

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

JULY 2023

Ohiarihko:wa (Time of Much Ripening)

She:kon,

Happy Summer, we hope everyone is enjoying the beautiful weather. We have many great programs running this month! Be sure to check the ads out inside!

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

Raónraon - Hummingbird

Tsiskontáro'ks - Woodpecker

Roko'tsiá:here - Cardinal

Terí:teri - Blue Jay

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.

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.

Bean Salad

- 1 14.5 oz can garbanzo beans
- 1 14.5 oz can kidney beans
- 1 14.5 oz can black beans
- 1 14.5 oz can green beans
- 1 14.5 oz can yellow waxed beans
- 1/2 cup each of chopped green pepper, onion, celery
- 3/4 cup sugar
- 1/2 cup salad dressing (miracle whip)
- 1/2 cup vinegar
- S&P to taste

Drain and rinse all beans mix together with green pepper, onion, celery; combine dressing ingredients whip and toss on bean mixture. Refrigerate for 8 hrs or overnight. Enjoy!



Friendly Visiting Outing!

When/Ka'tke: Tuesday July 11th. Pick up starts at 12:00

Where: The Den Restaurant

Registration begins: July 3rd at 8:30am

Lunch is at your own expense

Priority for transportation will be for those in need. \$5 for transportation

Call/text/email Patty at 613-813-1667 ext. 141, or 613-813-1667

Friendly Visiting Drop in for July

When/Kat'tke: July 28th 1-3pm

Where: Elders Lodge Common Room

No sign up required.

Drop in for some snacks and conversation. Ipads available for use.



Strength Training

Facilitated by: Fitness Resource Centre

Join us as we learn to build confidence as we enjoying using weights and building strength. A Par-Q questionnaire form will need to be filled out before you use the fitness equipment.

Registration Opens: Friday, July 7

Registration Closes: Thursday, Aug 10

When: Monday, Aug 14– tour of gym and equipment

Monday, Aug 21 & 28– try out fitness equipment

Where: Tyendinaga Fitness Resource Centre

Time: 10am to 11am



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** at **613-613-0122** ext **109**.

Social Songs/Dances



Facilitated by: Mandy Smart and Crystal Loft
Reconnect with traditional dances and songs.

When: Tuesday, July 18

Time: 9:30am to 11am

Where: Elders Lodge

Cost: \$2.00



Shopping Trips for July

Belleville Shopping

When: Thursday, July 6

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up-Deadline: Wednesday before trip

Cost: \$5.00

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



Deseronto Run

When: Friday, July 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, July 20

Time: Pick up will start at 9am

Returning: Approximately at 1pm

Sign-Up Deadline: Wednesday before trip

Cost: \$5.00

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

Afternoon at Movies

Feature Movie: Whale Rider

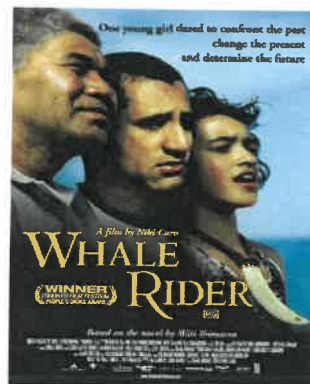
Rated: PG

When: Friday, July 14

Time: 1pm to 3pm

Cost: \$1.00 includes snacks

Please bring your favourite lawn chair.



Only males are allowed to ascend to chieftdom in a Maori tribe in New Zealand. This ancient custom is upset when the child selected to be the next chief dies at birth. However his twin sister, Pai (Keisha Castle-Hughes), survives. At age 12, she enlists the help of her grandmother (Vicky Haughton) and the training of her uncle (Grant Roa) to claim her birthright. But to break with convention, she'll have to do the impossible: win over her ultra-traditional grandfather (Rawiri Paratene).

Transportation maybe available to those without transportation to utilize these services.

If you would like to attend any of the events on this page, please contact

Cindy Loft at 613-967-0122 ext 109.

Weeding Garden Boxes

Join us as we weed garden boxes.

When: Friday, July 7

Time: 10am to 11:30am

Where: Elders Lodge



Zoom Bingo

July Bingo Dates: Tuesday, July 4, 18

Sign-Up for Aug Zoom Bingo

When: Tuesday, July 18

(payment is due on this date)

Time: 1pm to 4pm

Payment: Community Wellbeing Centre
on Social side

Cost: \$5.00

August Bingo Dates:

Tuesday, Aug 1 & 29 at 1pm to 3pm via Zoom

Christmas In July Picnic

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

Registration Opens: Monday, July 3 at 8:30am

Registration Closes: Wednesday, July 5 at 4:30pm

When: Thursday, July 13

Time: 10am to 3pm

Where: Bayshore Park (Pow Wow grounds)

Limit: 20 space

Cost: \$10.00 (this includes lunch and fee must be paid by Wednesday, July 5)

Intergenerational Fun & Games

Join us for a fun morning reconnecting with our youth
by playing yard games or doing crafts.

Registration Opens: Monday, July 3 at 8:30am

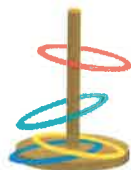
When: Every Wednesday for July 5, 12, 19

Time: 10am to 12pm

Where: 1644 York Rd



istockphoto.com - 2074072268





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.**

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.



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: July 27th, 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
Runs the last Thursday of every month
Register by July 21st, 2023

Funded by



Indigenous
Services Canada

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	5			6				
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5		9	6		3			8
	2		7		1	5		9

SUDOKU PUZZLE

Each sudoku is comprised of 81 numbers.

There are nine horizontal and 9 vertical lines, and there are 9 smaller blocks included in each puzzle outlined by a darker line.

Rules: each of the 9 horizontal and vertical lines and 9 blocks include numbers 1-9, without any numbers being duplicated within the given item.

The challenge is to figure out where the numbers 1-9 should appear in the puzzle, without violating the rules outlined above.

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Mohawk Language Classes	4 Meals on Wheels Bingo	5 Intergen Fun & Games Meals on	6 Belleville Shopping Meals on Wheels	7 Garden Boxes Meals on Wheels	8
9	10 Mohawk Language Classes	11 Meals on Wheels FV Outing	12 Intergen Fun & Games Meals on Wheels Scrapbooking	13 Christmas Picnic Meals on Wheels	14 Deseronio Run Meals on Wheels Afternoon at Movies	15
16	17 Mohawk Language Classes	18 Social Song & Dance Meals on Wheels Bingo	19 Intergen Fun & Games Meals on Wheels	20 Napanee Shopping Meals on Wheels	21 Meals on Wheels	22
23	24 Mohawk Language Classes	25 Meals on Wheels	26 Meals on Wheels Scrapbooking	27 Meals on Wheels Memory Cafe	28 Meals on Wheels FV Drop In	29
30	31 Mohawk Language Classes					