



APRIL 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: manager@trefrycentre.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/)

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

Tel: 705.246.0036

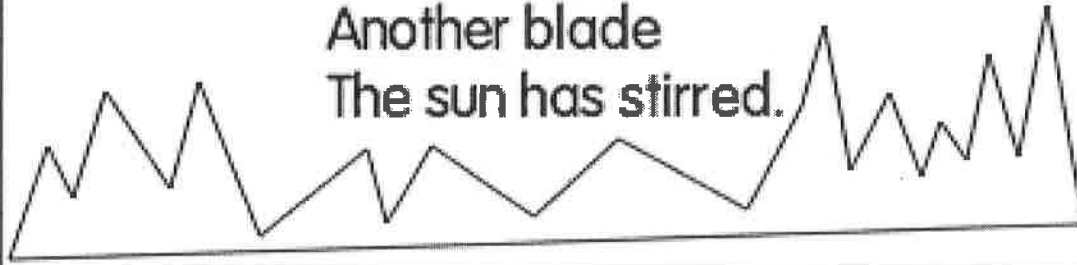
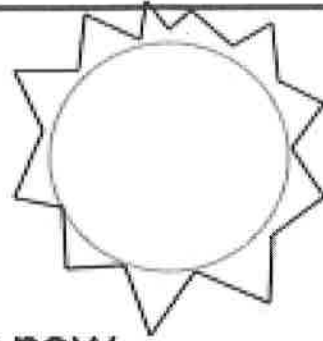
Fax: 705.246.0249

Office Closed on *April 2 and 5, 2021*
Have a Safe & Happy Easter Weekend!



Spring

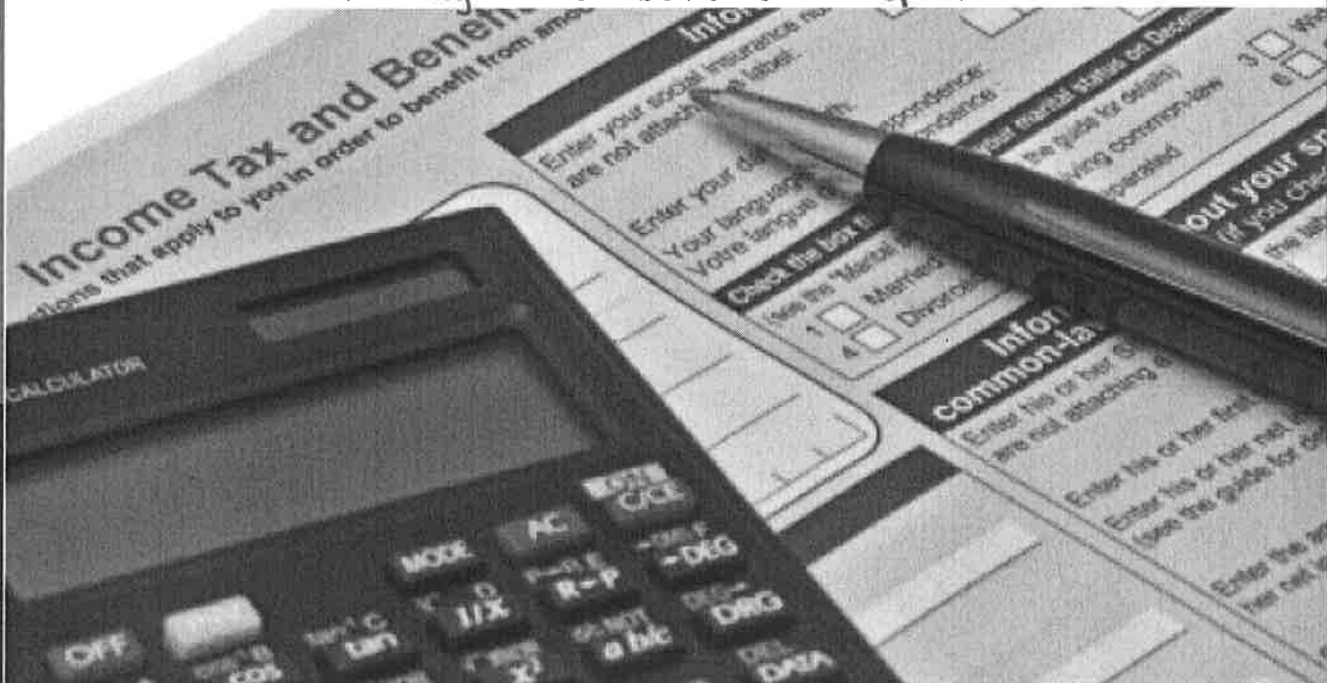
I love the spring.
For every day
There's something new
That's come to stay.
Another bud
Another bird
Another blade
The sun has stirred.



FREE TAX PREPARATION FOR LOW INCOME EARNERS

*****BY APPOINTMENT ONLY!*****
**PLEASE CALL TREFRY MEMORIAL
CENTRE AT 705-246-0036**

Friday March 26, 2021 1-3pm



**INCOME TAX DROP
OFF CLINIC:**
1209 CATHERINE
STREET, RICHARDS
LANDING

PLEASE BRING WITH YOU:

- T4'S AND/OR T5'S
- CHARITY / MEDICAL RECEIPTS
- RENT RECEIPTS
- MONTHLY BUS PASS RECEIPTS
- ANY OTHER DOCUMENTS YOU WOULD LIKE TO CLAIM

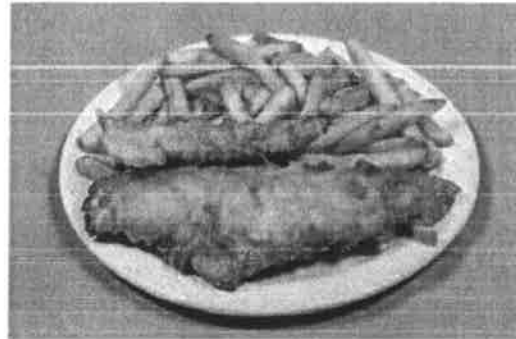
Masks are required.

**All COVID 19 procedures will be utilized to ensure the
safe and effective delivery of this program.**



Royal Canadian Legion St. Joseph Island
Branch 374 - Richards Landing

FRIDAY FOODS April SPECIALS



April 2nd

PICKEREL FISH DINNER by Shawn and Mark

April 9th

SHEPHERD'S PIE by Anne



April 16th

CHICKEN PARM by Jess D.

April 23rd

SPAGHETTI and MEATBALLS by JoAnn H.

April 30th

WINGS by Norm B.

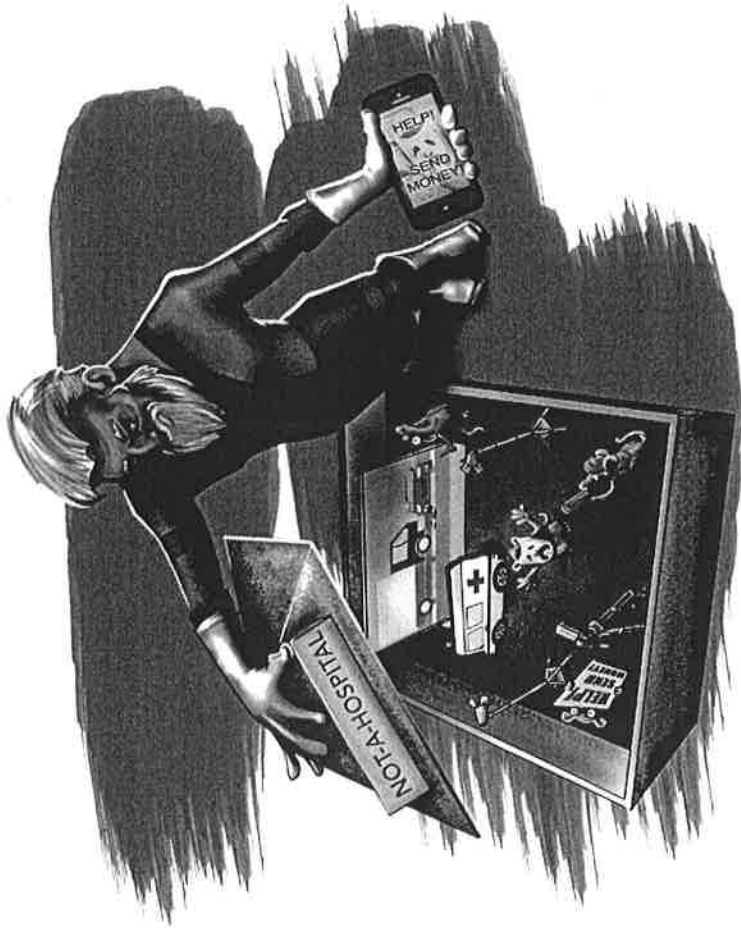


Dinner sides include French Fries or Onion Rings.
Burger, Chicken Finger or Fish Dinners also available
Reservations by Wed. noon preferred. Take-out available.
Walk-ins welcomed (limited quantities)
Please call 705-246-2494 and leave a message.
We will return your call and confirm.



THANK YOU
Volunteers!
We couldn't do it without you





One variation of this play features two people on the phone, one pretending to be a grandchild and the other a police officer or lawyer. In other cases, the scammer will pretend to be an old neighbour or a family friend in trouble.

Tips to protect yourself:

- Take time to verify the story. Scammers are counting on you wanting to quickly help your loved one in an emergency.
- Call the child's parents or friends to find out about their whereabouts.
- Ask the person on the phone questions that only your loved one would be able to answer and verify their identity before taking steps to help.
- Never send money to anyone you don't know and trust.
- Never give out any personal information to the caller.

EMERGENCY SCAMS

Caring grandparents, don't act too quickly!

Emergency frauds usually target loving grandparents, taking advantage of their emotions to rob them of their money.

The typical scam starts with a grandparent receiving a phone call from someone claiming to be their grandchild. The "grandchild" goes on to say they're in trouble—common misfortunes include having been in a car accident,

getting locked up in jail, or trouble returning home from a foreign country—and they need money immediately.

The caller will ask you questions, getting you to reveal personal information. They'll also swear you to secrecy, saying they are embarrassed and don't want other family members to find out what's happened.

If you suspect a scam, always report it.

Go to pages 19 and 20 for more information.



TAX SCAMS

Got a call or email from the CRA? Make sure it's real!

You get a text message or an email from the Canada Revenue Agency (CRA) claiming you're entitled to an extra refund and all you need to do is provide your banking details. Watch out—this wonderful-if-true situation is exactly what a tax scam looks like.

Another variation is that they call you to say that you owe the CRA money and that you need to pay right away, or else they will report you to the police.

In any case, if you do receive a call, letter, email or text saying you owe money to the CRA, you can double check online via "My Account" or call 1-800-959-8281.

Tips to protect yourself:

The CRA will never:

- use aggressive or threatening language.
- threaten you with arrest or send police.
- ask for payments via prepaid credit cards or gift cards, such as iTunes, Home Depot, etc.
- collect or distribute payments through Interac e-transfer.
- use text messages to communicate under any circumstances.

Emails from the CRA:

- never ask for financial information.
- never provide financial information.

The CRA's accepted payment methods are:

- online banking.
- debit card.
- pre-authorized debit.

If you suspect a scam, always report it.

Go to pages 19 and 20 for more information.



1-866-299-1011



Anonymous, Confidential
24/7, 365 days of the year



Live counsellors,
over 200 languages



awhl.org/online-chat
Monday to Friday 11am-8pm

awhl.org/seniors



Stop Abuse - Restore Respect



Elder Abuse Ontario

Stop Abuse - Restore Respect

**For Resources & Materials, visit:
www.elderabuseontario.com**

ElderAbuseOntario

To find help call from anywhere in Ontario:

ElderAbuseOnt

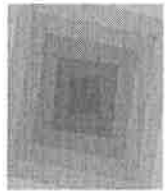
1.866.299.1011

Seniors Safety Line

Seniors Safety Line (SSL)

The SSL provides contact and referral information for local agencies across the province that can assist in cases of elder abuse. Trained counsellors also provide safety planning and supportive counseling for older adults who are being abused or at-risk of abuse. Family members and service providers can also call for information about community services.

Seniors Safety Line: 1-866-299-1011



CANADIANTM
HEARING
SERVICES

DEAFBLIND SERVICES

Canadian Hearing Services (CHS) is offering a new program in Sault Ste Marie.

CHS offers Deafblind Support Services to adults that meet a specific degree of both hearing and vision loss. Often hearing and vision loss comes on very gradually with age, isolating seniors in their home as they feel unsafe when in the community on their own. An Individual with a combined vision and hearing loss will not have sufficient access to information; medical advice can be misunderstood, appointment times recorded wrong, important mail will go unread and they might not find their favorite soup on the shelf at the grocery store.

Seniors may benefit from the services of a Deafblind Support Worker. They do **not** need a referral from a doctor and the service is provided at **no** cost to clients. A Deafblind Support Worker can support seniors to achieve as much independence as possible. They act as the “eyes” and the “ears” of the client.

A Deafblind Support Worker can assist in many activities including:

- reading and answering mail
- making phone calls to schedule appointments
- accompaniment to medical appointments ensuring important information is not missed
- shopping, banking or other everyday activities
- communicating with other individuals

A Support Worker may also:

- provide transportation for daily activities
- assist with personal business, wellness and recreational activities
- offer assistance on a weekly basis or as a one off for important appointments

I would be delighted if you could share this information with any residents in your building who may meet the criteria and could benefit from this free service. Please contact Kerri Tuckett at the Canadian Hearing Services for more information or to make a referral. I look forward to hearing from you.

Kerri Tuckett Hearing Care Counsellor/ Deafblind Support Worker
Office: 1-866-518-0000 ext. 4170
Cell: 705-971-7954
Email: ktuckett@chs.ca

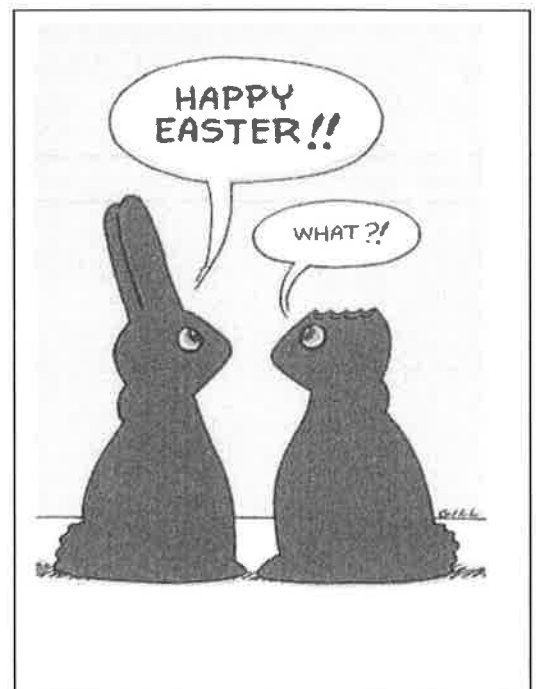
130 Queen St. E, Sault Ste Marie, ON P7A 1Y5 | CHS.ca
Tel: 1-866-518-0000
Fax: | **TTY:** 1-877-215-9530

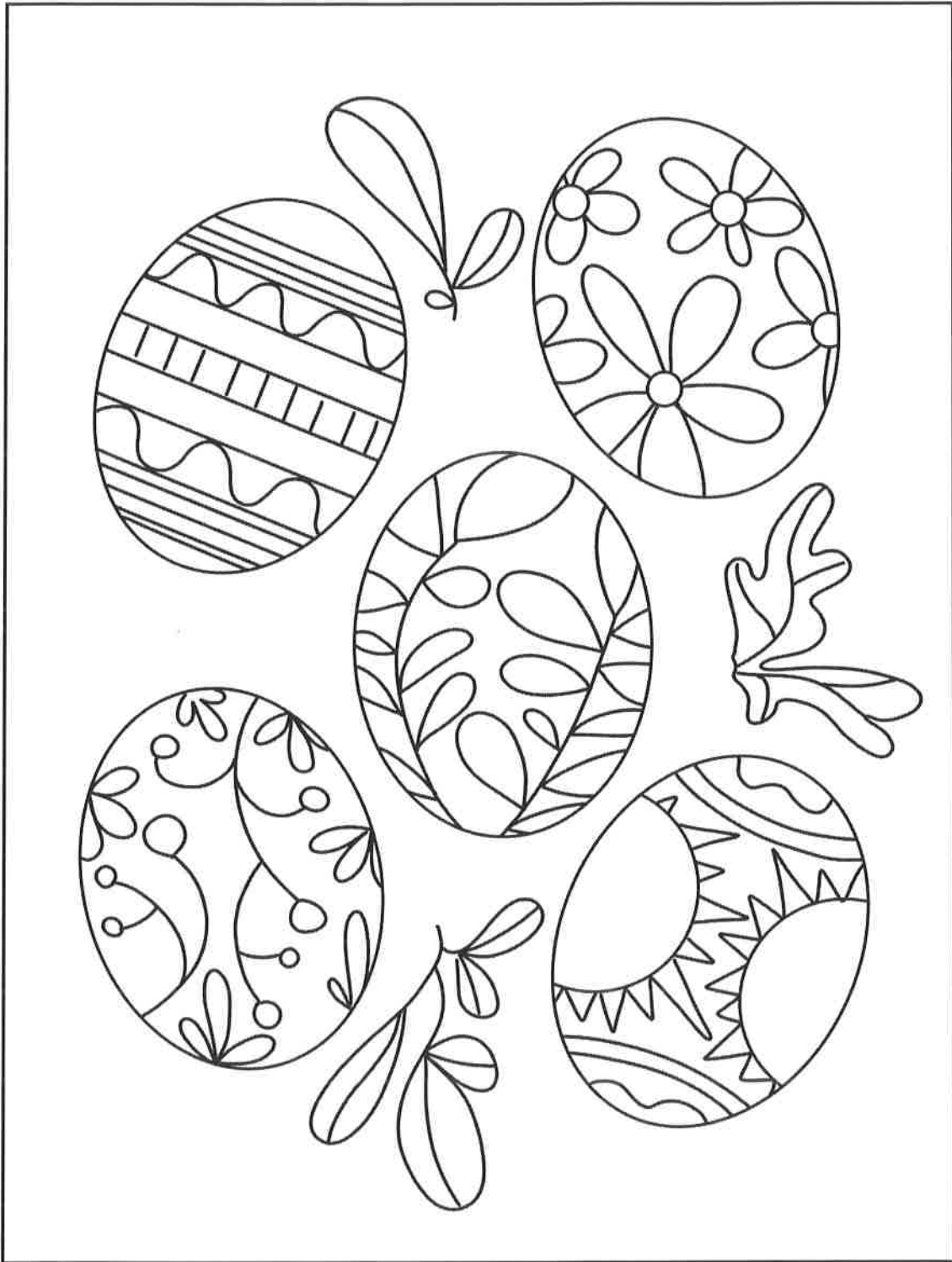


Egg-cellent Easter Wordsearch

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

dye	simnel cake	parade	spring
hop	egg hunt	rabbit	nest
egg rolling	hard-boiled	colours	sunday
hot cross buns	festival	eggs	easter morning
easter	decorate	chocolate	chick
bunny	bonnet	basket	





Taste of Home



Best Ever Stuffed Mushrooms

★★★★☆

At party time, I bring out a platter of my easy stuffed mushrooms. I like to make mine with reduced-fat sausage, but you can use regular for an indulgent treat. —Debby Beard, Eagle, Colorado

TOTAL TIME: Prep: 20 min. Bake: 15 min.

YIELD: 2-1/2 dozen.

Ingredients

- 1 pound bulk pork sausage
- 1/4 cup finely chopped onion
- 1 garlic clove, minced
- 1 package (8 ounces) reduced-fat cream cheese
- 1/4 cup shredded Parmesan cheese
- 1/3 cup seasoned bread crumbs
- 3 teaspoons dried basil
- 1-1/2 teaspoons dried parsley flakes
- 30 large fresh mushrooms (about 1-1/2 pounds), stems removed
- 3 tablespoons butter, melted

Directions


1. Preheat oven to 400°. In a large skillet, cook sausage, onion and garlic over medium heat 6-8 minutes or until sausage is no longer pink and onion is tender, breaking up sausage into crumbles; drain. Add cream cheese and Parmesan cheese; cook and stir until melted. Stir in bread crumbs, basil and parsley.
2. Meanwhile, place mushroom caps in a greased 15x10x1-in. baking pan, removed-stem side up. Brush with butter. Spoon sausage mixture into mushroom caps. Bake, uncovered, 12-15 minutes or until mushrooms are tender.

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2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Day Out 9:30AM—2:30PM	2 Good Friday Centre Closed	3
4	5 Easter Monday Centre Closed	6 POTLUCK CANCELLED	7	8 Day Out 9:30AM—2:30PM	9 Hen's & Stitches 10 AM—Noon	10
11	12	13	14	15 Day Out 9:30AM—2:30PM	16 Hen's & Stitches 10 AM—Noon	17
18	19	20 Quilters 1-3 PM 	21	22 Day Out 9:30AM—2:30PM	23 Hen's & Stitches 10 AM—Noon	24
25	26	27 Diner's Stay Tuned	28	29 Day Out 9:30AM—2:30PM	30 Hen's & Stitches 10 AM—Noon	31



Bruce Station
Day Out
Every Tuesday
9:30am—2:30pm

Echo Bay
DAY OUT
every Wednesday
9:30am—2:30pm



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: manager@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 APRIL

Hens 'N' Stitches

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



QUILTERS



Tuesday, April 20th, 2021 from 1-3 pm!

DAY OUT Programs

Bruce Station Tuesdays from 9:30AM – 2:30PM
109 Station Rd (Bruce Station Community Hall)

Echo Bay Wednesdays from 9:30AM – 2:30PM
96 Church Street (Elk's Lodge)

Richards Landing Thursdays from
9:30AM – 2:30PM

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



COFFEE CONNECTIONS CANCELLED

POT LUCK CANCELLED FOR APRIL



Diner's Club STAY TUNED

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

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.

Office CLOSED on Friday April 2 and Monday April 5, 2021
Meals will be delivered.

CANCELLED AT TREFRY CENTRE

Landing Feet First Marcy Clark RPN



FOOT CARE

Dates to be determined,
by appointment 705-971-9698

CANCELLED FOR APRIL

LifeLabs

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

OHIP Requisitions can be faxed to 705-246-0249