

# JUNE 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 , 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](mailto:manager@trefrycentre.ca)

Website: [www.stjosephstownship.com/departments/seniorservices](http://www.stjosephstownship.com/departments/seniorservices)

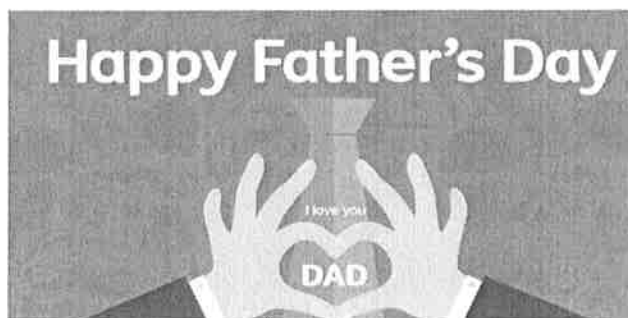
Health Lines for Program Information and Referrals: [www.northeasthealthline.ca](http://www.northeasthealthline.ca)

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



# The Washington Post

LA Times, Fri, May 21, 2021

By Bruce Haight / Ed. Rich Norris

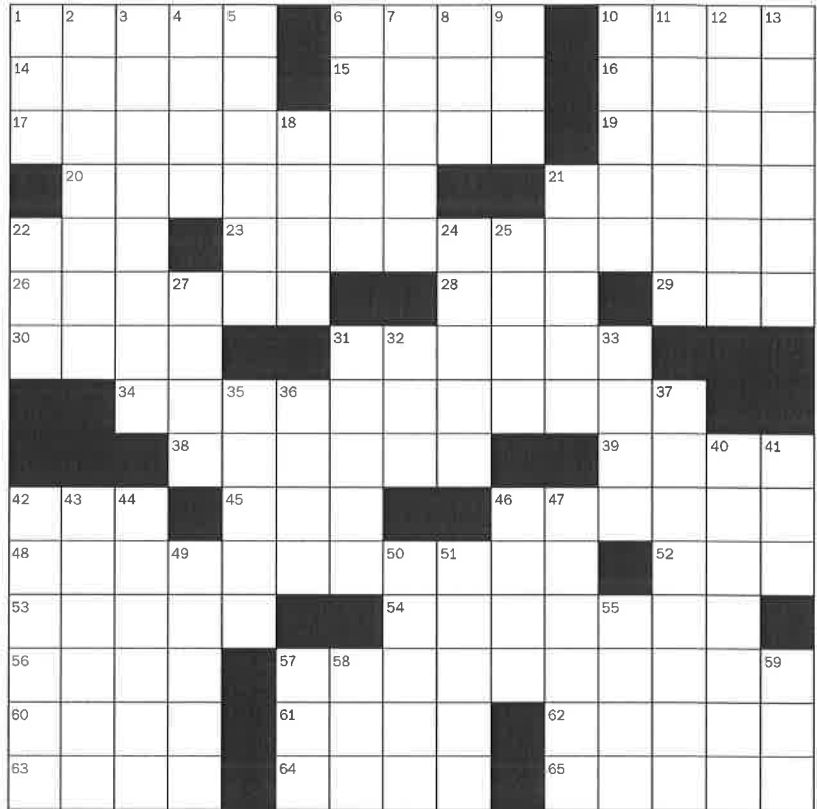
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**ACROSS**

- 1 Bill collectors?
- 6 "Get back to us" letters
- 10 Not much
- 14 Elitist
- 15 Resort WNW of Breckenridge
- 16 '80s-'90s group, informally
- 17 Assorted caustic solutions?
- 19 Very bright
- 20 Some snowmobiles
- 21 2018 CVS Health acquisition
- 22 Type units
- 23 Receiving annoying questions?
- 26 Buccaneer's buds
- 28 Mil. category
- 29 Vitals checker, briefly
- 30 Letters seen between \* and #
- 31 Prized smokes
- 34 Agreements just between us?
- 38 Got on the board
- 39 Mineral hardness scale
- 42 Singer/songwriter \_\_\_ Mia
- 45 Jungfrau, e.g.
- 46 Soap dish?
- 48 Quick and unexpected exits?
- 52 Sisters pop duo \_\_\_ & AJ
- 53 Con artist's aide
- 54 With a sound mind
- 56 Romeo or Juliet
- 57 Pretense of being a brute?
- 60 Doomed boat in "Jaws"
- 61 Longtime syrup brand
- 62 Celebs
- 63 Look the wrong way?
- 64 Space balls?
- 65 Power-saving mode

**DOWN**

- 1 Five-mL medicine dose
- 2 Just like that
- 3 Rigid pattern
- 4 Trickster in "American Gods"
- 5 Stick-in-the-mud
- 6 Motorhome stopover, for short
- 7 Speak, as thou might
- 8 Battle
- 9 Polite texting letters
- 10 "Nattering nabobs of negativism" speaker
- 11 Raise canines?
- 12 Assumed moniker
- 13 Hereditary ruler
- 18 Nemeses
- 21 Intense suffering
- 22 Kind of rock
- 24 Retired, maybe
- 25 Sports scholarship org.
- 27 Isn't right
- 31 Seize like Caesar
- 32 Pac-12 athlete
- 33 Prefix with arid or dry
- 35 Words that might expose a bluff
- 36 Lady \_\_\_: Tenn. college team
- 37 Gas-absorbing mixture
- 40 Vatican jurisdiction
- 41 Like some winks
- 42 One traditionally drawn at dawn
- 43 Incoming words
- 44 Distribution word
- 46 Stock sector
- 47 Churchillian gestures
- 49 Type of nerve or artery
- 50 Jacket material?
- 51 Short-lived '80s-'90s cars that sounded like they should always work
- 55 Twin
- 57 Fight decision
- 58 Blade in the water
- 59 Medium strength?



You've got a friend at



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705.254.7329

Wellington Square Drug Mart  
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Queenstown Drug Mart  
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Our service won't be beat, Transferring your prescriptions is easy, just call any of our 4 locations.



Locally owned and operated for over 63 years.

# Upside Down Rhubarb Cake

## Topping

- 1 tablespoon dark corn syrup
- 2 teaspoons butter
- ½ cup packed light brown sugar
- 2 tablespoons chopped pecans, or walnuts
- 1 pound rhubarb, trimmed and cut into 1-inch pieces (3 cups)

## Cake

- ¾ cup whole-wheat pastry flour
- 1/3 cup pecans, or walnuts
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 2 large egg whites
- ¾ cup packed light brown sugar, divided
- 2 large eggs
- 2 teaspoons freshly grated orange zest
- 1 teaspoon vanilla extract



## Directions:

To prepare topping: Coat a 10-inch ovenproof skillet (such as cast-iron) with cooking spray. Add corn syrup and butter; heat over low heat until butter has melted, swirling the pan to coat the bottom evenly. Remove from the heat; spread brown sugar evenly over the bottom of the pan. Sprinkle nuts over the sugar and arrange rhubarb, rounded sides down, in a circular pattern on top. Set aside.

To prepare cake: Preheat oven to 375 degrees F. Combine flour, nuts, baking powder and salt in a food processor or blender; process until finely ground.

Beat 2 egg whites in a large bowl with an electric mixer on high speed until soft peaks form. Gradually add 1/3 cup brown sugar, beating until stiff and glossy. Set aside. (It is not necessary to wash beaters.) Beat whole eggs with the remaining 1/3 cup brown sugar in another large bowl on high speed until thickened and pale, 3 to 5 minutes. Blend in orange zest and vanilla.

Whisk one-fourth of the beaten whites into the whole-egg mixture. Gently fold in half the flour mixture. Fold in the remaining beaten whites, followed by the remaining flour mixture. Spread the batter evenly over the rhubarb. Bake the cake until the top springs back when touched lightly, 25 to 30 minutes. Let cool in the pan on a wire rack for 5 minutes. Loosen the edges with a knife. Invert a serving platter over the cake. Using oven mitts, grasp platter and skillet together and carefully flip them over. Let the skillet sit for a few minutes to allow any caramel clinging to it to drip onto the cake. Remove the skillet. Let the cake cool for at least 20 minutes. Serve warm or at room temperature.

**Equipment:** 10-inch ovenproof skillet (This cake can also be baked in an 8-inch-square glass baking dish. Heat corn syrup and butter in a small pan and brush over the bottom of the baking dish. Bake the cake for 30-35 minutes.

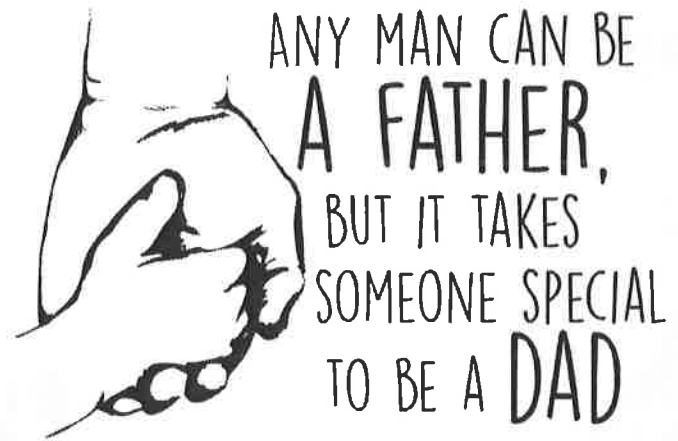
## Nutrition Facts

Serving Size: 1 Slice Per Serving: 191 calories; protein 3.7g; carbohydrates 33.2g; dietary fiber 2.1g; sugars 24.7g; fat 5.6g; saturated fat 1.1g; cholesterol 39.2mg; vitamin a iu 119.5IU; vitamin c 3.5mg; folate 8.8mcg; calcium 66.3mg; iron 0.4mg; magnesium 12.7mg; potassium 153mg; sodium 128mg; thiamin 0.1mg.



**“By the time a man realizes that maybe his father was right, he usually has a son who thinks he’s wrong.”**

Charles Wadsworth



## **REALLY BAD DAD JOKES:**

What’s harder to catch the faster you run?  
Your breath.

Did you hear the joke about the pop fly?  
Forget it. It’s way over your head.

Which baseball player makes the best pancakes?  
The batter!

Why do dads feel the need to tell such bad jokes?  
They just want to help you become a groan-up.



# Considering a Medical Alert System

## 3 Key Questions to Answer First

When you're ready to begin shopping for a medical alert, you'll need to make three decisions that will affect the overall functionality of your system and how much you'll pay.

### 1. Do You Want a Home-Based or Mobile System?

Originally, medical alert systems were designed to work inside your home with your landline telephone. And you can still go that route. Many companies now also offer the option of home-based systems that work over a cellular network for those who might not have a landline. With these systems, pressing the wearable call button allows you to speak to a dispatcher through a base unit located in your home.

But many companies offer mobile options, too. You can use these systems at home, but they'll also allow you to call for help while you're out and about. These operate over cellular networks and incorporate GPS technology. This way, if you get lost or press the call button for help but are unable to talk, the monitoring service can find you.

Someone who is frail and doesn't leave the house often might not need a mobile system, while an active older adult may want added protection outside the home.

### 2. Should Your System Be Monitored or Not?

Systems can be monitored, meaning that the call button connects you with someone at a 24/7 dispatching center. But you have the option to choose a system that isn't monitored. With these, when you press the call button, the device automatically dials a friend or family member on your programmed emergency call list.

These products can often be set up to call multiple people and to contact emergency services if you don't get an answer from someone on your list.

A key difference between the two is price. Monitored systems carry a monthly fee in addition to the purchase price for the device. But with unmonitored systems, you generally pay only for the device itself. Monitored systems may also have other fees, such as activation fees as well as minimum commitments or contracts. And cancellation and return policies can vary from company to company.

### 3. Should You Add a Fall-Detection Feature?

Some companies offer the option of automatic fall detection for an additional monthly fee. Manufacturers say these devices sense falls when they occur and automatically contact the dispatch center, just as they would if you had pressed the call button.

"The technology probably isn't fully refined," he says. In some cases, for instance, this feature may register something as a fall that isn't. The alarm might go off if you drop it or momentarily lose your balance, but don't actually land on the ground.

And three important tips:

- **Check return policies carefully if you have hearing loss.** You'll need to be able to set a device's volume high enough to hear the person on the other end of the line without a hearing aid. This can generally be tested only after purchase, so you may want to consider a system that's easy to return.
- **Ask for a deal.** When you contact a manufacturer, you may want to ask for a better price than the one that's listed. Several companies told us they allow their salespeople to offer discounts.
- **Be careful about buying for others.** If you're buying a medical alert system for a loved one, experts recommend asking which kind of product the recipient thinks he or she would wear and use, and which features are desired. "You don't surprise someone with one of these," Renfro says. "It's not a gift option."

YOU'RE INVITED TO FOLLOW US!

*We're on Facebook*



**Search Dr. Harold S. Trefry Memorial  
Centre and give us a like!**

We'll be using our page to provide content on our programs, volunteer opportunities, sharing things happening in the communities we serve, and more.

# Candy Store

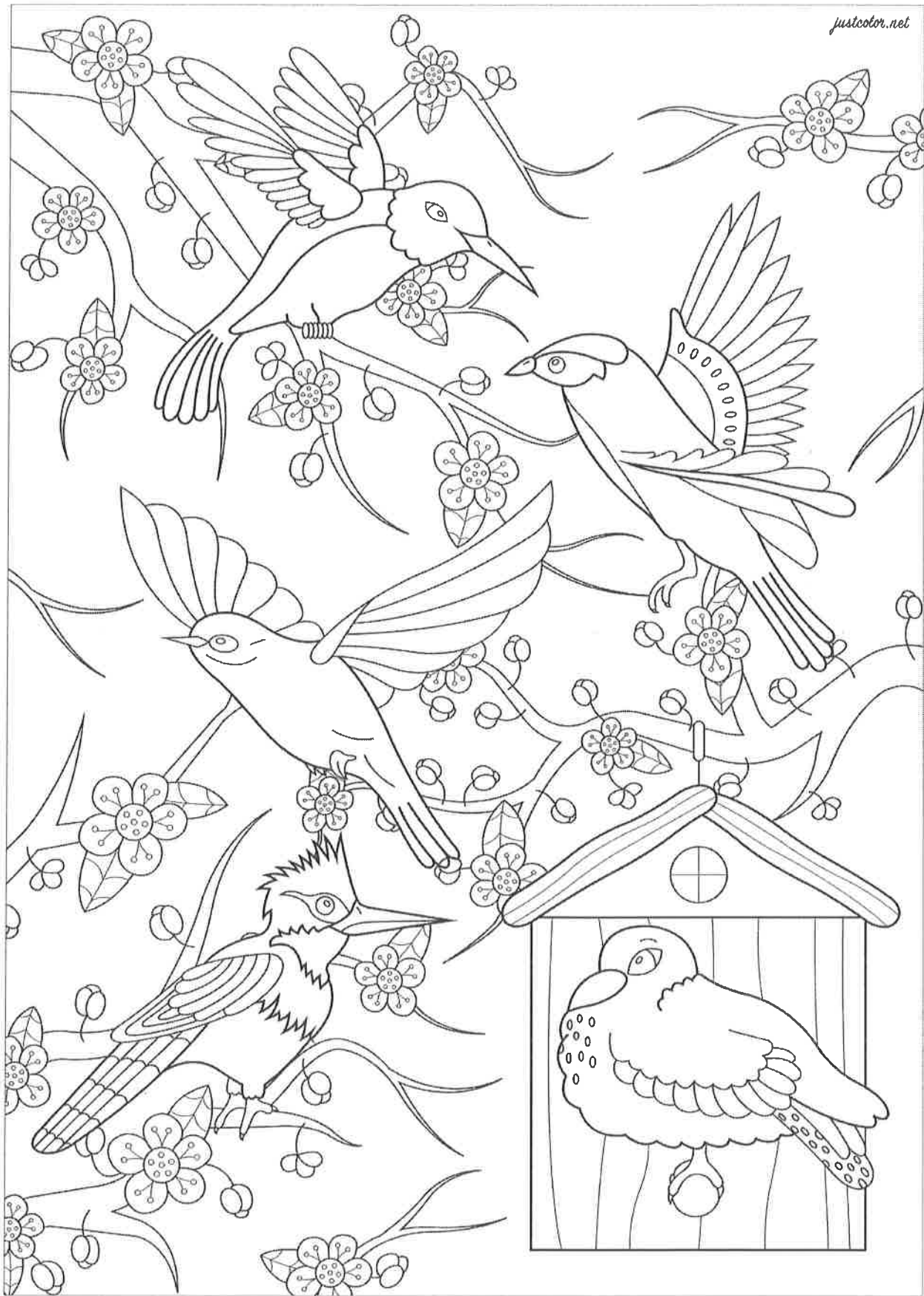


CARAMEL  
CHOCOLATE  
GUM DROP  
HALVAH  
JELLY BEAN  
LEMON DROP  
LICORICE

LOLLIPOP  
MARZIPAN  
NOUGAT  
PRALINE  
TAFFY  
TOFFEE  
TRUFFLE







WE ARE LOOKING FOR

# VOLUNTEER DRIVERS!

## Urgent need in Thessalon and Bruce Mines area

Would you SIGN UP to  
drive someone in your  
area to appointments or  
scheduled outings?

Contact Cheryl MacKay  
at Trefry Centre 705-246-0036  
[transportation@trefrycentre.ca](mailto:transportation@trefrycentre.ca)  
for more info on how to help.



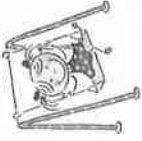
### YOU CAN EXPECT:



- To be gone for half a day helping someone to get to their scheduled appointments/activities
- To be reimbursed for mileage monthly
- All drives to be arranged through The Dr. Trefry Memorial Centre
- To have fun, feel helpful and connected to your community

Serving seniors & disabled  
persons from Echo Bay through  
Thessalon, Huron Shores & all of  
St. Joseph Island



# JUNE 2021



| Sun  | Mon   | Tue | Wed | Thu                   | Fri | Sat |
|--|---|-----|-----|-----------------------|-----|-----|
|  |   | 1   | 2   | 3                     | 4   | 5   |
| 6  | 7   | 8   | 9   | 10<br>Day Out 9AM—3PM | 11  | 12  |
| 13   | 14  | 15  | 16  | 17<br>Day Out 9AM—3PM | 18  | 19  |
| 20 Father's Day<br> | 21<br> | 22  | 23  | 24<br>Day Out 9AM—3PM | 25  | 26  |
| 27   | 28  | 29  | 30  |                       |     |     |



**Bruce Station**  
DAY OUT  
Tuesday  
9AM-3PM

**Echo Bay**  
DAY OUT  
Wednesday  
9 AM-3PM



**DR. HAROLD S. TREFRY MEMORIAL CENTRE**

Find us at: [NorthEasthealthline.ca](http://NorthEasthealthline.ca)

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

Phone: 705-246-0036  
Fax: 705-246-0249  
E-mail:





### 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 JUNE**



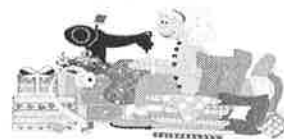
### Hens 'N' Stitches

Knitting, Crochet, Embroidery,  
& Other Needle Crafts

ON HOLD



### QUILTERS



ON HOLD

Lose track of  
time...

*Bridge*

Exercise  
your mind...



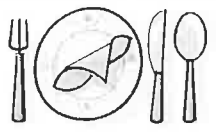
**Mondays, Wednesdays & Fridays**

1 – 4 PM

**Beginners welcome!**  
**CANCELLED FOR JUNE**

### POT LUCK

**CANCELLED FOR JUNE**



*Diner's Club*

**CANCELLED FOR JUNE**

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

**Bruce Station Tuesdays from 9:30AM – 3PM**

109 Station Rd (Bruce Station Community Hall)

ON HOLD

**Echo Bay Wednesdays from 9:30AM – 3PM**

96 Church Street (Elk's Lodge)

ON HOLD

**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 JUNE**

### LifeLabs

Mobile Laboratory Service

Wednesdays 9:30 – 10:30 AM

By Appointment 705-946-5543

OHIP Requisitions can be faxed to 705-246-0249