

# TYENDINAGA HOME SUPPORT NEWS



## REMEMBERING THE ELDERS

# OCTOBER 2023

## Seskehko:wa (Time of Much Freshness)

She:kon,

**Monday, October 9th/Thanksgiving - Office Closed**

Welcome Fall! Time to enjoy the crisp air and colourful leaves as Mother Nature prepares for Winter. We have some new programs starting up. 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

Onon'onsera' kó:wa - Pumpkin

Skawiro:wane - Turkey

Kahwá:tsire - Family

Kanenna'ké:ne - Fall

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.



## FV Outing- Lunch

**When:** Friday October 13<sup>th</sup>

**Pick up starts at 12pm**

**Where:** Chinese Food- Buffet Garden

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

**Registration begins October 2<sup>nd</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)



### Friendly Visiting

**When:** Tuesday Oct. 10<sup>th</sup> and 24<sup>th</sup>

**Time:** 1-3pm

**Where:** Elders Lodge Common Room

**Cost:** \$2.00

**Halloween Party October 24<sup>th</sup>**

**Dress up! Games! Prizes!**

Call Patty to sign up starting,  
October 2<sup>nd</sup>. 613-813-1667



### **Friendly Visit Drop-In: the Elder's Lodge Common Room**

**When:** Friday October 27<sup>th</sup>

iPads, and limited crafts/diamond art

**Time:** 1-3pm

New\* wood burning kits available for use

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

**Rainbow: io':hnhote**

*\*This is a relaxed environment to stop in for coffee or tea, and some conversation\**

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)?*

**Friday October 20<sup>th</sup> at the Community Wellbeing Centre- Social Side from 9:00am-12pm**

**\*\*Deadline to sign up is October 17th**

**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.

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

**Call Patty at Home Support at 613-967-0122 ext. 141 or 613-813-1667 to sign up.**



## Indigenous WHOLISTIC HEALTH FAIR

Get Free Information from local Service Providers!

*Service Providers are representing services within the four elements of health: Physical, Emotional, Cultural, and Mental.*

**Saturday October 14 from 9am - 2pm**

**Community Centre 1807 York Road, Tyendinaga**

**Refreshments & Door Prizes!**

For further information or questions, please contact: Sarah Kring,  
Community Development Worker  
sarah.kring@iipct.com | 613-813-4236



Hosted in partnership with: Tsi Kanonhkwatsheriyo IIPCT, MBQ Community Health, MBQ Diabetes Education Program

# 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 11:30-1:00

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.



## Pickleball



Are you interested in learning a new recreational activity?  
You will only need a pair of inside running shoes and a bottle of water.

**Registration Opens:** Friday, Oct 27 at 8:30am

**When:** TBD

**When:** Wednesday, Nov 1, 15 and Wednesday, Dec 6 & 13

**Cost:** \$2.00 for each session

**Limit:** 16 people

**Where:** Quinte Mohawk School

**Time:** 4:30pm to 6pm

**Tyendingaga Home Support is in partnership with C.A.R.A.**

For seniors 55+ and physically disabled adults 18+ residing on the Tyendingaga Mohawk Territory.

If you would like to attend please,  
contact **Cindy Loft at 613-967-0122 ext 109.**



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

# Fitness Program For October

A Par-Q questionnaire form will need to be filled out before you are able to attend program.

## Strength Training

**Facilitated by:** Fitness Resource Centre

**Registration Opens:** Tuesday, Oct 10

**Registration Closes:** Friday, Oct 27

**When:** Monday, Nov 6, 13, 20, 27 to

Monday, Dec 4, 11, 18

**Where:** Tyendinaga Fitness Resource Centre

**Time:** 10am to 11am

**Limit:** 8 people



## Yoga & Meditation

**Facilitated by:** Linda Dudas

**When:** Monday, Oct 16, 23, 30

**Time:** 10am to 11am

**Where:** via Zoom



## Circuit Fitness In-Person or Zoom

**Facilitated by:** Fitness Resource Centre

**In-person limit:** 8 people

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

**Where:** Tyendinaga Fitness Resource Centre

**(In-person only for 8 people) or on ZOOM**

**When:** Tuesday, Oct 3, 10, 17, 24, 31

## Walking

**Weathering Pending**

**When:** Friday Oct 6, 20, 27

**Where:** Napanee Water Front Trail

**Leaving CWC at:** 10am

**Returning at:** 12pm

# Afternoon at the Movies

**Feature Movie:** Green Book

**Rating:** Pg 13

**When:** Thursday, Oct 12

**Time:** 1pm to 3pm

**Cost:** \$2.00

Please bring favorite lawn chair.



A working-class Italian-American bouncer becomes the driver for an African-American classical pianist on a tour of venues through the 1960s American South.

# Blood Pressure Clinic

**Hosted by:** Tyendinaga Community Health

**When:** Monday, Oct 16

**Where:** Elders Lodge

**Time:** 1:30pm to 2:30pm



# Zoom Bingo

**October Bingo Dates:** Tuesday the 3rd & 17th

**Sign-Up-for Nov Zoom Bingo**

**When:** Tuesday, Oct 31 (Payment is due on this date)

**Time:** 1pm to 3pm

**Payment can be made at :** Community Wellbeing Centre

**Cost:** \$5.00

**Nov Bingo Dates:**

**Tuesday the 7th & 21 at 1pm to 3pm via zoom**

# Intergenerational Craft Night

**Facilitated by:** Marlene Murphy

**Registration Opens:** Tuesday, Oct 10th at 8:30pm

**When:** Tuesday, Oct 24

**Time:** 6pm to 8pm

**Location:** Elders Lodge

**Limit:** 10 people

**Cost:** \$10.00

**(payment must be paid by Tuesday, Oct 17th)**



Tyendinaga Home Support Program is in partnership with the Good Minds Program

## Day Trip

**Registration Open:** Friday, Oct 13 at 8:30am

**When:** Thursday, Oct 19

**Leaving CWC at: 9:30am**

**Returning at:** 2pm

**Limit:** 15 people

**Cost:** \$5.00

**Where:** Tour of Deadnersville and Campbell's Orchard.

We will be eating lunch at Wimpy's Diner at your own expense.

## Harvest Garden Boxes

Join us as we start to harvest and clean up garden boxes for the fall.

**When:** Friday, Oct 6

**Time:** 1:30pm to 2:30pm

**Where:** Elders Lodge

# Shopping Trips for October

### Napanee Shopping

**When:** Thursday, Oct 26

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

**Returning:** Approximately at 1pm

**Sign-Up Deadline:** Tuesday, Oct 24

**Cost:** \$5.00

**Limit:** 12 people and 3 Wheelchairs

Will be stopping at No Frills or Metro for groceries, Joyce's Meat and Country Traditions.

### Deseronto Run

**When:** Friday, Oct 13

**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, Oct 5

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

**Returning:** Approximately at 3pm

**Sign-Up Deadline:** Tuesday, Oct 3

**Cost:** \$5.00

**Limit:** 12 people and 3 wheelchairs

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

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.**



# 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: October 26th, 2023

Where: Elders Lodge

Time: 1:00-3:00pm

\*\*LIMITED SPACES this month\*\*

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 October 20th, 2023

Funded by



Indigenous  
Services Canada

COMMUNITY HEALTH PRESENTS:



## BREAST CANCER



AWARENESS INFORMATION NIGHT

WITH DR. HUGH LANGLEY

Thursday October 12, 2023

6:00-7:00pm

Mohawk Fire Hall

To register or questions please contact  
Suzanne Maracle-Dye  
[chn@mbq-tmt.org](mailto:chn@mbq-tmt.org)





# FLU SHOT COMING THIS FALL



As Indigenous people, we need to keep our circle protected and strong!

It is up to **EACH AND EVERY ONE OF US** to make sure our loved ones are protected from the dangers of the flu.

## **Who Should get the Flu Shot?**

- People 55+
- People with chronic medical conditions such as diabetes, asthma, heart disease etc.
- Everyone 6 months and older
- Pregnant women or trying women

The influenza season generally occurs during the fall, winter and early spring. On average, it starts in November/December, and lasts until February/March.

Clinic Dates Expected Mid October  
(613)-967-3603







**COME JOIN US!**

**WEDNESDAY NOVEMBER 8, 2023**

**WILD GAME  
DINNER**

**MOHAWK COMMUNITY CENTRE  
1807 YORK ROAD, TMT, ON**

**DOORS OPEN FOR DINNER AT 5:00PM  
DINNER STARTS AT 5:30PM**

**MENU**

*Choice of: Moose Meatloaf with mashed potatoes and gravy  
with a vegetable stir-fry medley*

*OR Choice of: Spaghetti with Moose Meat Balls*

*Desserts, coffee, tea & strawberry drink*

*Children's dessert table*

**"Bring your feast basket"**

**\$10.00 deposit per person**

**Registration Opens September 12, 2023 & Closes  
October 13, 2023**

**(Limited seats available, Dine In Only)**

**"Open to residents on MBQ Territory"**

**Transportation may be available for on Territory residents 55+ & 18+  
physically disabled, who do not have own transportation**

**Deadline to register for transportation will be November 6, 2023**

*Activities available (children 12 and under) upstairs until 7:30pm*

**Tickets can be purchased at the Community  
WellBeing Centre, (Health Side)**

**Info: 613-967-3603**

**Hosted by Community Health & MFS**

# HELLO October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <b>CIRCUIT FITNESS</b> <b>Meals on Wheels</b> Bingo	4 <b>Meals on Wheels</b> Moccasin Workshop	5 <b>Belleville Shopping</b> <b>Meals on Wheels</b>	6 <b>Walking Group</b> <b>Meals on Wheels</b> Garden Club	7
8	9 THANKSGIVING OFFICE CLOSED 	10 <b>CIRCUIT FITNESS</b> <b>Meals on Wheels</b> Friendly Visiting	11 <b>Meals on Wheels</b> Moccasin Workshop Scrapbooking	12 <b>Meals on Wheels</b> Afternoon at Movies Breast Cancer Info Night	13 <b>Deseronto Run</b> <b>Meals on Wheels</b> FU Outing	14
15	16 <b>YOGA FITNESS</b> Wii Bowling (Blood Pressure Clinic)	17 <b>CIRCUIT FITNESS</b> <b>Meals on Wheels</b> Bingo	18 <b>Meals on Wheels</b> Moccasin Workshop	19 <b>Meals on Wheels</b> Day Trip	20 <b>Walking Group</b> <b>Meals on Wheels</b> Service Canada	21
22	23 <b>YOGA FITNESS</b> Wii Bowling	24 <b>CIRCUIT FITNESS</b> <b>Meals on Wheels</b> Friendly Visiting Intergen Craft	25 <b>Meals on Wheels</b> Moccasin Workshop Scrapbooking	26 <b>Napanee Shopping</b> <b>Meals on Wheels</b> Memory Cafe	27 <b>Walking Group</b> <b>Meals on Wheels</b> FU Drop In	28
29	30 <b>YOGA FITNESS</b> Wii Bowling	31 <b>CIRCUIT FITNESS</b> <b>Meals on Wheels</b>				