

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

AUGUST 2026

Monday, August 3rd - Civic Holiday/Office Closed

Key Sun Safety Practices

Limit Sun Exposure: Avoid direct sunlight, especially between **10 a.m. and 4 p.m.**, when UV rays are strongest. Seek shade under trees, umbrellas, or shelters whenever possible.

Use Sunscreen: Apply a **broad-spectrum sunscreen with SPF 15 or higher** to all exposed skin, including face, ears, and neck. Reapply every **two hours**, or after swimming or sweating.

Wear Protective Clothing: Long-sleeved shirts, long pants, and skirts made from **tightly woven fabrics** provide the best protection. Darker colors and clothing certified for UV protection offer additional defense. Wet clothing provides less protection than dry clothing.

Protect Your Head and Eyes: Wear a **wide-brimmed hat** that shades your face, ears, and neck. Avoid straw hats with holes. Sunglasses that block **both UVA and UVB rays** protect your eyes and the delicate skin around them.

Monitor Your Skin: Regularly check your skin for new or changing moles and spots. Early detection of melanoma and other skin cancers can save lives.

Nya:wen
Tyendinaga Home Support Program
613-967-0122



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 MAY BE AVAILABLE TO THOSE WITHOUT TRANSPORTATION TO UTILIZE SERVICES. IF YOU WOULD LIKE TO ATTEND ANY OF THE EVENTS ON THIS PAGE, CONTACT CINDY LOFT @ 613-967-0122 EXT 217



DESERONTO RUN

Sign up Opens: Tuesday, Aug 4 @ 8:30am

When: Friday, Aug 14

Time: Pick up will start at 9am

Where: Post Office, I.D.A & Grocery Store

Returning: Approximately 11:30am

BELLEVILLE SHOPPING

Sign Up Opens: Tuesday, Aug 4 @ 8:30am

When: Thursday, Aug 6

Time: Pick up will start at 8:45am

Where: Walmart

Returning: Approximately 1pm

Cost: \$5.00

Limited Space

AUG ZOOM BINGO

Tuesday, Aug 4 & 18

Sign up for Sept zoom bingo

When: Tuesday, Aug 18

(Payment is due on this date)

Payment to be made at: Band Office

Cost: \$5.00

Sept Bingo: Tuesday 1 & 22

NAPANEE SHOPPING

Sign Up Opens: Tuesday, Aug 4 @ 8:30am

When: Thursday, Aug 27

Time: Pick up will start at 8:45am

Where: No Frills & Country Traditions

Returning: Approximately at 1pm

Cost: \$5.00

Limited Space

GENERATIONS AFLOAT

Connecting Elders and youth on the River.

Your trip includes a box lunch (set menu).

Sign Up Opens: Tuesday, Aug 4 @ 8:30am

When: Wednesday, Aug 26

Boat Tour is: 1.5hr

Departure Time: Ball Diamond at 10:30am

Boarding Time: 11:30am

Where: Napanee River Tour

Cost: \$5.00

Limit: 18 people (includes box lunch, transportation, tour fee)

Payment to be made at Band Office by: Monday, Aug 17

Note: Limited accessibility



Box Lunch Menu

5 inch wrap (choice of Thai Chicken or Tuscan or Vegetarian Falafel)

- Vegan
- Gluten Friendly
- Fruit cup (grapes, strawberries, oranges)
- Hummus & Crostinis
- Vegetable Cup with Ranch Dipping Sauce
- Mini Dessert - Decadent Flourless Truffle Cake with Milk Chocolate Ganache
- or
- Meringue Cookie

JOIN COMMUNITY HEALTH, CARA, MFS, FHCD & HOME SUPPORT FOR

GRANDPARENTS & YOUTH DAY

Enjoy a Day of Celebration!

Gathering together with Youth, Grandparents, Aunties, Uncles &
Role Models for an afternoon of fun!

SUNDAY SEPTEMBER 13, 2026

Enjoy the Splash Pad

Kids Fun Crafts

Activities for Kids

**SPORTS COMPLEX
1935 YORK ROAD, TMT, ON**

Sun Safety Education

Family Photo Booth

GATES OPEN AT 11:00AM

LUNCH SERVED 11:30 – 1:00PM

"LUNCH WILL BE FIRST COME FIRST SERVED WHILE SUPPLIES LAST"

ACTIVITIES CLOSE AT 2:00PM

"BBQ by Barbeque Party In a Box"

MENU

Hot Dog **or** Hamburger

Caesar Salad **or** Greek Salad

Potatoe Salad **or** Macaroni Salad



Dessert

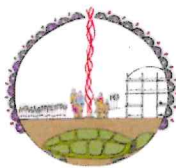
Ice Cream Sundae Station

(Meal will be Nut Free, Lactose Free & Gluten Free as possible)



Transportation Available on Territory for 55+

Registration Opens: August 5th and closes August 28th



Ontario 
Ministry of Children,
Community and
Social Services

**TO SIGN UP FOR THIS ACTIVITY CLICK THE QR CODE AND FILL IN THE FORM
FOR THE LUNCHEON A WAIT LIST WILL BE KEPT IN CASE OF A CANCELLATION**

**NO ACCESS FOR QR CODE? PLEASE CALL HEALTH RECEPTION 613-967-3603 TO REGISTER OR
CONTACT THE CHR'S AT COMMUNITY WELLBEING CENTRE**

Bring your enthusiasm, and let's celebrate this SPECIAL DAY together!



Home Support & Community Health Presents!

HANNAH SAID IT, CINDY CONFIRMED IT!

Monthly conversations around health related topics

AUGUST TOPIC: Medical Aesthetics

Guest Speaker: Sara Cyr



That's a
Fact!
Check!
Check!

Did
you
know?

Hannah Said It!



When: Tuesday August 25th

Time: 10:00am-3:00pm

*Followed by Lunch and an
afternoon of games*

Where: Elders Lodge

301 Bayshore Rd, TMT

Cindy Confirmed It!!



Registration opens August 4th @ 8:30am and closes August 21st @ 4:30pm

To register please call Hannah Hill @ 613-967-3603 ext.166 or email chrcwb@mbq-tmt.org

**** Transportation available ****

Canada



Mohawk Words of the Month

Skanyatarí:yo – Lake Ontario



Tyohnekatironte – Sun rays

Enkatá:wen' – I will swim

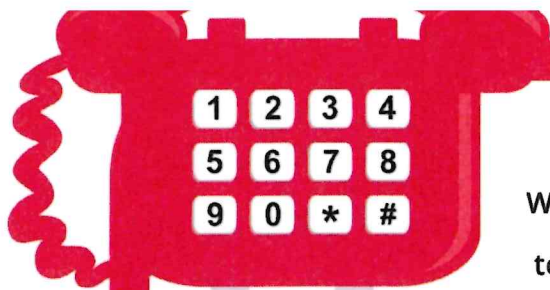


Karhakon – In the woods

Yo'taríhen – It is hot



Seskeha – August



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
613-813-1667/pattys@mbq-tmt.org

FV Outing- Lunch

When: Thurs. August 20th

Meet at the lodge at 10:30am

Where: Mandarin Kingston

Cost: \$5.00 Lunch at your expense

FV Drop-In

When: Friday August 28th

Where: Elders Lodge

Time: 10am-3pm

\$2.00 No sign up required.

*iPads and limited activities

**** **Registration begins August 10th.** Please call/text/email Patty at 613-813-1667, or pattys@mbq-tmt.org leave a message****Transportation available to Lodge for FV outing****

FV Activities- August 17th

Cost: \$2.00

100 pin Wii bowling!

Fun!



Time: 1-3pm Elders Lodge Common Room

**Please call/text/email Patty at 613-813-1667 or
pattys@mbq-tmt.org**

Registration begins August 10th. Must sign up.

Meals On Wheels

The Meals on Wheels program provides a nutritious meal for adults 55+ or adults 18 and older with a physical challenge.

Meals are delivered to your home by our dedicated volunteer drivers on Tuesday, Wednesday, Thursday and Fridays between the hours of 11:15- 12:45.

This program is income based. New clients must meet the annual income levels to qualify. Proof of income is required both taxable and non-taxable prior to service implementation.



Please contact [Lisa Hey, Meal Services Coordinator](#) at cell # 613-813-1055 if you require additional information regarding this program. *RECIPE TO TRY *

- 16 oz (about 2 cups) semisweet chocolate chips
- 14 oz can sweetened condensed milk
- 2 tablespoons unsalted butter
- 2 teaspoons vanilla extract
- ¼ teaspoon salt

Instructions: Line an 8×8 or 9×9-inch baking pan with parchment paper, leaving an overhang for easy removal.

1. In a heavy-bottomed saucepan or microwave-safe bowl, combine chocolate, sweetened condensed milk, and butter. Melt slowly over low heat on the stove, stirring constantly, or in the microwave in 30-second bursts, stirring between each, until smooth and glossy. Avoid overheating to prevent grainy texture
2. Remove from heat and stir in vanilla and salt. Fold in any optional mix-ins gently.
3. Set the fudge: Pour the mixture into the prepared pan and smooth the top. Chill at room temperature for 3–4 hours or until firm. Avoid refrigerating to speed up setting, as this can make fudge grain



MBQ LONG-TERM CARE HOME

EMBRACING CULTURE, COMMUNITY, AND HOLISTIC CARE

Tsi Thonwatihnsnye's Long Term Care is located in the heart of Tyendinaga Mohawk Territory, offering 128 beds surrounded by beautifully landscaped grounds just minutes from Belleville. Our commitment is to provide Elders and community members with a place of comfort, dignity, and belonging close to family, community, culture and on the land.

OUR COMMITMENT

- Respecting each resident's individuality and spirit
- Following the Long-Term Care Resident Bill of Rights
- Providing compassionate, person-centered care
- provide Elders and community members with a place of comfort

Residents enjoy beautiful, well-lit rooms designed for comfort and peace of mind, featuring:

- Television
- Comfortable bed
- Armoire
- Side table

At MBQ Long-Term Care Home, we believe every resident deserves:

- Respect and dignity
- Safety and comfort
- Cultural connection and belonging
- A caring and supportive community

**Where tradition, care, and community
come together.**

AUGUST 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3 CIVIC HOLIDAY OFFICE CLOSED	4 Garden Club MOW Zoom Bingo	5 MOW Generation Connect Scrapbooking	6 MOW Belleville Shopping	7 MOW	8
9	10 Cornhole League	11 Garden Club MOW Elders Gathering	12 MOW Elders Gathering	13 MOW Elders Gathering	14 MOW Deseronto Run	15
16	17 Cornhole League FV Activities	18 Garden Club MOW Zoom Bingo	19 MOW Generation Connect	20 MOW FV Outing	21 MOW	22
23	24 Cornhole League	25 Garden Club MOW Hannah & Cindy Health Chat	26 MOW Generation Boat Tour Scrapbooking	27 MOW Napanee Shopping	28 MOW FV Drop In	29
30	31					