by: Gabrielle Doreen & Erica Gray

When: Monday, May 1, 8, 15 and 29

Monday, June 5, 12, 19 and 26

Where: Elders Lodge

Time: 2pm to 3:30pm

Limit: 12 people

Beginners program in a relax setting and crafts

If you would like to attend this program please contact

She:kon

Cindy Loft at 613-967-0122

Kwe



Friendly Visiting Activities

Friendship Dinner

When: May 9th and 23rd

Where: Elders Lodge

Cost: \$2.00

FUN DAY

Time: 1-3pm

Sign up starts May 8th at 8:30am

When: May 26th



Where: St. Louis Bar and Grill Belleville

Cost: \$5.00 for transportation

****Lunch at your expense**** p/u starts at 12

Sign up starts May 8th at 8:30am

Please contact Patty Sager if you are interested in the Friendly Visiting programs on the sign-up date.
613-967-0122 ext. 141 / 613-813-1667 / pattys@mbq-tmt.org Spring time- Kakwite':ne nikaha':wi

Drop in for coffee/tea and a visit

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

****internet and iPads also available for use****

Location: Elders Lodge common room May 19th

Time: 1-3pm No cost. No sign up required.

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.



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.

COMMUNITY WELLBEING PROGRAM INFORMATION FAIR

2023

Saturday May 6th

10am - 2pm

TYENDINAGA COMMUNITY
CENTRE - 1807 YORK ROAD

FREE ENTRY

*Perfect opportunity to join our Community Wellbeing Team
for information and resources regarding programming.*

Light refreshments and prizes to be won!

Transportation may be available for those without transportation to utilize this event. If you would like to attend, Contact Cindy Loft 613-967-0122 ext. 109

INFORMATION

ADVICE

RESOURCES

www.mbq-tmt.org



HELLO May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Walking Program Mohawk Language Class	2 Meals on Wheels Bingo	3 Game Day Meals on Wheels	4 Belleville Shopping Meals on Wheels	5 Meals on Wheels	6 CWC Info Fair
7	8 Walking Program Mohawk Language Class	9 Meals on Wheels FU Activities	10 Scrapbooking Memory Lane Tour Meals on Wheels Service Canada	11 Meals on Wheels	12 Gratitude Fast Meals on Wheels	13
14	15 Walking Program Mohawk Language Class	16 Social Songs & Dance Meals on Wheels Bingo	17 Game Day Meals on Wheels	18 Meals on Wheels Afternoon at the Movies	19 Deseronto Run Meals on Wheels Drop In	20
21	22 Victoria Day OFFICE CLOSED	23 Meals on Wheels FU Activities	24 Scrapbooking Meals on Wheels Whale Exhibit	25 Napanee Shopping Meals on Wheels	26 Meals on Wheels FU Outing	27
28	29 Walking Program Mohawk Language Class	30 Meals on Wheels	31 Game Day Meals on Wheels Bingo Card Exchange			