

# TYENDINAGA HOME SUPPORT NEWS



## REMEMBERING THE ELDERS

# AUGUST 2023

## Seskeha (Time of Freshness)

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

Okwáho - Wolf

A'nó:wara - Turtle

Ohkwá:ri - Bear

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.



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5 6 7 8  
9 0 \* #

Would you enjoy a phone call/video chat, visit or text from a volunteer or a staff member?

Are you feeling lonely?

*We would love to speak to you!*

## Highlights of the Friendly Visiting Program

- Opportunity for meaningful connections with others
- Visits double as a safety check, providing peace of mind
- Helps combat the negative effects of social isolation

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

### **FV Outing- Lunch**

When: Tuesday August 15<sup>th</sup>

Pick up starts at 12 pm

Where: Tammy's Napanee

Cost: \$5.00 Lunch at your expense

### **FV Drop-In**

When: Friday August 25<sup>th</sup>

Where: Elders Lodge

Time: 1-3pm

No cost. No sign up required.

\*iPads and limited activities

Transportation is available for the FV outing. Registration begins August 3<sup>rd</sup>. Please call/text/email Patty at 613-813-1667, or 613-967-0122 ext. 141, [pattys@mbq-tmt.org](mailto:pattys@mbq-tmt.org)

FV- Drop-Ins in a relaxed environment to stop in for a coffee or tea, and some conversation. Come out and use the iPads, work on some of the activities available or just visit.



# 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 re-

## Frozen meals

**The Home Support also offer Frozen meal options that are prepared by Apetito and are ordered on a 3 month basis.**

**If I have enough interested clients I can order at any time.**

**There are several option to choose from, chicken, beef, pork, vegetarian, vegan, gluten free, low fat and low sodium. Please call Angela D Maracle 613-813-1055 for pricing.**



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.**

# Shopping Trips for August

## Napanee Shopping

**When:** Thursday, Aug 31

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

**Returning:** Approximately at 1pm

**Sign-Up Deadline:** Tuesday, Aug 29

**Cost:** \$5.00

**Limit:** 12 people and 3 Wheelchairs

Will be stopping at No Frills or Metro for groceries and Country Tradition.

## Deseronto Run

**When:** Friday, Aug 18

**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 and grocery store.

## Belleville Shopping

**When:** Thursday, Aug 3

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

**Returning:** Approximately at 3pm

**Sign-Up Deadline:** Tuesday, Aug 1

**Cost:** \$5.00

**Limit:** 12 people and 3 wheelchairs

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

## Weeding Garden Boxes

Join us as we weed garden boxes and harvest veggies

**When:** Friday, Aug 11

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

**Where:** Elders Lodge

Home Support Program has supplied all plants for garden boxes.



## Zoom Bingo

**Aug Bingo Dates:** Tuesday, Aug 1 & 29

Sign-Up for Aug Zoom Bingo

**When:** Monday, July 31

**(payment is due on this date)**

**Time:** 1pm to 4pm

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

**Cost:** \$5.00

**Sept Bingo Dates:**

Tuesday, Sept 5 & 19 at 1pm to 3pm via Zoom

## Western Picnic

This shindig is going a start stampede.

So be ready to round up the herd.

**Registration Opens:** Tuesday, Aug 8 at 8:30am

**Registration Closes:** Friday, Aug 11 at 4:30pm

**When:** Thursday, Aug 17

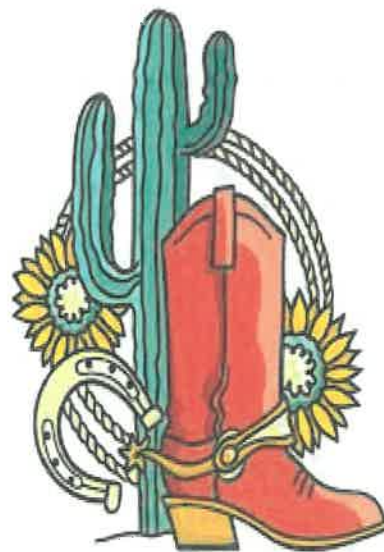
**Time:** 10am to 3pm

**Where:** Bayshore Park

**Limit:** 20 space

**Cost:** \$10.00 this includes lunch and games

**Fee must be paid by Friday, Aug 11**



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.**

# Afternoon at the Movies

**Feature Movie:** Once Were Warriors

**Rated:** R

**When:** Friday, Aug 18

**Time:** 1pm to 3pm

**Cost:** \$1.00 includes snacks

Please bring your favourite lawn chair.



**Storyline:** Set in urban Auckland (New Zealand) this movie tells the story of the Heke family. Jake Heke is a violent man who beats his wife frequently when drunk, and yet obviously loves both her and his family. The movie follows a period of several weeks in the family's life showing Jake's frequent outburst of violence and the effect that this has on his family. The youngest son is in trouble with the police and may be put into a foster home while the elder son is about to join a street gang. Jake's daughter has her own serious problems which are a key element in the plot.

## Strength Training

**Facilitated by:** Fitness Resource Centre

A Par-Q questionnaire form will need to be filled out before you use the fitness equipment.

**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

**Cost:** Free

## Social Songs/Dances

**Facilitated by:** Mandy Smart and Crystal Loft

Reconnect with traditional dances and songs.

**When:** Tuesday, Aug 15

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

**Where:** Elders Lodge

**Cost:** \$2.00

# Kamp Kiki Animal Sanctuary

Kamp Kiki Animal Sanctuary is where wayward, lost and wanted critters can find a place to stay safe and be cared for.

**Registration Opens:** Friday, Aug 18 at 8:30am

**When:** Wednesday, Aug 30

**Leaving CWC at:** 9am

**Returning at:** 2pm

**Limit:** 15 people

**Cost:** \$5.00 ( transportation fee)

Animal Sanctuary is gladly excepting donations.

Will be eating at The Den for lunch at your own expense.



# Flight

## Flight Festival of Contemporary Dance

Flight is dance in its natural habitat, between earth and sky.

8 different world-class dancers with diverse dance styles from across Turtle Island, prioritizing Indigenous artists and artists of the global majority.

Seated outdoor performance on stage at The Eddie.

**Registration Opens:** Tuesday, Aug 1 at 8:30am

**Registration Closes:** Tuesday, Aug 8 at 4:30pm

**When:** Wednesday, Aug 16

**Location:** The Eddie (15786 Loyalist Parkway, prince Edward County)

**Event Time:** 7:00pm to 8:15pm

**Leaving at:** 6:00pm from Community Wellbeing Centre

**Cost:** Free

If you would like to attend this event, please contact Cindy Loft at 613-967-0122 ext109.



## 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

We have a limited number of clients we can take for the season. 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.

# Summer Word Search

S	W	I	M	M	I	N	G	C	F	S	U	X	E	Y
C	K	Q	S	X	Y	E	L	C	I	S	P	O	P	N
D	S	L	E	E	P	O	V	E	R	N	Q	I	W	X
T	Y	T	C	L	V	N	L	A	E	Q	C	Q	P	T
R	A	L	W	O	W	L	E	O	W	P	V	I	S	E
S	E	E	L	I	O	K	T	E	O	P	J	V	P	S
Q	P	M	H	E	C	K	P	Q	R	P	P	U	U	U
S	A	O	M	C	N	H	O	J	K	C	T	K	H	N
Z	Y	N	L	U	A	U	G	U	S	T	S	J	U	G
D	N	A	S	F	S	E	J	L	T	L	N	N	L	L
B	L	D	L	Z	P	G	B	Y	Z	H	N	G	U	A
N	R	E	X	P	I	I	B	Z	G	N	W	L	M	S
H	Z	G	N	I	X	A	L	E	R	D	P	E	B	S
N	O	I	T	A	C	A	V	F	G	G	Z	A	R	E
Q	E	P	Y	Y	N	R	E	L	K	N	I	R	P	S

AUGUST

BEACH

COOKOUT

FIREWORKS

FLIPFLOPS

HEAT

JULY

JUNE

LEMONADE

PICNIC

PLAY

POOL

POPSICLE

RELAXING

SAND

SLEEPOVER

SPRINKLER

SUMMER

SUNGLASSES

SUNSCREEN

SWIMMING

VACATION



# AUGUST



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>Meals on Wheels</b> <b>BINGO</b>	2 <b>Intergen Fun &amp; Games</b> <b>Meals on Wheels</b>	3 <b>Belleville Shopping</b> <b>Meals on Wheels</b>	4 <b>Meals on Wheels</b>	5
6	7 <b>OFFICE CLOSED</b>	8 <b>Meals on Wheels</b>	9 <b>Intergen Fun &amp; Games</b> <b>Meals on Wheels</b> <b>Scrapbooking</b>	10 <b>Meals on Wheels</b> <b>Mohawk Language Class</b>	11 <b>Garden Club</b> <b>Meals on Wheels</b>	12
13	14 <b>Fitness @ TFRC</b> <b>Mohawk Language Class</b>	15 <b>Social Song &amp; Dance</b> <b>Meals on Wheels</b> <b>FV Outing</b>	16 <b>Intergen Fun &amp; Games</b> <b>Meals on Wheels</b> <b>Flight Festival of Dance</b>	17 <b>Western Picnic</b> <b>Meals on Wheels</b>	18 <b>Deseronto Run</b> <b>Meals on Wheels</b> <b>Afternoon at Movies</b>	19
20	21 <b>Fitness @ TFRC</b> <b>Mohawk Language Class</b>	22 <b>Meals on Wheels</b>	23 <b>Meals on Wheels</b> <b>Scrapbooking</b>	24 <b>Meals on Wheels</b>	25 <b>Meals on Wheels</b> <b>FV Drop In</b>	26
27	28 <b>Fitness @ TFRC</b> <b>Mohawk Language Class</b>	29 <b>Meals on Wheels</b> <b>BINGO</b>	30 <b>Animal Sanctuary</b> <b>Meals on Wheels</b>	31 <b>Napanee Shopping</b>		