

JULY 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

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



Congrats!

MARGARET MACKAY-\$20 FORESTLAND

JANE PELLERIN-\$20 BUCCI'S PLACE

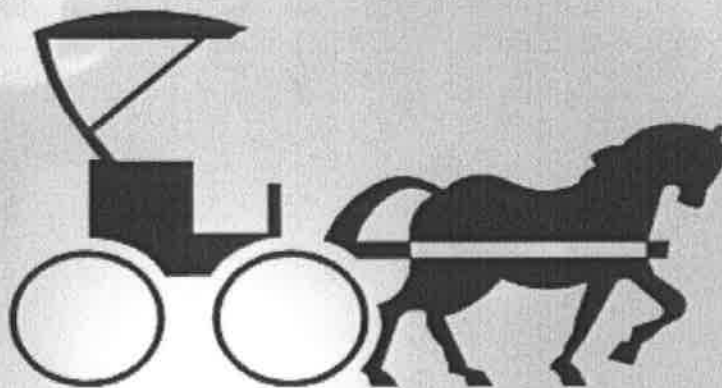
MARY MANION-\$20 JOHNSON FARMERS' MARKET

ELLWOOD MCKINNON-BOGO BACK BEAR CAFE

JOANNE NICHOLSON-\$20 BLACK BEAR CAFE

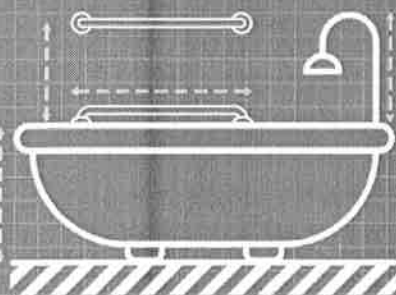
KAY MCMASTER-\$20 COPPER BEAN CAFE

**Winners of the Trefry Centre Facebook
contest to celebrate SENIORS' MONTH**



**Follow our page to see updates on our
services & programs as things begin to
open up again.**

Seniors' Home Safety Tax Credit



Seniors' Home Safety Tax Credit

Find out if you're eligible for a tax credit to help you make your home safer and more accessible.

The Seniors' Home Safety Tax Credit will help you make your home safer and more accessible, helping you stay in your home longer.

You can claim the tax credit when you file your taxes for the 2021 taxation year.

Eligibility

Who is eligible

You are eligible if you are a senior or if you are someone who has senior relatives living with you.

Example 1 Olga and Olaf are a senior couple. In 2021, they complete and together pay for a \$10,000 renovation to make the ground floor of their home safer.

To divide the benefit between them, Olga will claim \$7,500 on her 2021 personal income tax return and receive a Seniors' Home Safety Tax Credit of \$1,875. Olaf will claim the remaining \$2,500 of the renovation cost and receive a credit of \$625.

Example 2 Hayley, in her late thirties, has asked her senior mother to move in with her. In 2021, Hayley spends \$1,000 to add accessibility features to her home.

She will claim that amount on her 2021 personal income tax return and receive a Seniors' Home Safety Tax Credit of \$250.

Which expenses are eligible

Expenses are eligible if they are for home renovations that improve safety and accessibility or help a senior be more functional or mobile at home, for example:

- grab bars and related reinforcements around the toilet, bathtub and shower
- wheelchair ramps
- stair lifts
- elevators
- renovations to permit first floor occupancy or a secondary suite for a senior

Expenses must be paid or payable in 2021.

What you'll get The Seniors' Home Safety Tax Credit is worth 25% of up to \$10,000 in eligible expenses for a senior's principal residence in Ontario. The maximum credit is \$2,500.

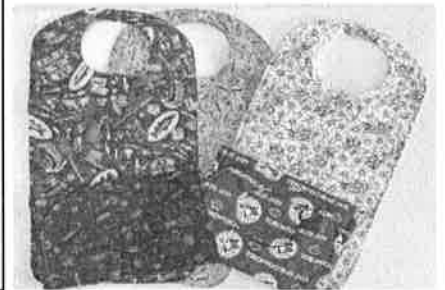
How to claim it The Seniors' Home Safety Tax Credit is a refundable personal income tax credit. This means that if you're eligible, you can get a tax credit regardless of your income or whether you owe income taxes for 2021.

You can claim the credit on your 2021 Income Tax and Benefit Return.

To claim the tax credit, seniors or their family members should get receipts from suppliers and contractors, helping to ensure that vendors report these amounts for tax purposes.

Contact If you have questions about the tax credit, please contact the Canada Revenue Agency:

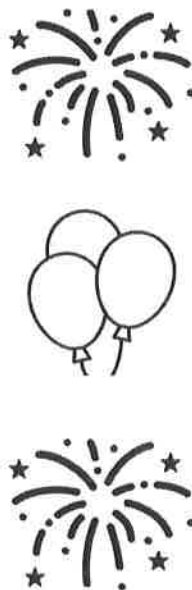
- by phone, at 1-800-959-8281
- at a tax services office or tax centre



Congratulations!



Town of Thessalon Senior of the Year
Nancy Valiquette (L) Mayor Bill Rosenberg(R)



Township of Laird Senior of the Year
Jack Priest (R) Mayor Dick Beitz (L)

Canada Day Word Scramble

Instructions: Unscramble the letters to find the Canada Day words from the list below.

a n a a c d

— — — — —

n o n i t a

— — — — —

i y a f l m

— — — — —

l y u j

— — — —

l g a f

— — — —

c n i i c p

— — — — —

a n b e n r

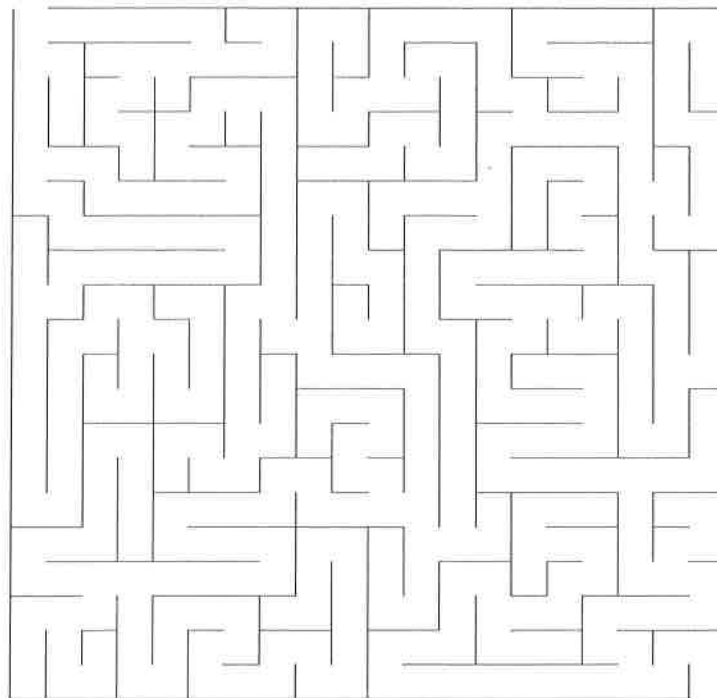
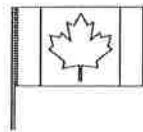
— — — — —

m r e s u m

— — — — —

e t h i w

— — — — —



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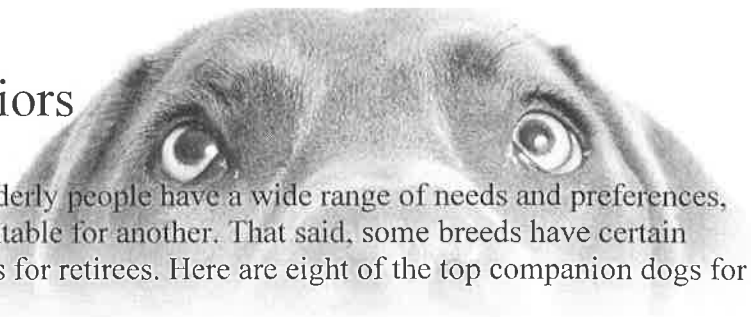
Canada Day

TRIVIA



1. What year was the "toonie" created?
2. Which Canadian city is home to North America's largest mall?
3. Who was Canada's first Prime Minister?
4. Which province doesn't participate in daylight savings time?
5. What flavour of chips is only found in Canada?
6. What is the most purchased grocery store item in Canada?
7. Who is Canadian celebrity with the highest net worth?
8. What city had the first Tim Hortons?
9. What is the oldest brewery in North America, established in 1786?
10. The popular children's book Anne of Green Gables was written by?

Top 8 Companion Dogs for Seniors



What are some of the best companion dog breeds? Elderly people have a wide range of needs and preferences, so the perfect pet for one senior may be entirely unsuitable for another. That said, some breeds have certain combinations of traits that make them popular choices for retirees. Here are eight of the top companion dogs for older adults:

Poodle-Thanks to their extraordinary intelligence and highly trainable nature, poodles are good companion dogs. They form a strong bond with more than one member of their human families and are one of the best dogs for couples. They are sweet, gentle, and loving animals. Poodles need a daily walk but are otherwise content to play or just lie on the couch. They don't shed, but they do need to be groomed every month or so. You can choose from three sizes of poodle: toy, miniature, or standard.

Cavalier King Charles spaniel-These quiet, small dogs make some of the best lap dogs for seniors. They love nothing better than snuggling up with their owners, and they get along extremely well with adults, children, and other pets. Active and playful, they are also intelligent and easy to train. Their long, soft, beautiful coat requires regular grooming and an occasional bath. Keep in mind that this dog breed loves to chase things; you'll need a long leash or a fenced yard.

Boston terrier-Looking for a smaller-sized companion dog who will be utterly devoted to you? Boston terriers are adaptable, friendly, mild-tempered dogs whose favorite activity is sitting peacefully with their owners. They are easy to train and don't bark much, which makes them well-suited to apartment or condo life. Their grooming needs are minimal, since their short, smooth coat (which resembles a black-and-white tuxedo) is easy to care for. They don't do well in hot weather, though.

Maltese-Weighing in at just four to seven pounds, the tiny Maltese is widely regarded as the quintessential lap dog. Bright, gentle, and playful, these dogs get along well with other pets and are extremely attentive to their owners' moods. (In fact, they are frequently used as therapy dogs.) While they don't need a lot of outdoor exercise, they do like going for short walks and dashing around the house. Their silky white coat doesn't shed but does require daily brushing and weekly bathing.

Pembroke Welsh corgi-Intelligent and lively, Pembroke Welsh corgis are high-energy dogs that live for human attention and are big on pleasing their owners. They are famous for being the favorite pets of Queen Elizabeth II. They have squat bodies and short legs, and they typically weigh between 25 and 30 pounds. Originally bred as herding dogs, corgis love hiking and being outside, and they need frequent daily walks. They have a protective nature and make good watchdogs. However, they can be prone to barking.

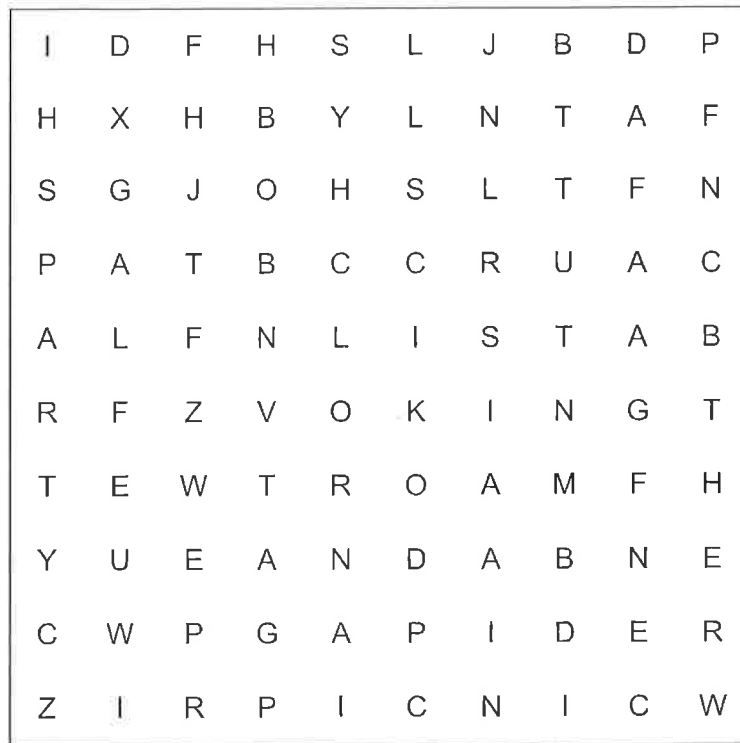
Beagle-Are you an active outdoorsy type who enjoys long walks? You might get along well with a beagle. These dogs are energetic, sociable animals who love to play. They are friendly, fun, easygoing characters who consider every person they meet to be their new best buddy. Bred as hunting hounds, beagles are a scent-driven breed and will take off in pursuit of an interesting smell. It's important to have a securely fenced yard and supervise these dogs closely.

Pomeranian-Pomeranians are small companion dogs that are smart, lively, and affectionate. They are very curious and love attention, making them a good option for older adults who can give them lots of time and energy. They should be brushed at least a couple times a week to keep their fluffy coats healthy and shiny. Poms are proud and aren't naturally inclined to take direction from others, but firm, gentle leadership can train them not to be unruly. They do tend to be loud, however.

Chihuahua-Chihuahuas are tiny dogs that are full of personality. Few other breeds are as quirky and entertaining. Lively and spunky, chihuahuas are loyal companions who love to sit in their owners' laps and be petted. They are good apartment animals but need to be trained to deal with strangers and children. Chihuahuas enjoy going for walks and basking in the sun, but they cannot handle cold weather. Fortunately, because they are so small, they can often fill their exercise needs indoors. *Article taken from GreatSeniorLiving.com*

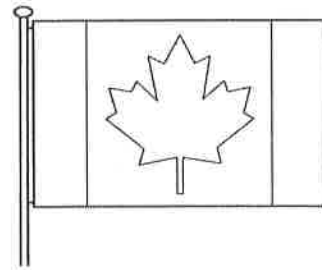
Canada Day Word Search

Instructions: Try to find all of the hidden Canada Day words in the word search puzzle below.
(Words can be spelled forwards, backwards, diagonally, up, or down.)

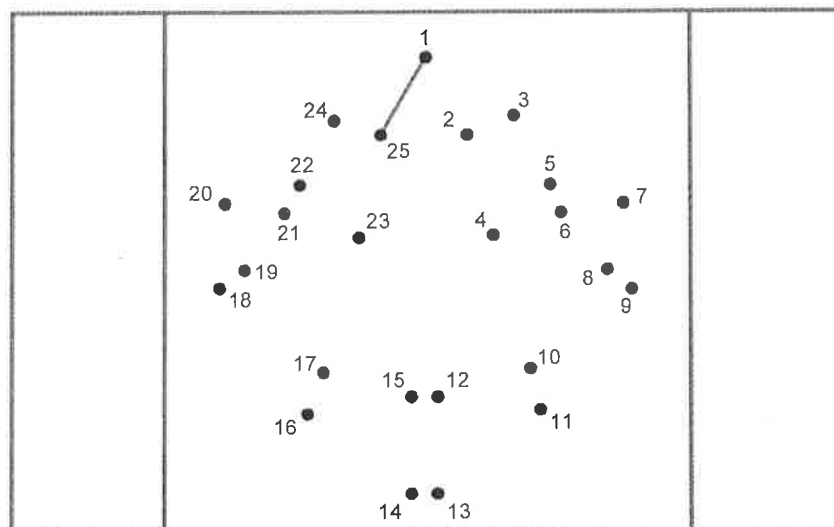


Word List

CANADA	PARTY
FLAG	PATRIOT
NATION	PICNIC
PARKS	RED



Canada Day



Trivia Answers:

1. 1996
2. Edmonton
3. Sir John A. MacDonald
4. Saskatchewan
5. Ketchup
6. Kraft Dinner
7. Celine Dion
8. Hamilton
9. Molson Brewery
10. Lucy Maud Montgomery



Word Scramble Answers:

Canada
nation
family
July
flag
picnic
banner
summer
white



PLANNING A CANADA DAY PICNIC OR SUMMER OUTING?

Cold Peanut Noodle Summer Salad.



Cook 1 pound Chinese egg noodles; drain and rinse. Whisk 1/2 cup peanut butter, 3 tablespoons each soy sauce, Sriracha and rice vinegar, and 1 tablespoon each sesame oil and grated peeled ginger. Toss with the noodles, 1 each chopped red bell pepper and cucumber, and 1/2 cup chopped cilantro; season with salt.

Black Bean Corn Salad



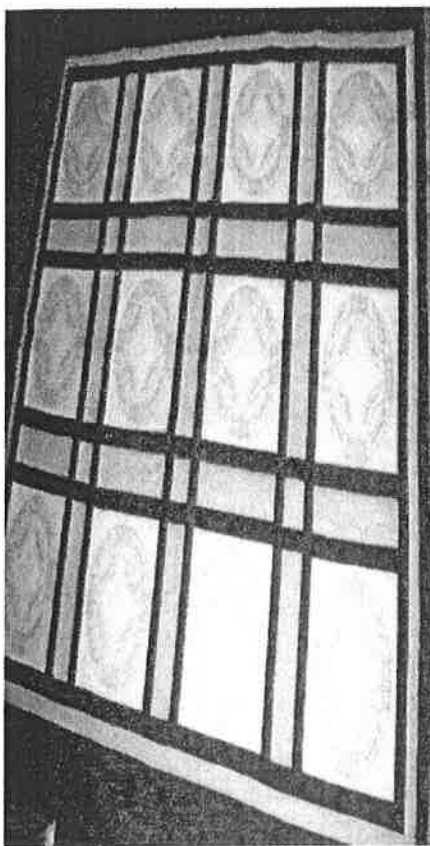
Whisk 1/4 cup olive oil, 2 teaspoons honey, 1 teaspoon each cumin and chili powder, and the juice of 3 limes, salt and pepper to taste. Toss with two 15-ounce cans black beans (rinsed), 1 cup thawed frozen corn, 1 avocado diced, 1 diced bell pepper, 1 bunch chopped scallions, 1/2 cup cilantro, and 1 jalapeno chopped (seeds and ribs removed). Serves 8

Mediterranean Chickpea Salad

Toss two 15-ounce cans chickpeas (rinsed) with 2 diced tomatoes, 1/2 cup each crumbled feta and chopped kalamata olives, 1/4 cup each chopped parsley, red onion and mint, 6 tablespoons olive oil, 3 tablespoons red wine vinegar, and salt and pepper. Add 1 diced avocado and cucumber before serving. Serves 8



NORTH SHORE HEALTH NETWORK AUXILIARY RICHARDS LANDING MATTHEWS SITE Community Night Raffle July 30 2021



1st prize: Queen SIZE quilt 86" x 98"

Blocks embroidered by Ella Stevens, donated
by Sandra Stevens, top finished by Maria
Smith

Hand quilted by Willowgrove Something from
Nothing Quilters



FOR TICKETS CONTACT:

Joan Clute 705-246-0003

Barb Jackson 705-246-1120

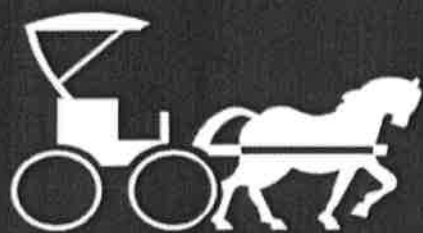
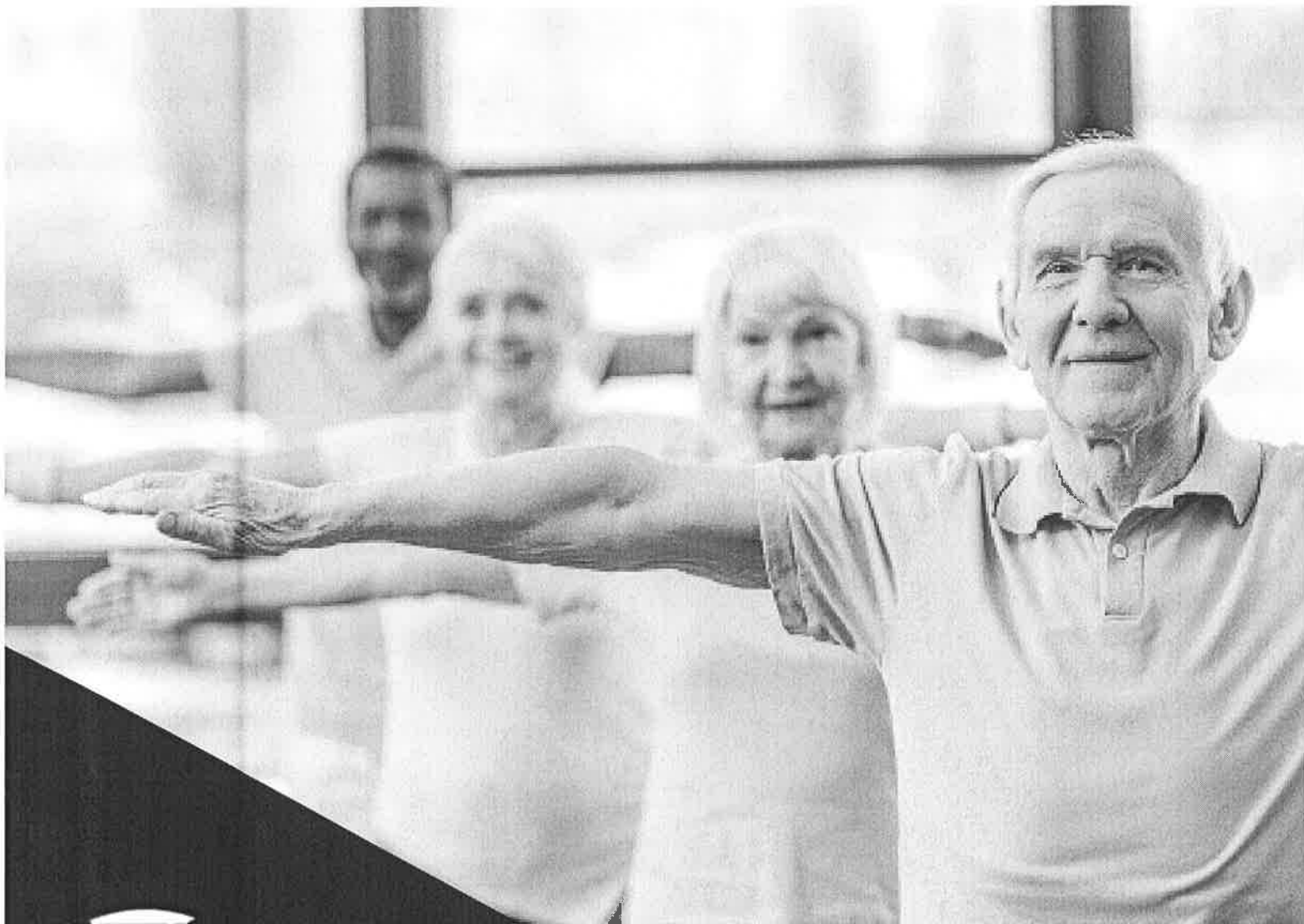
Christine Thomson 705-206-0565

Sandy MacIntyre 705-971-1858

2nd prize: Diamond Back Unisex bicycle donated by
Gateway ATM and Sport Chek

3rd prize: \$500 Gift Certificate donated by Kentvale
Home Hardware

*Donations to NSHN Aux, Richards Landing Matthews Site, Box 188 Richards Landing for 150
Charitable Receipt for \$100 and over*



EXERCISE CLASSES
STARTING JULY 26TH
TREFRY CENTRE

Mondays 10-11am
Wednesdays 2-3pm

Dates and times
for Laird classes
coming soon!

Call
705-246-0036
to register for a class

You Know You're Canadian if:

1. You know that the Royal Canadian Mounted Police (RCMP) don't always look like that.
2. You know the French equivalents of "free", "prize" and "no sugar added", thanks to your extensive education in bilingual cereal packaging.
3. You have twins named Wayne and Gretzky (alternately Gordie and Howe).
4. You know that a Mickey and 24's mean, "party at the camp, eh!!!"
5. You pity people who haven't tasted a "beavertail".
6. You know that the four seasons are: winter, still winter, almost winter, and road work/construction.
7. You know how to pronounce and spell "Saskatchewan".
8. Pike is a type of fish, not some part of a highway.
9. Your snow blower gets stuck on the roof.
10. You have Canadian Tire money in your kitchen drawers.
11. You understand the phrase "Could you pass me a serviette, I just dropped my poutine, on the chesterfield."
12. The municipality buys a Zamboni before a bus.
13. You know what a Robertson screwdriver is.
14. You have switched from "heat" to "A/C" in the same day and back again.







EXERCISE CLASSES

Starting July 26th at Trefry Centre

Mondays 10 -11 AM

Wednesdays 2-3 PM

Call 705-246-0036 to pre-register

Lose track of
time...

Bridge

Exercise
your mind...



Mondays, Wednesdays & Fridays
1 – 4 PM

Beginners welcome!
CANCELLED until further notice

POT LUCK CANCELLED FOR JULY



Diner's Club

CANCELLED FOR JULY

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
Meal, soup, and dessert or any combination available
and delivered HOT to your door!

Call us to sign up for this service 705-246-0036

Hens 'N' Stitches

Knitting, Crochet, Embroidery,
& Other Needle Crafts
Fridays 10:30-12pm



QUILTERS

Tuesdays 1-3pm



ADULT DAY OUT

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 to register.



COFFEE CONNECTIONS CANCELLED

CANCELLED AT TREFRY CENTRE

Landing Feet First

Marcy Clark RPN



FOOT CARE

Dates to be determined,

by appointment 705-971-9698

CANCELLED

LifeLabs

Mobile Laboratory Service

Wednesdays 9:30 – 10:30 AM

By Appointment 705-946-5543

OHIP Requisitions can be faxed to 705-246-0249