

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

February 2024

Enniska (Lateness)

She:kon,

Monday, February 19th/Family Day - Office Closed

We are half way through Winter and all the snow and cold. We hope everyone is staying warm and doing well. Even through the cold winter months we still have lots of programs to offer. Be sure to check out the ads 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

Enniska - February

Akohserá:ke - Winter

Kahwén:kare - Snowshoes

Aterawénhtha - Snow Snake

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.

FRIENDLY VISITING

ACTIVITIES FOR FEBRUARY

When: Feb. 13 and 27th

Where: Elders Lodge

Cost: \$2.00

Time: 1-3pm



Friendly Visiting Drop In

When: Feb 23rd 1-3 pm

Where: Elders Lodge common room

No Cost and No sign up.

This is a relaxed environment to stop by for a chat or bring a craft to work on. (limited puzzles books and other activities may be available for use)ipads available



FRIENDLY VISITING OUTING

When: Feb. 16th

Where: Spuds (Napanee)

Cost: \$5.00 and lunch at your expense

Pick up starts at 12:15pm

Reservation for 1:30pm



FRIENDLY VISITING: DIAMOND ART COASTERS



DIAMOND ART COASTER SET

REGISTRATION BEGINS FEB. 5TH AT 8:30AM

WHEN: FEB. 9TH 1-3PM

WHERE: ELDERS LODGE

COST: \$5.00



Call/text/email Patty at pattys@mbq-tmt.org 613-813-1667, 613-967-0122ext. 141. Sign up for above Friendly Visiting programs start Feb. 5th at 8:30am

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 is income based. 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 \$34,424.00 or less annually.

Couple \$51,636.00 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!



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

You can do fitness programs in person or 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

When: Wednesday, Feb 7, 14, 21, 28

Seniors Cardio Program

In-Person or Zoom

Facilitated by: Cindy Loft

In-person limit: 8 people

Time: 10am to 11am

Where: Tyendinaga Fitness Resource Centre

When: Monday, Feb 5, 12, 26

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



Yoga and Meditation

Facilitated by: Linda Dudas

In-Person Limit: 8 people

When: Tuesday, Feb 6, 13, 20, 27

Time: 10am to 11am

Where: Tyendinaga Fitness Resource Centre

Walking Fitness Program

Facilitated by: Cindy Loft

In Person limit: 8 people

Time: 10am to 11am

Where: Tyendinaga Fitness Resource Centre

When: Friday, Feb 2, 9, 16, 23

Shopping Trips for January

Napanee Shopping

When: Thursday, Feb 22

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up Deadline: Tuesday, Feb 20

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 in Napanee at your own expense.

Deseronto Run

When: Friday, Feb 16

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, Feb 1

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Cost: \$5.00

Limit: 12 people and 3 wheelchairs

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

Fresh Produce Market

For those that need transportation

When: Monday, Feb 5

Time: Pick up will start at 2:30pm

Where: At the New Fire Hall

Returning: Approximately at 4pm

Please bring **CASH**



Zoom Bingo

Feb Bingo Dates:

Tuesday the 6 & 20

Sign-Up-for March Zoom Bingo

When: Tuesday, Feb 20

(Payment is due on this date)

Payment can be made at :

Community Wellbeing Centre

Cost: \$5.00

March Bingo Dates:

Tuesday 5 & 19

at 1pm to 3pm via zoom



Blood Pressure Clinic

Hosted by :

Tyendinaga Community Health

When: Monday, Feb 12

Where: Elders Lodge

Time: 1:30pm to 2:30pm



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**

Sequence

This card game fun and challenging.
Are you up for some fun and a challenge.
When: Wednesday, Feb 7 & Thursday, Feb 15
Time: 1pm to 3pm
Where: Elders Lodge
Cost: \$2.00



Afternoon at Movies

Feature Movie: Lesson in Chemistry part 2 of series .

Rating: PG 13
When: Friday, Feb 2
Time: 1pm to 3pm
Where: Elders Lodge
Cost: \$2.00
Please bring favorite lawn chair.



Drama- Set in the 1950s, Elizabeth Zott's dream of being a chemist is put on hold when she finds herself pregnant, alone, and fired from her lab.



Time Tea



Sample some traditional teas and learn about there health benefits

Registration Opens: Thursday, Feb 15 at 8:30am

Facilitated by: Melaine Gray

When: Wednesday, Feb 21

Time: 1pm to 3pm

Where: Elders Lodge

Limit: 20 people

"Honouring Women's Day"

~For women 16 and up

Ladies!! Mark your calendars for March 9,2024

10am- 4pm @ Community Centre

First 200 ladies in will receive a bag

First come first served. No pre-registration

\$10.00 per person gets you:

There will be door prizes

Light lunch provided

And much more

Transportation available to those without transportation for this event. Only available to those that are 55+ and physically disabled adults 18+ residing on Tyendinaga Mohawk Territory.

Sign-Up-Deadline for Transportation: Friday, Feb 8 at 4:30pm

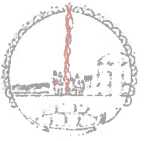
Contact Cindy Loft at 613-967-0122 ext 109.



Hosted by Red Cedars Shelter, IVS, MFS Good Minds, Community Health, Family Wellbeing



Alzheimer Society



H A S T I N G S - P R I N C E E D W A R D

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: February 29th, 2024

Where: Elders Lodge

Time: 1:00-3:00pm

*please note date change for this month only***

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 February 23rd, 2024

Funded by



Indigenous
Services Canada



TYENDINAGA HOME SUPPORT — HOME MAINTENANCE PROGRAM



Winter is upon us 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.

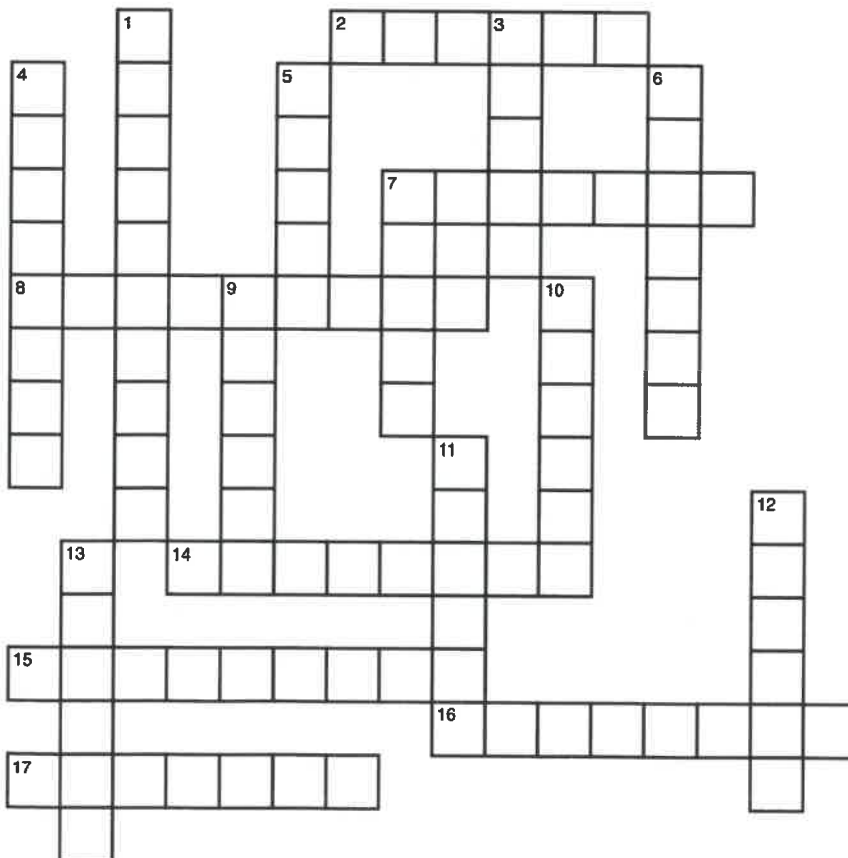


PROGRAM CANCELLATIONS DUE TO INCLEMENT WEATHER

With the winter weather upon us comes unpredictable weather. We make every attempt to contact clients should a program need to be cancelled due to weather.

If you haven't been contacted and are unsure, please call Home Support at 613-967-0122 to verify before heading to a program.

WINTER CROSSWORD



ACROSS

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter ____ Games

DOWN

- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool

hello February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Belleville Shopping Meals on Wheels	2 Walking Fitness Meals on Wheel Afternoon at Movies	3
4	5 Cardio Fitness Wii Bowling Produce Market	6 Yoga & Meditation Meals on Wheels Zoom Bingo	7 Circuit Fitness Meals on Wheels Sequence Pickleball	8 Meals on Wheels	9 Walking Fitness Meals on Wheels FV Diamond Art	10
11	12 Cardio Fitness Wii Bowling BP Clinic	13 Yoga & Meditation Meals on Wheels FV Activities	14 Circuit Fitness Meals on Wheels Scrapbooking	15 Meals on Wheels Sequence	16 Deseronto Run Walking Fitness Meals on Wheels FV Outing	17
18	19 FAMILY DAY OFFICE CLOSED	20 Yoga & Meditation Meals on Wheels Zoom Bingo	21 Circuit Fitness Meals on Wheels Pickleball	22 Napawee Shopping Meals on Wheels Tea Time	23 Walking Fitness Meals on Wheels FV Drop In	24
25	26 Cardio Fitness Wii Bowling	27 Yoga & Meditation Meals on Wheels FV Activities	28 Circuit Fitness Meals on Wheels Scrapbooking	29 Meals on Wheels Memory Cafe		