

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

NOVEMBER 2023

Kentenko:wa (Time of Much Poverty)

She:kon,

Friday, November 10th/Observe Remembrance Day - Office Closed

We are moving closer to Winter and the end of another year. With that comes some great programs and activities 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

Istén:'a - Mother

Rake'níha - Father

Akhsótha - Grandmother

Rakhsótha - Grandfather

Kahwá:tsire - Family

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 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.**

Fitness Programs For November

Yoga & Meditation

Facilitated by: Linda Dudas

When: Tuesday, Nov 7, 14, 21, 28

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 10:45am

Where: Tyendinaga Fitness Resource Centre
(In-person only for 8 people) or on ZOOM

When: Wednesday, Nov 1, 8, 15, 22, 29

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

Intergenerational Craft Night



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

Facilitated by: Marlene Murphy

Registration Opens: Friday, Nov 3 at 8:30am

You will only get 1 snowman to paint and you have a choice between the boy or girl please let us know on day of sign up.

When: Thursday, Nov 16

Time: 6pm to 8pm

Location: Elders Lodge

Limit: 10 people

Cost: \$10.00

(payment must be paid by Tuesday, Nov 14th)

Shopping Trips for November

Napanee Shopping

When: Thursday, Nov 23

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up Deadline: Tuesday, Nov 21

Cost: \$5.00

Limit: 12 people and 3 Wheelchairs

Will be stopping at No Frills or Metro for groceries, Giant Tiger, County Butcher and Country Traditions. We will be eating lunch at Swiss Chalet/KFC or Pita Pit at your own expense.



Kingston Shopping

When: Thursday, Nov 2

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up Deadline: Wednesday, Nov 1

Cost: \$5.00

Limit: 12 people and 3 wheelchairs

Will be stopping at Rio Can Centre, Cataraqui Centre and Walmart. We will be eating lunch at Cataraqui Centre 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.**

IRON ROOSTER



Day Trip



Registration Opens: Friday, Nov 3 at 8:30am

When: Thursday, Nov 9

Leaving CWC at: 9:00am

Returning at: 4:30pm

Limit: 15 people

Cost: \$5.00



Where: Water Buffalo Farm, Cooneys Farm and High Spring Trading Post.
We will be eating lunch at **Iron Roster** at your own expense.

ROUND TABLE CHAT

Join us with our youth from HOPE as we talk about Vaping and Cannabis use.

When: Thursday, Nov 16

Time: 9am to 11am

Where: HOPE (14 York Rd)

Blood Pressure Clinic

Hosted: Tyendinaga Community Health

When: Monday, Nov 20

Where: Elders Lodge

Time: 1:30pm to 2:30pm

Zoom Bingo

November Bingo Dates: Tuesday the 7th & 21st

Sign-Up-for Dec Zoom Bingo

When: Tuesday, Nov 28 (Payment is due on this date)

Time: 1pm to 3pm

Payment can be made at : Community Wellbeing Centre

Cost: \$5.00

December Bingo Dates:

Tuesday 5th & 19th at 1pm to 3pm via zoom

Afternoon at Movies

Feature Movie: A Man Called Otto

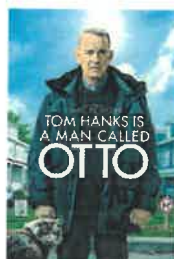
Rating: PG 13

When: Friday, Nov 3

Time: 1pm to 3pm

Where: Elders Lodge

Please bring favorite lawn chair.



Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.



FV Outing-Lunch at Swiss Chalet

When: Friday November 17th **Pick up Starts at 12pm**

Cost: \$5.00 and lunch at your expense

Registration begins November 6th

Please call/text/email Patty at 613-813-1667 or 613-967-0122 ext. 141 pattys@mbq-tmt.org



FV activities

Alumni

When: Nov. 14th and 28th

Where: Elders Lodge Common Room

Time: 1-3pm Sign up starts Nov. 6th

Cost: \$2.00

When: Friday November 24th

Where: Elders Lodge Common Room

Time: 1-3pm

NO Cost, No Sign up

Diamond Art Canvas Tote Bag Activity



When: November 29th 1-3pm

Where: Elders Lodge Common Room

Cost: \$5.00 for kit Sign up starts: Nov. 6th

Pick-up kit to take home or stay and complete kit.

Call Patty 613-813-1667/ 613-967-0122 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 11:30-1:00

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.

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



This is a reminder that offices are Closed on Friday, November 10th to recognize Remembrance day! There will be NO meal delivery this day.

Nia;wen Nia;wen

Our new reusable Meal dishes are working out better than I could of imagined.

We are 6 months in to this new program and so far have had only 2 dishes that are no longer usable. Everyone is doing a great job at rinsing and returning. We appreciate your diligence in helping us reduce our waste products. We are still looking for options for our soup/salad and dessert as well.



TYENDINAGA HOME SUPPORT – HOME MAINTENANCE PROGRAM



Winter is approaching and the Home Maintenance program offers assistance around the home and yard to Seniors 55+ and physically disabled 18+ who are unable to perform the task and have no family within the community capable of completing the task.

Our Home Maintenance worker may be able assist with snow removal from walkways, decks, ramps and steps upon availability. We can also salt and/or sand these areas based on worker availability.

****This service is income based and proof of income is required.****

We do not provide snow plowing services for driveways, but do have a list of local snowplowers.

If you would like contact names and numbers, please give Jessica a call and she can provide that information.

Set up and payment is between provider and client.

If you are interested or have any questions, please call Jessica Brant @ 613-967-0122 for more information and/or to see if you qualify.



SPOT THE DIFFERENCE

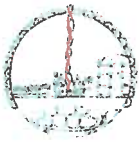
How many differences can you find between the two pictures?

Circle them





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: November 30th, 2023
Where: Elders Lodge
Time: 1:00-3:00pm

To register contact: Hannah Hill 613-967-3603, ext. #166 or
email chrchw@mbq-tmt.org
Runs the last Thursday of every month
Register by November 24th, 2023

Funded by
 Indigenous
Services Canada

*** Christmas Food Hamper Intakes 2023 ****

Income Levels

Income Verification for Sole/Single \$34,424.00 or less for 2022

Income Verification for Couple/Family \$51,636.00 or less for 2022



The Christmas Food Hamper program ensures that low-income families have a nutritious and festive Christmas dinner.

Many thanks to our community, surrounding businesses and individuals who continue to donate to these special programs.

Christmas Food Hamper Intakes

November 1st, 2023 – November 30th

Food Hamper pick-up: December 20th, 2023 @ The Bus Barn 10am-1pm

*****To Register call Christina Cyr @613-967-0122 ext. 140 or 613-885-4268*****



world diabetes day

"Community Health Program invites YOU to PARTICIPATE in our Annual Blue Light event in continuing our Diabetes prevention education"

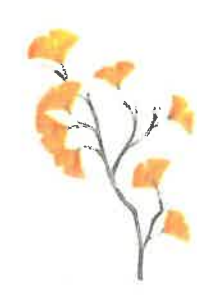
HERE'S HOW IT WORKS!

- Pre register by emailing your name & contact information & you will be given a Blue Light and an information booklet (participants must pick up on the Health Side at CWB).
- ON NOVEMBER 14, 2023 BETWEEN THE HOURS OF 6PM-8PM, DISPLAY YOUR BLUE LIGHT!
- CWC staff will tour TMT, if we see your blue light, your name will be entered into our grand prize draw!

Registration opens November 1st & closes November 14th @ noon

To register: Email: communityhealth@mbq-tmt.org

Due to the nature of this event, it will be open to all on territory residents



FALL PREVENTION

NOVEMBER 15 2023
LOCATION: ELDERS LODGE
FROM 1 - 3 PM

- LIGHT SNACKS & REFRESHMENTS
- LEARN ALL ABOUT SAFETY & FALL PREVENTION
- GAMES AND PRIZES TO BE WON

Join Sara RN and Hannah CHR from the Community Health Team for some fun!

limited spaces available, e-mail communityhealth@mbq-tmt.org or call 613-967-3603 and ask to speak to a member of the Community Health

Team to Register Today
Transportation Available

Senior Frauds and Scams

Infographic

Common Scams

1 Phishing Scams

Phishing is an attack where a scammer calls you, texts or emails you, or uses social media to trick you into clicking a malicious link, downloading malware, or sharing sensitive information.



2 Grandparent Scam

Grandparent scams (also called emergency scams) are common scams that target seniors. These scams usually involve a phone call from someone who pretends to be your grandchild.



3 Phone or Voicemail Scams

You receive a call or a voicemail from a criminal who is posing as a government agency or member of law enforcement.



4 Romance Scams

If you meet someone online but have not seen them in-person, and they begin to ask you for money, it's likely a romance scam.



Tips on How to Protect Yourself

- Call the sender to verify legitimacy (e.g. if you receive a call from your bank, hang up and call them).
- Always be wary of links or attachments that you weren't expecting.
- Avoid sending sensitive information over email or texts.

- Never offer information to the caller.

- Ask the caller a few personal questions, press your caller for details.

- Never provide your credit card number over the telephone or Internet.

- Never wire money to someone under uncertain conditions.

- If you receive a call from a scammer, hang up or delete the voicemail message.

- Block the caller's phone number and report the calls to the Canadian Anti-Fraud Centre.

- If your love interest asks you to send money, be very suspicious.

- Ask them for a recent photo or do a video call.

- Fraudsters often claim they are in another part of the world as the reason for not being able to meet in-person.

For more information

Elder Abuse Prevention Ontario
416-916-6728 | www.eapon.ca
admin@eapon.ca | @EAPreventionON

RESOURCES

Canadian Anti-Fraud Centre
www.antifraudcentre-centreantifraude.ca
Government of Canada
www.cyber.gc.ca



Elder Abuse
Prevention
Ontario



November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Circuit Fitness Meals on Wheels	2 Kingston Shopping Meals on Wheels	3 Meals on Wheels Afternoon at Movies	4
5 Daylight Savings  Clocks go back 1 hour	6 Strength Training Wii Bowling	7 Yoga Fitness Meals on Wheels BINGO	8 Circuit Fitness Meals on Wheels Scrapbooking	9 Meals on Wheels Day Trip	10 REMEMBRANCE DAY OBSERVED OFFICE CLOSED	11
12	13 Strength Training Wii Bowling	14 Yoga Fitness Meals on Wheels FV Activities	15 Circuit Fitness Meals on Wheels Fall Prevention	16 Round Table Chat Meals on Wheels Intergen Craft Night	17 Meals on Wheels FV Outing	18
19	20 Strength Training Wii Bowling BP Clinic	21 Yoga Fitness Meals on Wheels BINGO	22 Circuit Fitness Meals on Wheels Scrapbooking	23 Napanee Shopping Meals on Wheels	24 Meals on Wheels Drop In	25
26	27 Strength Training Wii Bowling	28 Yoga Fitness Meals on Wheels FV Activities	29 Circuit Fitness Meals on Wheels Diamond Art Activity	30 Meals on Wheels Memory Cafe		