

DECEMBER/JANUARY 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.stjosephstownship.com/departments/seniorservices

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

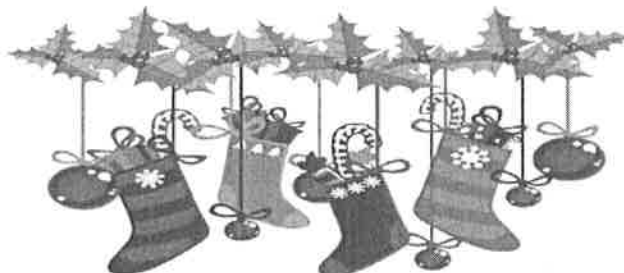
Facebook Page: [Dr. Harold S. Trefry Memorial Centre](https://www.facebook.com/DrHaroldSTrefryMemorialCentre/)

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

Tel: 705.246.0036

Fax: 705.246.0249

Have a Safe & Happy Holiday Season!



Protecting Your Finances Tip Sheet

Common frauds that target older adults include:

- **Emergency Scam**~ Often referred to as the ‘Grandparent Scam’, when a caller impersonates a family member, usually a grandson, and say they are in trouble and need you to send money to them right away.
- **Identity Theft**~ When someone uses your personal information without your knowledge or consent to commit a crime, such as fraud or theft. Personal information can be obtained by someone, taking your mail, or on-line schemes used to access birth dates, SIN numbers, credit card numbers, etc.
- **Prize Scams**~ You are informed that you have won a prize or a contest. You may Receive a phone call, email, text message or through a pop-up screen on your computer. The scammer will ask you pay a tax or fee before claiming the prize.
- **Investment Opportunities**~ You are offered large returns on investments. This can happen through the phone or through the criminal getting to know you as a friend.
- **Charity Scams**~ A person calls asking for a donation for a charity that will sound very similar to a reputable organization.
- **Romance Scams**~ Scammers will try to build a friendship with you having romantic chats on the phone or online. Eventually the scammer will ask you to transfer or send money to help them leave their home country to be with you.

Tips to Protect Yourself

There are steps to take to protect our finances:

- Shred sensitive information before you put it out to the curb or trash.
- Call and register yourself with the DO NOT CALL List to protect against telemarketing calls.
- Do not provide sensitive information over a call that you did not initiate.
- Put a NO SOLICITATION OR FLYERS sign on your front door.
- Be suspicious of deals or prizes that seem too good to be true.
- Check your credit reports for any strange activity
- Protect information such as your: PIN number, SIN number, passwords etc.

Take the Quiz: Does This Sound Like Fraud?

YES NO

You receive a call stating you won a trip in a contest you did not enter you just need to pay the taxes up front.

You posted an ad you are given a cheque for more than the amount agreed. The purchaser asks you to send the difference as a money transfer.

Someone who sounds like your grandson calls and says he's in trouble. He needs money right away but won't give you any other information.

Someone you just met invites you to take part in an investment with very high returns, but you must give a large amount right away.

If you answered **YES** to these questions you have a good understanding of fraudulent behaviour. It is important that when we do business, we take time to research the opportunity. If someone will not give you time to think the offer over, then pass on the opportunity.

What to Do If Fraud Happens

If you have experienced fraud, here are some actions to take to report it.

- Call the Canadian Anti-Fraud Centre to report it.
- Report the fraud to your local police.
- Contact the Credit Bureau to put an alert on your credit report.
- Call Consumer Protection Ontario and file a complaint.
- Tell a friend or family member that can help you through the effects of this crime.
- Speak to a counsellor if you are experiencing feelings of depression. Often we can feel sadness and a feeling of violation after an event like this happens.

Canadian Anti-Fraud Centre.....1 888 495 8501
www.antifraudcentre.ca

Equifax.....1 800 465 7166
www.consumer.equifax.ca

Consumer Protection Ontario.....1 800 889 9768
www.ontario.ca

Ontario Provincial Police.....1 888 310 1122
www.opp.ca

Competition Bureau.....1 800 348 5358
www.competitionbureau.gc.ca

Ontario Securities Commission.....1 877 785 1555
www.osc.gov.on.ca

Do Not Call List.....1 866 580 DNCL (3625)
www.lnnte-dncl.gc.ca

Seniors Safety Line.....1 866 299 1011
www.elderabuseontario.com

TransUnion.....1 800 663 9980
www.transunion.ca



HOME IS THE BEST PLACE TO BE!

COMMUNITY OUTREACH A SYSTEM NAVIGATION APPROACH TO RURAL CARE

ARE YOU WORRIED ABOUT A PATIENT?

- Overall decline in health
- Increase in falls
- Inability to cope at home
- Poor nutrition
- Not filling prescription
- Not getting to medical appointments
- Poor support system
- Isolated/lonely ... and more



CONTACT US:
705-356-2265 Ext. 2454
Outreach@nshn.ca

WE CAN HELP...

Linking people to the right supports and services prevents unnecessary visits to provider offices, emergency departments and/or admission to hospital or long term care.

ABOUT US

We are a navigation system that can help fill the gaps in your patient's care by connecting them to services through NSHN Community Support Services or by **LINKING** them to care agencies that provide the supports required. We serve patients, family and caregivers.

WE CAN HELP A PATIENT ACHIEVE HEALTH STABILITY BY LINKING THEM TO...

 Medical Transportation	 Medical Transportation	 Home Care	 Handi-Transit Bus	 Housing	 Social Work	 Mental Health
 Medical Equipment	 Lifeline	 Prescription Pickup	 Grocery Pickup	 In-Home Nursing	 Physiotherapy	 OCCUPATIONAL THERAPY

Who is this service for?

Any resident from communities served by NSHN from Echo Bay to Spanish, including St. Joseph Island, is eligible for this program.

Referrals by:

Health Provider
Community Care Provider
Family / Caregiver
Friends / Self Referral

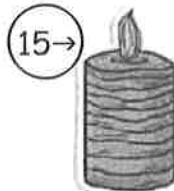
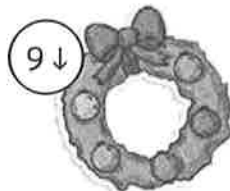
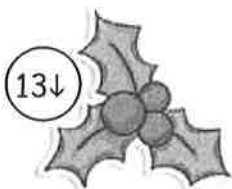
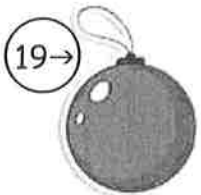
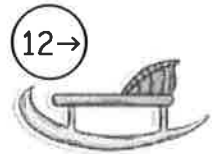
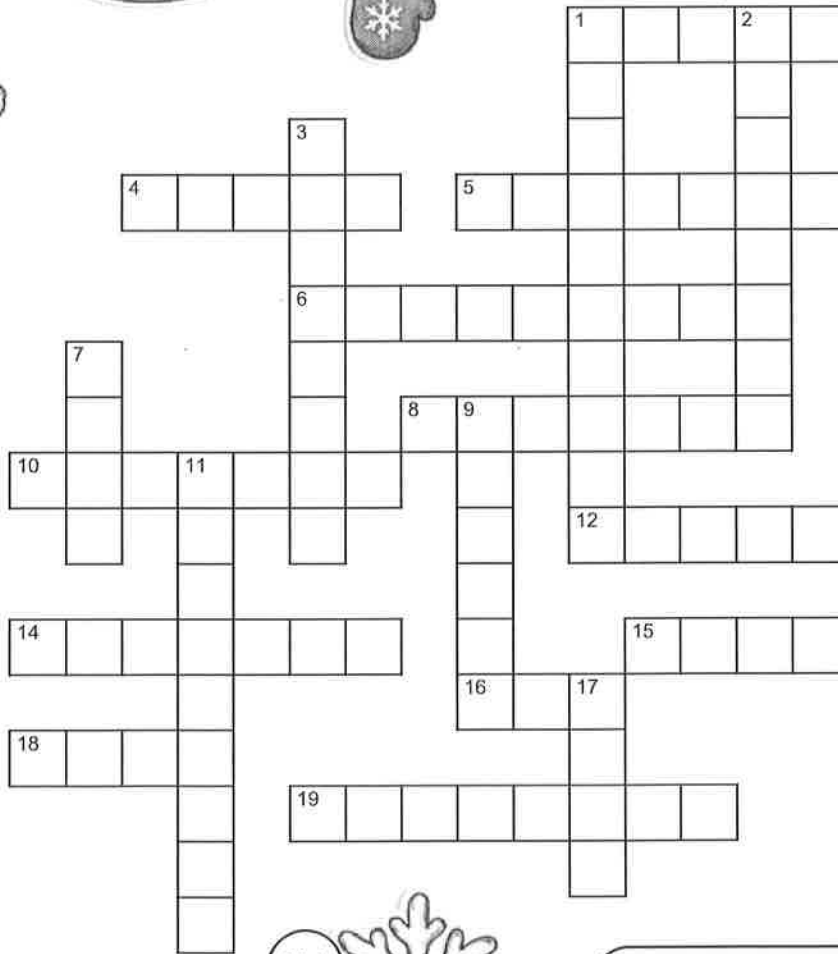
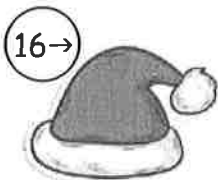
"Finding this service was a lifesaver!"

"I am so appreciative of this service, especially as we are isolated!"

As we enter into the second wave of COVID-19, funding has been provided to help patients through the pandemic.

Christmas Vocabulary

DIRECTIONS: Fill in the puzzle grid with the name of each Christmas item following the number and direction indicated. Use the word bank if you get stuck.



- | | |
|------------|-------------|
| BELL | SANTA CLAUS |
| CANDLE | SCARF |
| CANDY CANE | SKATE |
| FIRE | SLEIGH |
| HAT | SNOWFLAKE |
| HOLLY | SNOWMAN |
| MITTENS | STOCKING |
| ORNAMENT | SWEATER |
| PRESENT | TREE |
| REINDEER | WREATH |

Ultimate Christmas Leftover Sandwich



1Tbsp olive oil
1 small onion, finely sliced
2 Tbsp cranberry sauce
4 smoked streaky bacon rashers
80g leftover stuffing
or gruyere

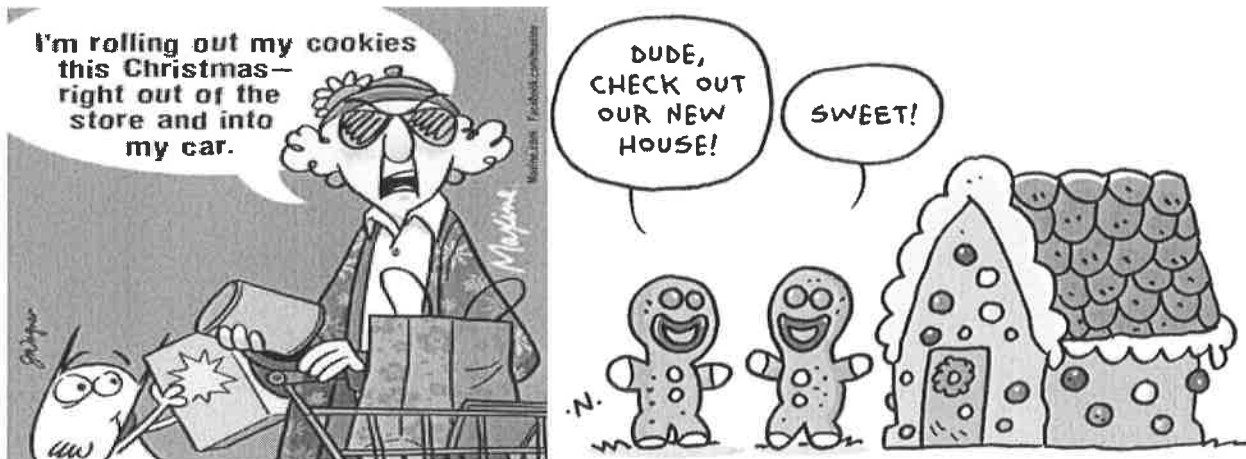
50g butter, softened
4 thick slices white bread
4 Tbsp leftover gravy
4 slices leftover turkey
100g leftover cheese, such as cheddar

Heat the oil in a pan over medium heat. Fry the onion for 10-15mins until browned. Add the cranberry sauce and fry for a few minutes more.

Meanwhile, cook the bacon in a frying pan over medium-high heat for 5 mins until golden and crisp. Set the bacon aside on kitchen paper, then add the stuffing to the pan. Fry for 3 mins or until starting to crisp.

Butter one side of each bread slice. Put 2 slices, buttered side down, on a work surface and top each one with 1 Tbsp of gravy. Then layer each with half the onion, bacon, turkey, Stuffing, cheese and remaining gravy. Sandwich with the non buttered side of the remaining 2 bread slices.

Heat the grill to high. Melt the rest of the butter in a pan on a medium heat and fry both sandwiches for 3-4 minutes on each side until golden, then put under the grill for 5 mins more until the cheese is oozing.



Recycling Scramble

We've scrambled 20 recycling vocabulary words. Can you figure out the original words by unscrambling the letters?

NERYEG	
OTCOPSM	
ECSYTMEOS	
ECEDRU	
ERVMNINTEON	
ZOENO	
BOAEDBAEIGDRL	
LISPCTA	
STAWE	
ERSUE	
COAGRNI	
ROLSA	
IOISESMNS	
AERPP	
SGASL	
NDALIFLL	
SEFMU	
TRHAE	
GRNAED	
IRRPAE	

ACE

Advocacy Centre
for the Elderly

2 Carlton Street, Suite 701
Toronto, Ontario, M5B 1J3
Phone: 416-598-2656
Fax: 416-598-7924

The Advocacy Centre for the Elderly has scheduled intake days on Mondays, Wednesdays and Fridays.

Dial **1-855-598-2656** or **416-598-2656** to reach us.

The Advocacy Centre for the Elderly is a community based legal clinic for low income senior citizens. ACE is managed by a volunteer board of directors at least half of whom are seniors. ACE is funded through Legal Aid Ontario and is the first legal clinic in Canada to specialize in the legal problems of seniors.

ACE provides direct legal services to low-income seniors, public legal education, and engages in law reform activities. ACE services and activities are in relation to areas of law of special importance to the seniors' population.

<http://www.advocacycentreelderly.org/index.php>



Winter Word Search

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

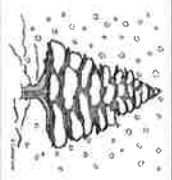
chilly
fireplace
frost
hibernate
hot chocolate
migrate






penguin
polar bear
snowflake
snowman
white
winter



DECEMBER 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		1 POTLUCK CANCELLED	2	3	4 Hen's & Stitches 10 AM—Noon	5 Echo Bay Parade of Lights
6	7	8	9	10	11	12
				Day Out 9:30AM—3PM	Hen's & Stitches 10 AM—Noon	
13	14	15	16	17	18	19
		15 Quilters 1-3 PM		Day Out 9:30AM—3PM	Hen's & Stitches 10 AM—Noon	
20	21	22	23	24	25	26
				Trefry Centre closed at Noon		
27	28	29	30	31		
				Happy New Year's Eve 		

Trefry Centre closed Thursday
December 24th at Noon until
Monday January 4th at 8:30am.
Meals on Wheels will be delivered
except Christmas Day & New Years
Day

Bruce Station
Day Out
Every Tuesday
9AM

Echo Bay
Day Out
Every Wednesday
9am

Limited Programs
running including
Meals on Wheels
& Transportation



DR. HAROLD S. TREFRY MEMORIAL CENTRE

Find us at: NorthEasthealthline.ca

1601 C Line
P. O. Box 158
Richards Landing, ON
P0R 1J0

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





JANUARY 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Limited Programs running including Meals on Wheels & Transportation					
3	4	5 POTLUCK CANCELLED	6	7 Day Out 9:30AM—3PM	8 Hen's & Stitches 10 AM—Noon	9
10	11	12	13	14 Day Out 9:30AM—3PM	15 Hen's & Stitches 10 AM—Noon	16
17	18	19 Quilters 1-3 PM 	20	21 Day Out 9:30AM—3PM	22 Hen's & Stitches 10 AM—Noon	23
24	25	26 	27	28 Day Out 9:30AM—3PM	29 Hen's & Stitches 10 AM—Noon	30
31		Bruce Station Day Out Every Tuesday 9:30am—3pm	Echo Bay Day Out Every Wednesday 9:30am—3pm			



DR. HAROLD S. TREFRY MEMORIAL CENTRE

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





EXERCISE CLASSES

Laird Community Hall

Monday 10 – 11 AM

Thursday 10 – 11 AM

Dr. Trefry Memorial Centre

Monday 10 – 11 AM

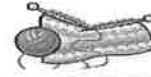
Thursday 1:30 – 2:30 PM

CANCELLED FOR DEC/JAN



Hens 'N' Stitches

Knitting, Crochet, Embroidery,
& Other Needle Crafts
Fridays from 10 AM until NOON



QUILTERS



Tuesday, January 19th, 2021 from 1-3 pm!

Lose track of
time...

Bridge

Exercise
your mind...



Mondays, Wednesdays & Fridays
1 – 4 PM

Beginners welcome!

CANCELLED FOR DEC/JAN

POT LUCK

CANCELLED FOR DEC/JAN



Diner's Club

CANCELLED FOR DEC/JAN

Held at the Royal Canadian Legion, Richards Landing

11:30 AM

12:30 PM

Cost: \$10.00 each

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

DAY OUT Programs RESTARTED

Bruce Station Tuesdays from 9:30AM – 3PM
109 Station Rd (Bruce Station Community Hall)

Echo Bay Wednesdays from 9:30AM – 3PM
96 Church Street (Elk's Lodge)

Richards Landing Thursdays from
9:30AM – 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.



COFFEE CONNECTIONS CANCELLED

Mondays – Wednesday – Friday at NOON



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

Gift Certificates are also available.
Please call 705-246-0036 for information.

CANCELLED AT TREFRY CENTRE

Landing Feet First

Marcy Clark RPN



FOOT CARE

Dates to be determined,

by appointment 705-971-9698

CANCELLED FOR DEC/JAN

LifeLabs

Mobile Laboratory Service
Wednesdays 9:30 – 10:30 AM
By Appointment 705-946-5543

OHIP Requisitions can be faxed to 705-246-0249