MAY 2020

WHAT'S UP DOC

Seniors 65+ & Persons with a Disability Programs:

ADULT DAY OUT
TRANSPORTATION
FRIENDLY VISITING
TELEPHONE REASSURANCE
READING PROGRAM
MEALS ON WHEELS
HOME MAINTENANCE
DINER'S CLUB & POTLUCK
EXERCISE CLASSES

Serving nine Municipalities; Macdonald, Meredith & Aberdeen Additional, Laird Township, Tarbutt Additional, Johnson Township, Village of Hilton Beach, Township of Hilton, Township of Jocelyn, The Corporation of the Township of St. Joseph & part of Plummer Additional.

Serving Transportation and Day Out programs in an additional 3 Municipalities; The Town of Bruce Mines, Town of Thessalon and part of Huron Shores.

Dr. Harold S. Trefry Memorial Centre

1601 C line, P.O. Box 158, Richards Landing, Ontario P0R 1J0

Email: dr.trefrycentre@one-mail.on.ca

Website: www.stjosephtownship.com/departments/seniorservices

Health Lines for Program Information and Referrals: www.northeasthealthline.ca

Facebook Page: Dr. Harold S. Trefry Memorial Centre

https://www.facebook.com/DrHaroldSTrefryMemorialCentre/

Tel: 705.246.0036

Fax: 705.246.0249

Office Closed on *Monday, May 18th, 2020*

Have a Safe & Happy Victoria Day Weekend!

ocsa
Ontario Community Support Association
Association ontarienne de soutien communautaire

Bloom where you are planted

Ontario

65 or OLDER?

HELP PROTECT YOURSELF AGAINST THE FLU.

INFLUENZA is a prevalent, infectious, and contagious disease that is more complicated than people may realize. Influenza can **WORSEN CHRONIC CONDITIONS** like heart disease, kidney disease, and diabetes — particularly in older Canadians.

FROM 2013-2018, CANADIANS 65+ ACCOUNTED FOR:

up to **70%** of flu-related hospitalizations

RIP

up to **91%** of flu-related deaths

IMMUNITY DECREASES AS WE AGE

Seniors may be less responsive to the regular flu shot because of the natural weakening of the immune system over time.

WHO SHOULD BE VACCINATED?

Canada's National Advisory Committee on Immunization (NACI) recommends all individuals six months and up get vaccinated, but particularly **ADULTS 65+** and people with **CHRONIC DISEASES:**

- cardiac disorders
- pulmonary disorders
- kidney disorders
- diabetes
- cancer

FLUZONE® HIGH-DOSE IS FORMULATED FOR SENIORS

This high-dose vaccine contains **4X** the amount of antigens than our standard dose flu vaccine, FLUZONE®.

IS FLUZONE® HIGH-DOSE EFFECTIVE? YES!

24.2%
MORE EFFECTIVE
than our regular dose flu shot

Contact your doctor, nurse, or pharmacist to see if FLUZONE® High-Dose is right for you! For more information, visit www.fluzone.ca.

Fluzone® High-Dose
INFLUENZA VACCINE
Senior Influenza Protection

FLUZONE® High-Dose is a vaccine used to prevent influenza in adults 65 years of age and older. Influenza (or flu) is an infection caused by the influenza virus. Annual vaccination using the current vaccine is recommended for prevention against influenza as immunity declines in the year following vaccination. Persons with a history of severe allergic reaction to eggs or egg products or any component of FLUZONE® High-Dose should not receive the vaccine. FLUZONE® High-Dose will only protect against the strains of influenza virus contained in the vaccine or those that are closely related. FLUZONE® High-Dose will not protect against any other strains of influenza virus. FLUZONE® High-Dose is not indicated for the prevention of hospitalization or death after the onset of disease. As with all vaccines, FLUZONE® High-Dose does not protect 100% of people immunized. Allergic reactions can occur. The most common side effects are pain at the injection site and muscle ache. For more information, visit **www.sanofi.ca**.

Ad Standards · MEMBER OF INNOVATIVE MEDICINES CANADA

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SANOFI PASTEUR

VPR™

Vulnerable Persons Registry

What is the Vulnerable Persons Registry?

A **free, voluntary and confidential** registry for persons at greater risk during an emergency or disaster.

A **secure registry** that provides key information (vulnerabilities) to local Emergency Management Coordinators in order to improve safety during a **Large-Scale Emergency.**

Who Should Register?

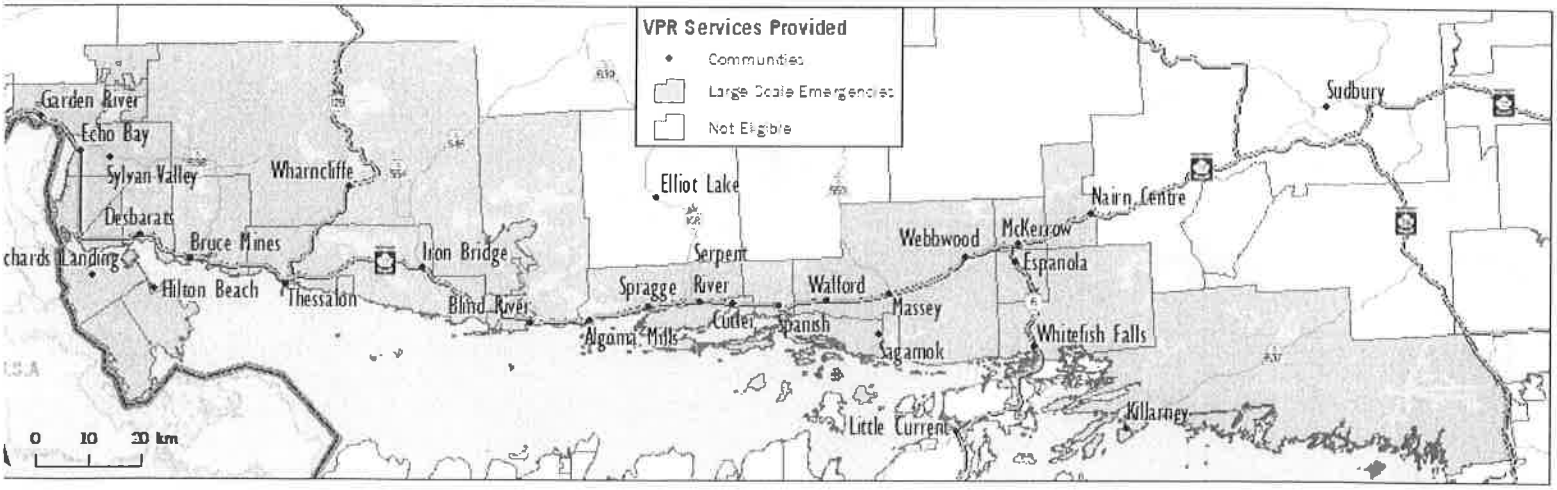
Any resident living in an eligible area **without 24-hour support** who experiences severe difficulty with any of the following:

- **Mobility, Vision, Hearing, Developmental, Cognitive, Mental Health;**

Or,

- **Requires electricity for life-sustaining equipment such as: oxygen, dialysis & ventilators**

See if your area is covered by VPR



Visit **www.soovpr.com**

Contact the VPR Coordinator at:

705-942-7927 ext. 3041

1-866-353-0697

info@soovpr.com

SAULT STE. MARIE INNOVATION CENTRE

ACORN

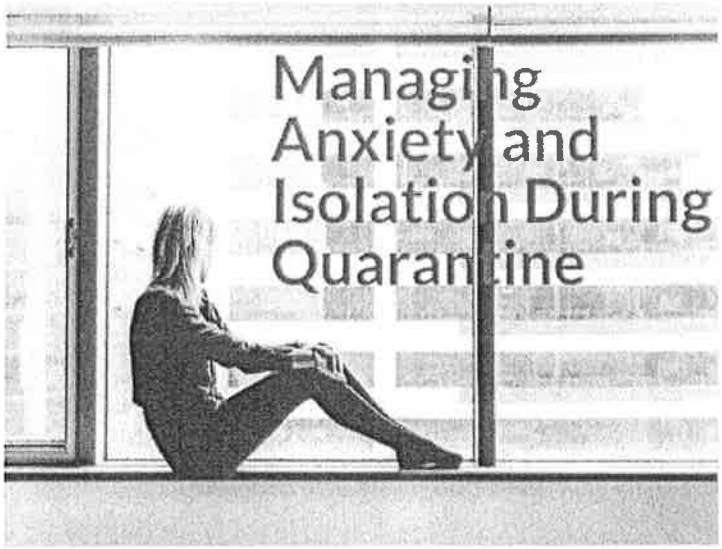
Handy Phone Numbers to help during COVID 19

Quick reference phone numbers:

- **Island Market**
  (grocery/OTC meds/hygiene items **delivery**): 705-246-2500
- **Kentvale Home Hardware**
  (grocery/OTC meds/hygiene items **delivery**) 705-246-2002
- **Lions Club** (volunteer deliveries) 705-206-3229
- **McKay's Island Pharmacy**: 705-246-0650
- **Bloodwork Lifelabs alternative Island Medical Clinic**.
  705-246-2477 fax 705-246-0487
- **St. Joseph Island Food Bank** (Rita Cloutier) 246-1687
  or (Adrian) 705-246-1893
- **Algoma Public Health**: 705-759-5404 or 1-866-892-0172
  ext. 5404
- **Telehealth Ontario**: 1-866-797-0000

Places to get good info online:
Algoma Public Health:
http://www.algomapublichealth.com/disease-and-illness/infectious-diseases/novel-coronavirus/
Ontario Public Health:
https://www.publichealthontario.ca/
Health Canada:
https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html

Sault Ste Marie Community Hotline 705-574-1220



. Here are a few pointers that could help you survive spiraling negative thoughts about this uncertain time.

1.) Reframe "I am stuck inside" to "I can finally focus on my home and myself"

As dismal as the world may feel right now, think of the mandated work-from-home policy as an opportunity to refocus your attention from the external to the internal. Doing one productive thing per day can lead to a more positive attitude. Set your sights on long-avoided tasks, reorganize, or create something you've always wanted to. Approaching this time with a mindset of feeling trapped or stuck will only stress you out more. This is your chance to slow down and focus on yourself.

2.) Stay close to your normal routine

Try and maintain some semblance of structure from the pre-quarantine days. For those individuals with children, sticking to a routine might be easier; however as you work from home, it could be tempting to fall into a more lethargic lifestyle, which could lead to negative thinking. Wake up and go to bed around the same time, eat meals, shower, adapt your exercise regimen, and get out of your PJ's. Do laundry on Sundays as usual. Not only will sticking to your normal routine keep you active and less likely to spiral, it will be easier to readjust to the outside world when it's time to get back to work.

3.) Avoid obsessing over endless Coronavirus coverage

Freeing up your day from work or social obligations gives you plenty of time to obsess, and if you have a tendency to consult Google for every itch and sneeze, you may be over-researching the pandemic as well. Choosing only certain credible websites (who.int or cdc.gov is a good start) for a limited amount of time each day (perhaps two chunks of 30 minutes each) will be in your best interest during this time.

4.) A chaotic home can lead to a chaotic mind

With all the uncertainly happening outside your home, keep the inside organized, predictable and clean. Setting up mental zones for daily activities can be helpful to organize your day. For example, try not to eat in bed or work on the sofa- just as before, eat at the kitchen table and work at your desk. Loosening these boundaries just muddles your routine and can make the day feel very long. Additionally, a cluttered home can cause you to become uneasy and claustrophobic of your environment- so keep it tidy.

5.) Start a new quarantine ritual

With this newfound time, why not do something special during these quarantined days? For ex-ample, perhaps you can start a daily journal to jot down thoughts and feelings to reflect on later. Or take a walk every day at 4 pm, connect with your sister over FaceTime every morning, or start a watercolor painting which you can add to everyday. Having something special during this time will help you look forward to each new day.

Supported by:

Ontario

North East Local Health Integration Network

Some things to know about the MEALS ON WHEELS Menu:

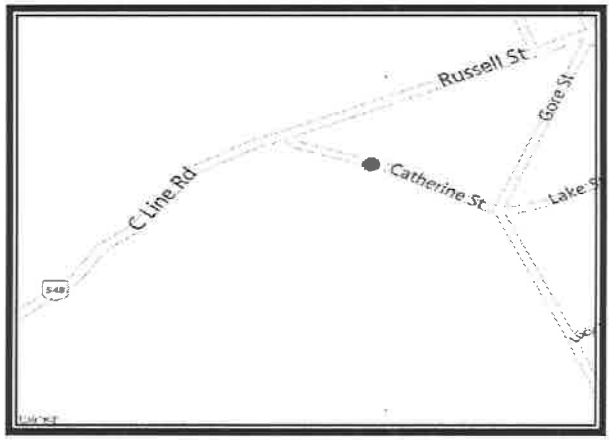
- We serve eight Municipalities: Hilton, Village of Hilton Beach, Jocelyn, St. Joseph, Johnson, Laird, Tarbutt and MacDonald, Meredith and Aberdeen.
- No need to worry about having exact change, we will send you a monthly bill.
- As always, a substitute is available for fish, beef or pork.
- We try to accommodate dietary restrictions as much as possible.
- Sometimes we will surprise you but you can always count on it being with something delicious!
- If you have some feedback, please fill out a comment card!
- Be sure to ask for a copy of the subsidy scale to see if you are eligible for a lower rate.
- It's GREAT FOOD! Why not try a free sample meal.

MEALS ON WHEELS

FREE TRIAL MEAL

4 week Menu updated Monday, August 12, 2019

Dr. Harold S. Trefry Memorial Centre
1601 C Line Rd., P. O. Box 158
Richards Landing, ON P0R 1J0
Phone:705-246-0036
www.northeastcss.ca



Meals on Wheels Menu

Invigorate your life with good hearty hot food delivered to your door!

The Dr. Harold S. Trefry Memorial Centre

Currently delivering meals on Monday, Wednesday and Friday

To order, contact us at

Phone: 705-246-0036
Fax: 705-246-0249
Email: dr.trefrycentre@one-mail.on.ca

We think you'll like the new updated four-week menu!

Week 1

Monday
Potato Leek Soup
Sweet & Sour Meatballs
Rice Pilaf
Green Beans
Fruit Cocktail Cake

Wednesday
Chicken Noodle Soup
Sliced Porketta Roast
Mashed Potatoes & Gravy
Delicious Dilled Carrots
Chocolate Mayo Cake

Friday
Split Pea Soup
Sliced Baked Ham
Scalloped Potatoes
Corn
Butter Tart Square

Week 2

Monday
Cream of Broccoli Soup
Meatloaf
A Scoop of Mashed Potatoes
Peas and Carrots
Home-made Chocolate Chip Cookies

Wednesday
Beef Barley Soup
Oven-crisp Chicken
Roasted Potatoes
Creamed Corn
Bread Pudding

Friday
White Bean Soup
Italian Sausage
Macaroni & Cheese
Waxed Beans
Lemon Snow

Week 3

Monday
Tomato Rice Soup
Best Chicken Pot Pie
Mashed Potatoes
Broccoli
Blueberry Buckle

Wednesday
Italian Soup with sausage
Shepherds Pie
Baby Carrots
Peas
Gingerbread Cake

Friday
Chicken Tortellini Soup
Sliced Roast Beef
Mashed Potatoes & Gravy
A Side of Turnips & Carrots
Rice Pudding

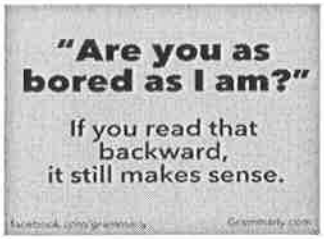
Week 4

Monday
Potato Cheddar Soup
Chicken Alfredo
Linguini
Vegetable Medley
Apple Cake

Wednesday
Chicken Rice Soup
Salisbury Steak
Mashed Potatoes
Baked Beans
Raspberry Lemon Square

Friday
Tomato Macaroni Soup
Battered Haddock & Tarter Sauce
Oven Fried Potatoes & Onions
Cream Peas
Date Square

**Veggies and desserts may change with seasonal options & availability. Menu subject to change without notice. Last Updated:03 Dec/19*



BOREDOM BUSTERS

7 home quarantine activities to keep boredom at bay

It is still early in the home quarantine game, but are you bored to death by now? To interrupt the curve and contain the coronavirus as soon as possible, it's better if we all stay at home and practice some social distancing.

On one hand, it's a dream scenario to finally finish reading that book you've been meaning to dedicate time to for ages, whilst on the other hand, it's the biggest nightmare. To give you some good courage and to prevent boredom, we have listed the best at-home activities for you!

Movie night with travel films
What is the main thing that we can only dream about at the moment? Travelling! Sadly, travelling is not possible for the time being, so all that remains is to keep dreaming and making new plans for the future. So, have a great movie night with the best travel movies and documentaries available. On Netflix there are quite a few travel-related movies and documentaries to be found, for example, Expedition Happiness, Tales by Night, Our Planet, Wild, Elsewhere. Alone in Africa. Grab your popcorn!

Become the next master chef
Now that we're all done hoarding the essentials, there's no excuse as to why you can't conjure up the best dishes on the table. Finally, you have the time to fire up a meal in the slow cooker for 5 hours or to try out tricky recipes. Are you missing travelling already? Then take the time to cook a delicious Pad Thai or prepare a Greek salad.

Set up an indoor picnic
Spread your carpet on the living room floor (or in your garden, if you are lucky enough to have one) and prepare a delicious picnic. This creates a different atmosphere than at the dinner table. Want to go the extra mile? Pop a tray of marshmallows in the oven, melt some chocolate, grab your cookies and make some tasty smores!

Grow your own plants
It's time to be self-sufficient! If you have a garden, get out there and grow some veggies. Not got so much space? Buy some packets of seeds for growing smaller herbs indoors, like parsley, rosemary or mint.

Stay fit at home!
As if motivating ourselves to actually use our gym memberships wasn't enough, now we are confined to our living spaces and staying in shape may not seem like the easiest thing to do. If you are struggling to motivate yourself, fear not as there are also plenty of apps, online resources and channels providing you with all you need to do your favourite exercises at home. Take part in the 30-day yoga challenge online or subscribe to an affordable fitness app like Shreddy, which has a home workout option, and comes complete with video tutorials and meal plans to guide you through your fitness journey. No excuses!

Time to update your travel bucket list
Just because we can't travel right now, that doesn't mean we can't keep the wanderlust alive and start planning for the future. So, plan and map out your next trip! You can make the first effort at learning the local language, researching the cultural hotspots or maybe read through online travel blogs to determine your perfect itinerary.

Declutter and redecorate your house
We are all guilty of hoarding items over the years and never getting around to really sort all of the stuff out. Now that you're sitting at home more than usual, you might find yourself getting tired of your room arrangement quickly. Time to turn it all around! Maybe you already have painted at home to get a new colour on the walls? Or time to create a vision board, go online and shop for new furniture items. The options are endless, have fun being creative and refreshing your surroundings!

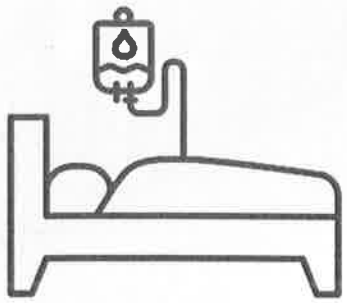
ANIMAL WORD SCRAMBLE

1. earbve _____
2. uagrco _____
3. lwaurs _____
4. utrlte _____
5. lgroali _____
6. occriolde _____
7. luffboa _____
8. grite _____
9. osmopus _____
10. oirocsrnhe _____
11. lrtoalgai _____
12. penheatl _____
13. macle _____
14. lworvenie _____
15. yoctoe _____
16. riefgaf _____
17. myoekn _____
18. nkaoaogr _____
19. nccoaro _____
20. daaakrvr _____

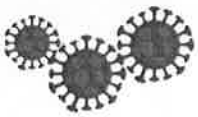
PrintableParadise.com

CORONAVIRUS DISEASE (COVID-19)

PEOPLE WHO ARE AT HIGH RISK FOR SEVERE ILLNESS FROM COVID-19



While diseases can make anyone sick, some Canadians are more at risk of developing severe complications from an illness due to underlying medical conditions and age. If you are at risk for complications, you can take action to reduce your risk of getting sick from COVID-19.



WHO IS AT HIGH RISK?

- People with medical conditions including:
  - Heart disease
  - Hypertension (high blood pressure)
  - Lung disease
  - Diabetes
  - Cancer
- People with weakened immune systems from a medical condition or treatment, such as chemotherapy
- Older adults

BE PREPARED

- Learn about COVID-19 and stay informed by visiting **www.canada.ca/coronavirus**.
- Visit your **provincial/territorial** and municipal health websites to keep up-to-date about COVID-19 in your community.
- Stock up on the supplies you would need if you were to have to stay home for a few weeks, such as groceries, pet food and cleaning products.
- Talk with your health care provider about how to protect yourself and ensure you have enough of your prescribed medications and medical supplies.
- Prepare to stay connected with others by phone or email.
- Ask family, a neighbour or friend to help with essential errands (e.g., picking up prescriptions, buying groceries). Identify which services are available to deliver food or medications to your home.
- Monitor yourself for symptoms.

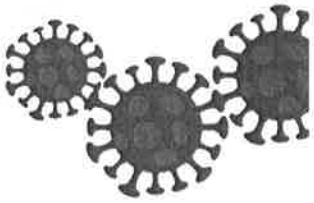
HOW TO REDUCE YOUR RISK OF COVID-19

- If possible, only leave your home for medically necessary appointments.
- Stay away from people who are sick.
- Avoid contact with others, especially those who have travelled or been exposed to the virus.
- If contact cannot be avoided, take the following precautions:
  - keep at least 2 metres between yourself and the other person
  - give a friendly wave instead of a handshake, kiss or hug
  - keep interactions brief
- Clean hands frequently with soap and water for at least 20 seconds or, if not available, use alcohol-based hand sanitizer containing at least 60% alcohol.

- Avoid touching your mouth, nose, and eyes and/or food with your hands.
- Carry alcohol-based hand sanitizer when you are outside of your home.
- Avoid touching high-touch surfaces such as doorknobs, handrails and elevator buttons in public places.
- If you need to touch surfaces in public places, use a tissue or your sleeve to cover your hand.
- At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- To disinfect, use only **approved hard-surface disinfectants** that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.
- When approved hard surface disinfectants are not available, for household disinfection, a diluted bleach solution can be prepared in accordance with the instructions on the label, or in a ratio of 5 millilitres (mL) of bleach per 250 mL of water OR 20 mL of bleach per litre of water. This ratio is based on bleach containing 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Follow instructions for **proper handling of household (chlorine) bleach**.
- If they can withstand the use of liquids for disinfection, high-touch electronic devices (e.g., keyboards, touch screens) may be disinfected with 70% alcohol at least daily.
- Remind others who are sick, or may have been exposed to the virus, to stay away.
- Avoid crowds and large gatherings.
- Avoid cruises and non-essential travel outside of Canada.

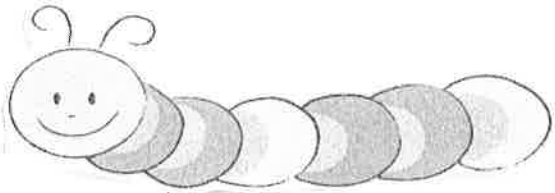
What to do if you get a symptom of COVID-19

- Symptoms of COVID-19 include:
  - a new cough or a chronic cough that gets worse, or
  - a fever (greater or equal to 38°C or signs of a fever like shivering, flushed skin, excessive sweating), or
  - difficulty breathing
- If you develop a symptom, stay home and call your health care provider or local public health unit and tell them about your symptoms.
- Always call ahead before going to see a health provider or health care facility so that they can keep others from being exposed.
- The following symptoms should be considered urgent:
  - significant difficulty breathing (e.g., can't catch breath, gasping)
  - chest pain or pressure
  - new confusion or difficulty waking up
- If you develop these urgent symptoms, call 911 and inform them that you may have COVID-19 and are at high risk for complications.



WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION, VISIT

Canada.ca/coronavirus or contact **1-833-784-4397**



Flowers

Find and circle all of the flowers that are hidden in the grid.
The remaining letters spell a secret message - a quotation from *Romeo and Juliet*.

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

ALSTROEMERIA
AMARYLLIS
ANTHURIUM
ASTER
BABY'S BREATH
BELL FLOWER
BIRD OF PARADISE
BOUVARDIA
CALLA
CARNATION
CHRYSANTHEMUM
CLEMATIS
CORNFLOWER
DAFFODIL
DAISY
DELPHINIUM
FORGET-ME-NOT
FOXGLOVE
FREESIA
FUCHSIA
GERANIUM
GERBERA
GINGER
GLADIOLUS
GOLDEN ROD
HEATHER
HOLLYHOCKS
HYACINTH
HYDRANGEA
IRIS
LAVENDER
LILAC
LILY
LISIANTHUS
MARIGOLD
ORCHID
PANSY
PEONY
PETUNIA
ROSE
SNAPDRAGON
STATICE
STOCK
SUNFLOWER
TULIP
VIOLET
YARROW

Friendly Visiting

Friendly visiting is one on one, personal visiting for an hour or so every week or two. The regular socializing with a friendly volunteer can help seniors stay in their homes longer by reducing loneliness, providing a safety check and improving overall health and wellbeing.

Find common interests such as:

- Play cards
- Chat
- News/Events
- Knit/Crotchet
- History/Family
- Much more

Telephone Reassurance

Are you a senior or disabled persons that live alone without family close by and would feel more secure with a daily phone call to check health and safety?

You can expect a call monthly, weekly or even daily for the following purposes:

- Health & Safety
- Date & Day Reminders
- Friendly Conversation

Based on your needs/ preferences

NEW Reading Program

In addition, this program assists elderly persons, now faced with decreased ability to see, connect with a caring volunteer who will come to their home weekly or in a group setting at the Centre, to ensure that the senior is still able to maintain as much of their normal routine as possible by keeping them up to date with current events and their favourite past times. Some activities may include:

- Reading the Island Clippings, North Shore Sentinel & more
- Christmas cards that are arriving
- Helping fill in and complete the crosswords

If you are interested in volunteering or know someone who could benefit from this program call us today!

The Dr. H.S Trefry Memorial Centre

Phone: 705 246 0036
Fax: 705 246 0249
E-mail: dr.trefrycentre@one-mail.on.ca

"Connecting people and programs for a stronger community"

Supported by:

Ontario
North East Local Health Integration Network

Are you eating alone?

When you eat alone, it can sometimes be hard to stay motivated about cooking meals.

Cooking feels like a chore!

You might find that making meals is a challenge. Perhaps, it is hard for you to use utensils or stand for a long time. With a little bit of planning you can enjoy a variety of foods.

- Collect simple recipes that use only a few ingredients and are fast to make.
- Prepare foods when you have the most energy. Chop vegetables in the morning for later use.
- Cook meals ahead of time.
- Find healthier frozen, ready-to-eat dinners. Look for those with lower sodium and fat. Aim to get at least 10 or more grams of protein from these dinners.
- Buy bagged salads or pre-chopped vegetables.
- If you have trouble using kitchen utensils speak to your doctor. Your doctor can refer you to an Occupational Therapist.
- Consider moving to a place where meals are prepared/provided for you.
- Have some of your meals delivered.

Try these tips to help you to stay interested in eating.

- Have a nice place to eat. Set a table with flowers and a place mat.
- Take your meal outside, watch TV, put the radio on or read a book.
- Enjoy dinner in a restaurant, or take-out.
- Consider taking Meals on Wheels a few times a week or more.
- Share a potluck dinner with friends.
- Join a collective kitchen or share cooking with friends.
- Exchange recipes with others.
- Join a seniors dining club.
- Check your local senior centres; many serve weekly meals.

Drink water often!

Many older people do not drink enough fluids. As we age, our sense of thirst declines. We need to drink whether or not we feel thirsty. Drinking fluids may help to prevent constipation.

- Try to drink 9-12 cups of fluid each day. This includes water, milk, juice, soup, coffee/tea.
- Keep a bottle or glass of water nearby.
- Have a cup of tea or coffee in the afternoon.
- Drink a glass of water when you wake up.
- Have a glass of milk, 100% juice or water with your meals.

Healthy Breakfast Egg Muffins

PREP 10 MINUTES
COOK 25 MINUTES
YIELD 12 MUFFINS

★★★★★

Ingredients

- 12 large eggs
- 1/4 cup nonfat milk
- 1 cup chopped fresh spinach
- 3/4 cup quartered cherry tomatoes
- 1/2 cup diced onions
- Sliced avocado, for serving
- Salsa, for serving
- Crumbled cotija or feta cheese, for serving

Instructions

1. Preheat the oven to 350°F. Grease a muffin pan with cooking spray.
2. In a large bowl, whisk together the eggs, nonfat milk and 1/2 teaspoon pepper. Stir in the spinach, tomatoes and onions.
3. Divide the mixture evenly between the 12 muffin pan cups and bake the muffins for 20 to 25 minutes, or until the egg is fully cooked. Remove the muffins from the oven and let them cool for 5 minutes in the pan then use a knife to loosen the muffins from the cups.
4. Top each muffin with sliced avocado, a dollop of salsa and a sprinkling of cheese then serve.

Breakfast:

Banana Split Oatmeal
Yield: 1 serving

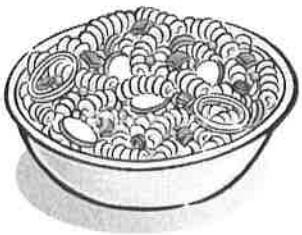
Ingredients:

- 1⁄3 cup oatmeal, quick-cooking (dry)
- 1⁄8 teaspoon salt
- 3⁄4 cups water (very hot)
- 1⁄2 banana (sliced)
- 1⁄2 cup frozen yogurt, non-fat

Preparation:

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Super Easy Pasta Salad:



1 pkg. bow-tie pasta (16 ounce)
1 bottle of low-fat Italian Dressing (16 ounce)
2 chopped cucumbers
6 chopped tomatoes
1 bunch chopped green onions
4 ounces grated parmesan cheese
1 TBS. Italian Seasoning
Directions: Cook pasta according to directions for al dente, drain and rinse under cold water – then place in a large bowl. Toss vegetables and pasta together with the salad dressing. In separate small bowl, mix parmesan cheese, and Italian seasoning and gently fold into pasta salad. Cover and refridgerate. Makes 8 cups.

COLOURING PAGE

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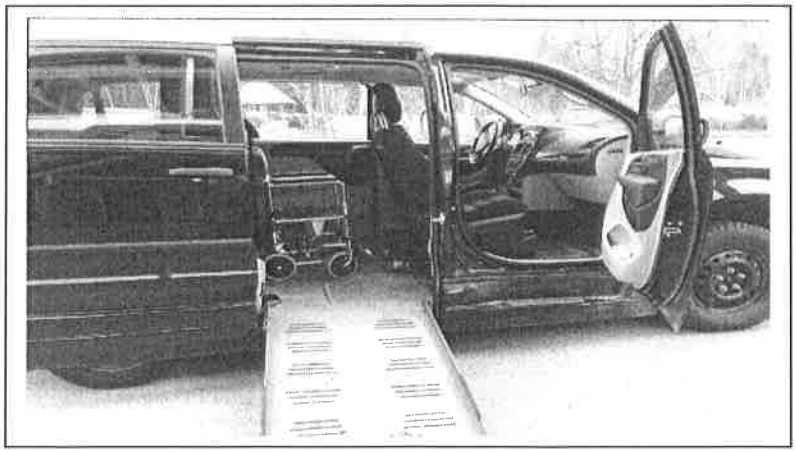
The Dr. H.S Trefry Memorial Centre

is happy to announce that our **Accessible Van Service** is up and running in addition to our regular Transportation Service. The accessible van is available on Mondays and Wednesdays and can take you to your local events/appointments and to Sault Ste. Marie. To sign up for the service and/or book a ride please call the Centre at **(705)-246 -0036**



YMCA Canada

YMCA Canada

YMCA LAUNCHES Y HOME

YMCA in Sault Ste. Marie have partnered with other Y's across the Country to launch Y Home which is a suite of virtual activities for all ages and capabilities. This includes video instruction for senior classes, chair classes and yoga. Y Home can be accessed through the website at

https://www.ssmymca.ca/pages/ymca-at-home or directly https://www.ymcahome.ca/.

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MAY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	ALL PROGRAMS CANCELLED UNTIL FURTHER NOTICE, EXCLUDING MEALS ON WHEELS				1 Hen's & Stitches 10 AM—Noon Bridge 1-4 PM	2
3	4 Exercise 10-11AM Bridge 1-4 PM	5 **POTLUCK**	6 LifeLabs 9:30-10:30 AM Bridge 1-4 PM	7 Coffee Connections Day Out 9AM—3PM Exercise 1:30-2:30PM	8 Hen's & Stitches 10 AM—Noon Bridge 1-4 PM	9
10	11 Exercise 10-11AM Bridge 1-4 PM	12	13 LifeLabs 9:30-10:30 AM Bridge 1-4 PM	14 Coffee Connections Day Out 9AM—3PM Exercise 1:30-2:30PM	15 Hen's & Stitches 10 AM—Noon Bridge 1-4 PM	16
17	18 Exercise 10-11AM Bridge 1-4 PM	19 Quilters 1-3 PM 	20 LifeLabs 9:30-10:30 AM Bridge 1-4 PM	21 Coffee Connections Day Out 9AM—3PM Exercise 1:30-2:30PM	22 Hen's & Stitches 10 AM—Noon Bridge 1-4 PM	23
24	25 Exercise 10-11 AM Bridge 1-4 PM	**26 Diner's** 	27 LifeLabs 9:30-10:30 AM Bridge 1-4 PM	28 Coffee Connections Day Out 9AM—3PM Exercise 1:30-2:30PM	29 Hen's & Stitches 10 AM—Noon Bridge 1-4 PM	30
31	**LAIRD Exercise every Monday 10 - 11 AM** **Walking at Legion 9am-12pm**	Bruce Station Day Out Every Tuesday Coffee Connections 9AM	**Echo Bay DAY OUT every Wednesday** Coffee Connections 9AM **Nordic Pole Walking at Legion 9am-12pm**	**LAIRD Exercise every Thursday 10 - 11 AM**	**Walking at Legion 9am-12pm**	

DR. HAROLD S. TREFRY MEMORIAL CENTRE

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Ontario

At a Glance – May 2020 EVENTS at the Dr. H.S. Trefry Memorial Centre

EXERCISE CLASSES

Laird Community Hall

Monday	**10 – 11 AM**
Thursday	**10 – 11 AM**

Dr. Trefry Memorial Centre

Monday	**10 – 11 AM**
Thursday	**1:30 – 2:30 PM**

Hens 'N' Stitches

Knitting, Crochet, Embroidery,
& Other Needle Crafts

Fridays from 10 AM until NOON

QUILTERS

Tuesday, May 19th, 2020 from 1-3 pm!

Bridge

Lose track of time...

Exercise your mind...

♥ ♦ ♣ ♠

Mondays, Wednesdays & Fridays

1 – 4 PM

Beginners welcome!

DAY OUT Programs

Bruce Station Tuesdays from 9AM - 3PM

109 Station Rd (Bruce Station Community Hall)

Echo Bay Wednesdays from 9AM 3PM

96 Church Street (Elk's Lodge)

Richards Landing Thursdays from 9AM - 3PM

1601 C Line (Dr Harold Trefry Memorial Centre)

A fun-filled day of activities to sharpen the mind and enliven the spirit!
Please contact the office at 705-246-0036 for more information.

Senior / Adult DAY PROGRAM

Coffee Hour

Ontario

Coffee Connections 9am-10am coffee & a muffin

POT LUCK

Diner's Club

Tuesday, May 26th, 2020

Held at the Royal Canadian Legion, Richards Landing

11:30 AM Carol Hunt-Ford – Alzheimer's Kits

12:30 PM Meatball Penne Family Style Dinner

Cost: $10.00 each

One of our friendly volunteers will be calling to take your reservation or you can contact 705-246-0036

Landing Feet First

Marcy Clark RPN

FOOT CARE

Dates to be determined,

by appointment 705-971-9698

LifeLabs

Mobile Laboratory Service

Wednesdays 9:30 – 10:30 AM

By Appointment 705-946-5543

OHIP Requisitions can be faxed to 705-246-0249

Mondays – Wednesday – Friday at NOON

MEALS ON WHEELS

Entrée, Soup & Dessert
or any combination
Delivered HOT
to your door!

Gift Certificates are also available.

Please call 705-246-0036 for information.

Office CLOSED on Monday May 18th
Meals will be delivered