

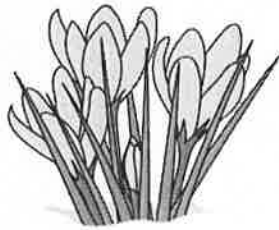
MARCH 2021



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

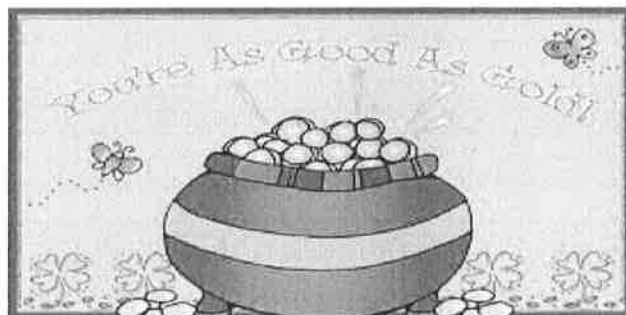
Health Lines for Program Information and Referrals: www.northeasthealthline.ca

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



Ontario

An old Irish Blessing



May love and laughter light your days,
and warm your heart and home.

May good and faithful friends be yours,
wherever you may roam.

May peace and plenty bless your world
with joy that long endures.

May all life's passing seasons
bring the best to you and yours!



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

FRIDAY FOODS March SPECIALS



Almond soo Guy



March 5 **Philly Cheesesteak by Terry T.**

March 12 **Panzerotti by Fairservice Family**
(NO other menu items)



March 19 **Almond Soo Guy by Wayne D.**

March 26 **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



COVID-19 fraud

Fraud alert!

December 18, 2020: The CAFC have received reports on scams and frauds linked to COVID-19 vaccines. Do not buy COVID-19 vaccines online or from unauthorized sources. The only way to access safe and effective COVID-19 vaccines is through clinics organized or endorsed by your local public health authority in collaboration with Canada's federal, provincial and territorial governments. Refer to [Government of Canada COVID-19 health, financial and security resources](#) and if you have questions about getting vaccinated, contact your family physician or local health care providers.

Protect yourself, beware of:

- Potential counterfeit COVID-19 vaccines **New**
 - Private companies selling fraudulent products that claim to treat or prevent the disease
 - Unapproved drugs threaten public health and violate federal laws
- Coronavirus-themed emails or text messages and COVID-19 vaccination themed emails or text messages that are trying to: **New**
 - trick you into installing malicious COVID-19 notification apps
 - trick you into opening malicious attachments
 - trick you to reveal sensitive personal and financial details
- Unsolicited calls claiming to be from a private company or health care providers offering home vaccination kits for an up-front fee **New**
- Private companies offering fast COVID-19 tests for sale **New**
 - Only official health care providers can perform the tests
 - No other tests are genuine or guaranteed to provide accurate results
- Questionable third-party companies offer to help you fill out applications, such as CERB
- Criminals using your identity to sign-up for CERB and receive payments
- Spoofed government, healthcare or research information
- Unsolicited calls, emails and texts requesting urgent action or payment and/or offering medical advice, financial relief, or government assistance and compensation
 - If you didn't initiate contact, you don't know who you're communicating to
 - Never respond or click on suspicious links and attachments
 - Never give out your personal or financial details
- Unauthorized or fraudulent charities requesting money for victims, products or research
 - Don't be pressured into making a donation
 - Verify that a charity is registered
- High-priced or low-quality products purchased in bulk by consumers and resold for profit
 - These items may be expired and/or dangerous to your health
- Questionable offers, such as:
 - miracle cures
 - herbal remedies
 - vaccinations
 - faster testing
- Fake and deceptive online ads, including:
 - cleaning products
 - hand sanitizers
 - other items in high demand

Protect yourself from scams and fraud

Scammers can target any Canadian or Canadian business. Here are some tips and tricks to protect yourself or your business from scams and fraud.

Remember, if it seems too good to be true, it is.

Don't be afraid to say no

Don't be intimidated by high-pressure sales tactics. If a telemarketer tries to get you to buy something or to send them money right away:

- Request the information in writing
- Hang up

Watch out for urgent pleas that play on your emotions.

Do your research

Always verify that the organization you're dealing with is legitimate before you take any other action:

- Verify Canadian charities with the Canada Revenue Agency
- Verify collection agencies with the appropriate provincial agency
- Look online for contact information for the company that supposedly called you, and call them to confirm
- Verify any calls with your credit card company by calling the phone number on the back of your credit card

If you've received a call or other contact from a family member in trouble, talk to other family members to confirm the situation.

Watch out for fake or deceptive ads, or spoofed emails. Always verify the company and its services are real before you contact them.

Don't give out personal information

Beware of unsolicited calls where the caller asks you for personal information, such as:

- Your name
- Your address
- Your birthdate
- Your Social Insurance Number (SIN)
- Your credit card or banking information

If you didn't initiate the call, you don't know who you're talking to.

Beware of upfront fees

Many scams request you to pay fees in advance of receiving goods, services, or a prize. It's illegal for a company to ask you to pay a fee upfront before they'll give you a loan.

There are no prize fees or taxes in Canada. If you won it, it's free.

Protect your computer

Watch out for urgent-looking messages that pop up while you're browsing online. Don't click on them or call the number they provide.

No legitimate company will call and claim your computer is infected with a virus.

Some websites, such as music, game, movie, and adult sites, may try to install viruses or malware without your knowledge. Watch out for emails with spelling and formatting errors, and be wary of clicking on any attachments or links. They may contain viruses or spyware.

Make sure you have anti-virus software installed and keep your operating system up to date.

Never give anyone remote access to your computer. If you are having problems with your system, bring it to a local technician.

Be careful who you share images with

Carefully consider who you're sharing explicit videos and photographs with. Don't perform any explicit acts online.

Disable your webcam or any other camera connected to the internet when you aren't using it. Hackers can get remote access and record you.

Protect your online accounts

By taking the following steps, you can better protect your online accounts from fraud and data breaches:

- Create a strong password by:
 - Using a minimum of 8 characters including upper and lower case letters, and at least 1 number and a symbol
 - Creating unique passwords for every online account including social networks, emails, financial and other accounts
 - Using a combination of passphrases that are easy for you to remember but hard for others to guess
- Enable multi-factor authentication
- Only log into your accounts from trusted sources
- Don't reveal personal information over social media

Learn more about securing your accounts by visiting [Get Cyber Safe](#).

Source: <https://antifraudcentre-centreantifraude.ca/protect-protegez-eng.htm#a1>



ST. PATRICK'S DAY WORD SEARCH

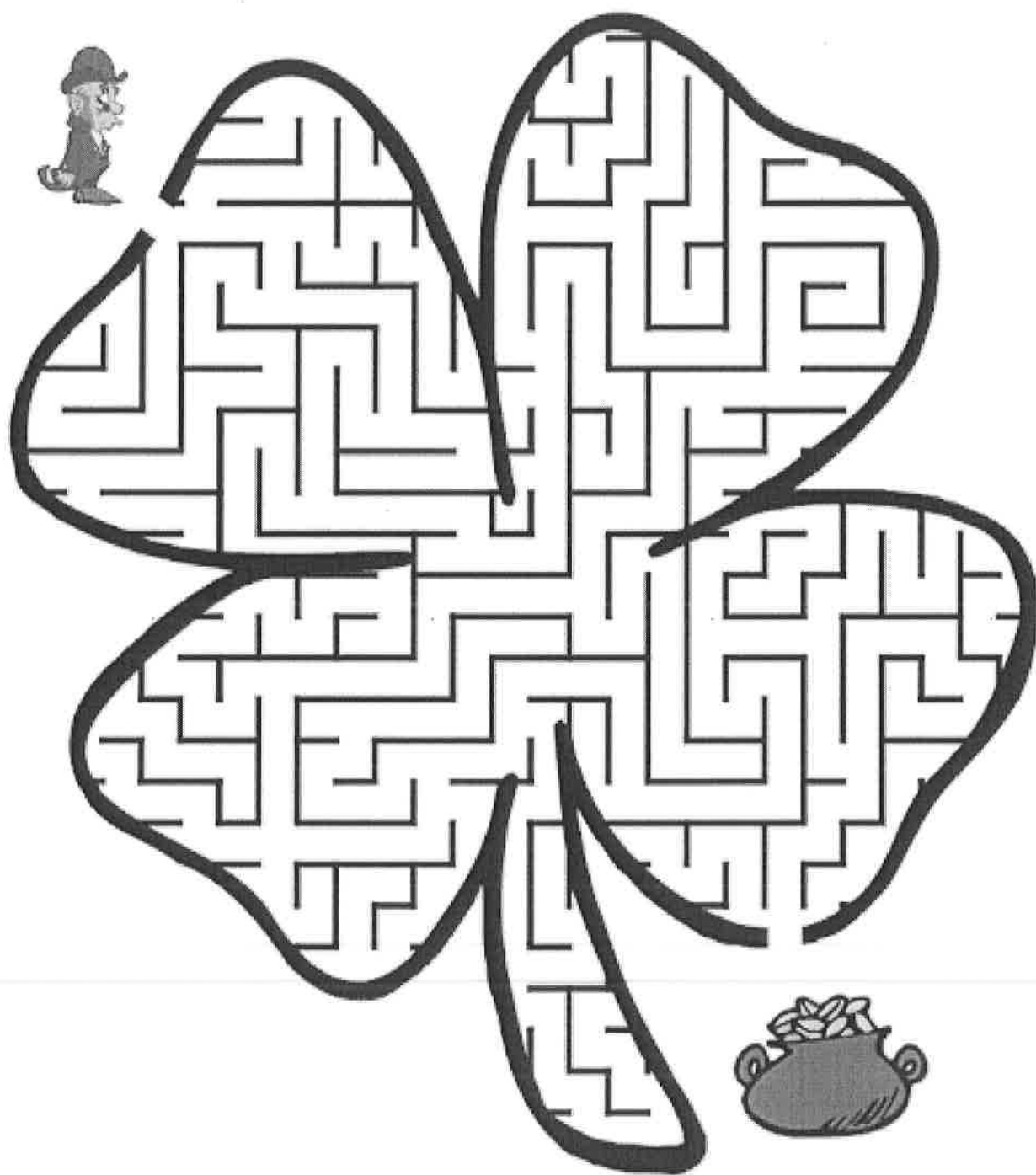


c i r e l a n d s i p
j s w e u m a r c h t
p f p a c u h s d a r
f a o i k a c p s r a
a o t u y h e a h t i
l e p r r e c h a u n
u m a a i t r r m w b
i e r r o c e s r x o
r r a s d l k p o t w
i a d g g o l d c h n
s l e a r v l l k t d
h d s c h e s a i n t
k w e e r r e f r i e
h c g o h o l n t f k

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March



Caring for a person living with dementia - Transportation

(<https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care/driving-transportation>)

People with dementia may experience different risks and comfort levels with driving and transportation.

Travelling by car

Transportation in a car or other vehicle should ensure both the safety and emotional comfort of the person with Alzheimer's disease or other dementia.

Someone with Alzheimer's disease or other dementia may have difficulty getting in and out of a car. As the dementia progresses, perceptual problems may develop, often making it difficult for the person to recognize differing depths. As confusion increases, the person might lose the ability to follow the steps it takes to get in and out of a car.

The following steps may help you ensure the safety and comfort of the person with dementia when travelling by car. These steps may also help make the process easier for you, the caregiver, as well as the person you are caring for:

- Park your vehicle on a flat surface, a fair distance from the curb, leaving enough room for the person to step onto the street and to be able to turn to sit.
- Move the front seat back as far as possible so there is lots of room to move. The front seat of the car is often more accessible than the rear seats.
- Clothing may stick to car seats made of velour or cloth. Try covering the car seat with more slippery material, such as a sheet of plastic, to ease movement and shifting. Open the front door first; turn the person around so that his buttocks are facing the inside of the car. Hold the person's hands in yours, or place his left hand on the door and his right hand on the back of the door frame. Back the person up until the backs of his legs are touching the car seat.
- Ensure the person's feet are outside of the car and firmly on the ground; guide the person to sit sideways on the seat.
- Once seated, direct the person to pull in his left leg, and then his right. Once his legs are inside, the person can shift or swivel around to face the front of the car. Direct the person to slide toward the back of the seat.
- Buckle up.
- If the person attempts to remove the seatbelt while driving, turn the seatbelt inside out so that the buckle is not easily accessible.

Caring for a person living with dementia - Setting routines and reminders

(<https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care/setting-routines-reminders>)

Keeping a routine can help people with dementia continue to do things on their own.

Overview

Activities such as dressing, grooming, bathing and eating can form a pattern in daily living. Routines help the person with dementia know what to expect, and help her to continue to do things on her own. Doing so will make her feel better about herself.

People with Alzheimer's disease will eventually lose the ability to carry out these everyday routines and will depend on others to help. So it is important for them to do as much as they can for themselves, for as long as they can. This will help them feel good about themselves, for greater dignity and confidence.

It will be easier if you continue the routines she has been used to for much of her life. For example, if she is used to bathing in the morning, try to make morning bathing the pattern. Carrying out the activities in much the same order each day will also help her know what to expect.

Reminders will help, particularly during the earlier stages of the disease. These can be written notes on the fridge to remind her to eat, or signs on a cupboard to tell her what is inside.

If he no longer understands words, try using colour cues or pictures. Cues such as a toothbrush on the counter will remind him to brush his teeth. Clothes laid out in the order they are to be put on will make it easier for him to get dressed. Regular reminders might be needed to get him to go to the bathroom.

Helping with routines

If you are supporting someone with Alzheimer's disease, you may find it difficult to know how to help and how much to help. Sometimes he needs help but wants to look after personal care independently. This can be frustrating, especially when you know you could carry out the task more quickly, or help do the task more efficiently. Try to avoid the temptation to take over, even if he is really struggling. The loss of confidence could make it harder for him to keep trying.

When you do offer help, try to do the task together, rather than doing it for him. This will help him to feel more in control and more involved. When talking through activities like this, try to focus on what she can do, rather than on what she can't.

Keep in mind that it's hard for people with dementia to learn new ways of doing things, remember steps involved in instructions, and stay focused for long on a task. Take things slowly, try to be patient, and take breaks. Be encouraging, and try to maintain your sense of humour.

Tips for making routines easier

- Try breaking the task down into sections. For example, she may find it easier to continue dressing herself if you put the clothes out for her in the order that she needs to put them on. Or you could pass her the next garment, holding it out ready to grasp at the right place, or encourage her to put her shirt on over her head before you straighten it down for her.
- Even if he can't complete a full task, carrying out one or two steps of it—particularly the final step—can give him a sense of achievement.
- Make sure that any reminders or instructions are simple. Use short sentences, with gestures and body language to add meaning.
- Be tactful. Try to imagine that you are the person receiving help, and speak in a way that you would find helpful if you were in her position.
- Try doing things together, such as folding clothes or drying dishes.
- If there are activities you do regularly, try integrating them into the daily routine.
- Make sure he doesn't feel he is being supervised or criticized in any way. This means checking your tone of voice as well as the words you use.
- When the dementia gets to a more advanced stage, try pointing, demonstrating, or guiding an action rather than giving a verbal explanation. For example, she may be able to brush her own hair if you hand her the brush and start by gently guiding her hand. Try using your voice to make reassuring and encouraging sounds rather than using actual words.

(This list was adapted from Alzheimer's Society
(U.K.) http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=115)



Delightful Words

Try to create ten words from the group of six letters listed below. You do not need to use every letter in each word. However, you can only use the letters that are displayed once per word.

Letters

i v b s a /

Words

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

more... _____

Clues & Rhymes MAT & MAIL

The answer to each clue in question one rhymes with "mat." In question two, all of the answers to the clues rhyme with "mail."

#1: Rhymes with 'Mat'

A) Light conversation

B) Large container or tub

C) Used a chair

D) The club used in baseball

#2: Rhymes with 'Mail'

A) Strong wind

B) World's largest mammal

C) Physically delicate

D) Path in a forest

You must be prepared to provide verification

Of your bill...

- *Algoma Power Bill*
- Eviction or disconnection
of service notice from
Algoma Power

Of your Identity...

- Birth Certificate
- Driver's License
- Health Card
- Indian Status Identity
Card

Of your Income...

- Notice of Assessment
- Pay stubs
- Pension statements
- OW/ODSP – we can verify
on our database for you

For more information or
for an LEAP application
please contact:

Algoma District Services
Administration Board
(ADSAB)

www.adsab.on.ca

1 Collier Road
Thessalon
705-842-3370
Toll Free: 1-888-326-3133

50 Broadway Ave
Wawa
705-856-2303
Toll Free: 1-866-847-9953

LOW- Income Energy Assistance Program (LEAP)

Algoma Power Customers



Algoma District Services
Administration Board
Services Sociaux du district d'Algoma

Are you experiencing difficulty paying your Algoma Power Bill?

Due to:

- High heating cost
- Job Loss
- Illness
- Pending EI
- Unexpected expenses
- Child support issues

The Low-Income Energy Assistance Program (LEAP) may be able to help up to \$500.

In order to qualify you must:

- Have income below the Statistic Canada – Low Income Measure (LIM)

Or

- Be in receipt of Ontario Works (OW) or Ontario Disability Support Program (ODSP)
- Live in at the address of arrears
- Be a renter or homeowner
- Algoma Power bill must be in your name

Qualifying applications are processed on a first come, first served basis, while funding is available.

Approvals are based on eligibility criteria however extenuating circumstance may be considered.

Contact us today!





Algoma District Services Administration Board
Conseil d'administration des services du district d'Algoma

Algoma Shelter Assistance Program (ASAP)

**Are you homeless or at risk of being
homeless because you can't afford to...**

- Catch up on your rent or utility bills?
- Repair or replace an essential item/system in your home?
- Make your home more accessible for a senior or disabled household member?
- Make small repairs to your home so it meets basic living standards?
- Come up with deposits or other items to secure a home?

...We may be able to help you!

Examples of eligible expenses:

- Emergency shelter or transportation costs
- Energy/utility arrears (hydro, water, gas, oil, propane, firewood)
- Rent & Utility deposits/arrears to retain or maintain housing
- Treatment of pest infestation
- Decluttering or emergency cleaning costs
- Replacement of essential furnishing or appliances
- Repair/replacement of heating, plumbing or water systems
- Minor home repairs
- Accessibility items or repairs to your home

You DO NOT need to be in receipt of social assistance to qualify but you must be below a certain income level. Funds are limited (first come, first served) and needs must meet eligibility criteria. Call us for more information or pick up application from one of these locations or at www.adsab.on.ca

Elliot Lake ADSAB
2 Elizabeth Walk
Elliot Lake
705-848-7153

Blind River ADSAB
15 Hanes Avenue
Blind River
705-356-2263

Thessalon ADSAB
1 Collver Rd
Thessalon
705-842-3370

Wawa ADSAB
50 Broadway
Wawa
705-856-2303

Complete It! Movie Titles

In this trivia challenge, the goal is to fill in the missing word in these famous movie titles.

1. *It's a Wonderful* _____
2. *Cool* _____ *Luke*
3. *2001: A* _____ *Odyssey*
4. *Singin' in the* _____
5. *A Hard Day's* _____
6. *Lawrence of* _____
7. *The* _____ *of Wrath*
8. *Miracle on* _____ *Street*
9. *The Day the Earth Stood* _____
10. *The Bridge on the River* _____
11. *Some Like It* _____
12. *Wuthering* _____
13. *West* _____ *Story*
14. *Bonnie &* _____
15. *His* _____ *Friday*

Complete It! Book Titles

In this trivia challenge, the goal is to fill in the missing word in these famous book titles.

1. *Gulliver's* _____
2. *Love in the Time of* _____
3. *The Old Man and the* _____
4. *Pride and* _____
5. *The* _____ *Letter*
6. *The Very* _____ *Caterpillar*
7. *The Secret Life of* _____
8. *The Call of the* _____
9. *The* _____ *Castle*
10. *The Lord of the* _____
11. *The* _____ *Gatsby*
12. *The Sound and the* _____
13. *Where the Wild Things* _____
14. *The Frog and* _____ *Collection*
15. *Of Mice and* _____



MARCH 2021



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

4

5

6

POTLUCK
CANCELLED

7

8

9

10

11

12

13

Day Out
9:30AM—3PM

Hen's & Stitches
10 AM—Noon

14

15

16 Quilters 1-3 PM

17 Happy
St. Patrick's
day!

18

19

20

Day Out
9:30AM—3PM

Hen's & Stitches
10 AM—Noon



Welcome
Spring

21

22

23

24

25

26

27

Day Out
9:30AM—3PM

Hen's & Stitches
10 AM—Noon

28
Palm Sunday

Limited Programs
running including
Meals on Wheels &
Transportation

Bruce Station
Day Out
Every Tuesday
9:30am—3pm

Echo Bay
Day Out
Every Wednesday
9:30am—3pm



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

Ontario





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 MARCH



Lose track of
time...

Bridge



Exercise
your mind...

Mondays, Wednesdays & Fridays
1 – 4 PM

Beginners welcome!
CANCELLED FOR MARCH

POT LUCK

CANCELLED FOR MARCH



Diner's Club

CANCELLED FOR MARCH

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

Hens 'N' Stitches

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



QUILTERS



Tuesday, March 16, 2021 from 1-3 pm!

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 MARCH

LifeLabs

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

OHIP Requisitions can be faxed to 705-246-0249