

SEPTEMBER 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.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



Ontario 

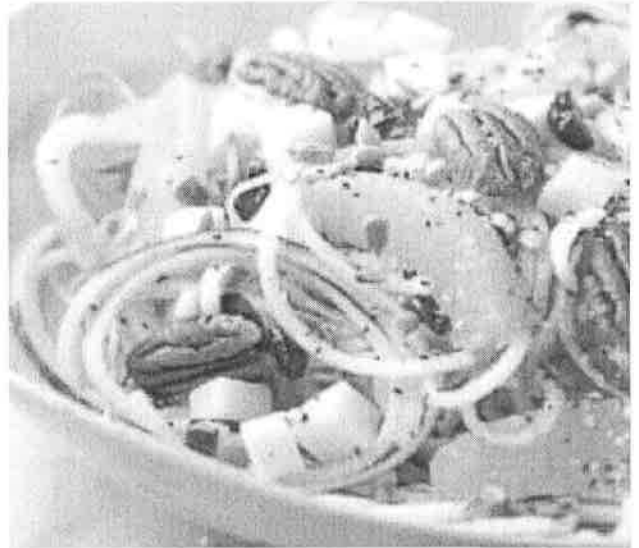
Spiralized Apple Salad with Citrus Dressing

Healthy spiralized apple salad made in only 15 minutes!

Servings 4

Citrus Dressing

- ☐ 6 tablespoons olive oil
- ☐ 2 tablespoons lemon juice, plus zest
- ☐ 2 tablespoons orange juice, plus zest
- ☐ 1 ½ teaspoons honey, or maple syrup
- ☐ ¼ teaspoon kosher salt
- ☐ black pepper, as needed



Apple Salad

- ☐ 1 large red apple, honey crisp, pink lady, or gala
- ☐ 1 large granny smith apple
- ☐ 1 large orange, peeled and segments removed
- ☐ 2 ounces sharp white cheddar cheese, cut into ¼-inch cubes
- ☐ ⅓ cup pecans
- ☐ ¼ cup dried cranberries, chopped
- ☐ 1 tablespoon sunflower seeds
- ☐ 1 teaspoon chia seeds, optional

Instructions

Add all citrus dressing ingredients together in a jar or blender.

Shake until well combined, or blend for about 10 seconds.

Taste and add pepper as needed. Set aside.

Spiralize all of the apples (use grater if you don't have spiralizer)

Add to a large bowl or separate into smaller bowls based on how you will serve.

Top apples with orange segments, cheese, pecans, dried cranberries, sunflower seeds & chia seeds.

Whisk or shake the dressing right before adding to the salad if it separated. Drizzle citrus dressing on top.

How to Print/Save Your Official Vaccine Receipts

It looks like moving forward you'll need your proof of vaccination to attend certain events, like an OHL game. All Trefry Centre staff and volunteers are now required to provide this proof for our files under the new Provincial Directive#6. Below is a list of instruction to help you do this.

If you have any trouble, the Trefry Centre is offering a walk- in workshop on Mondays and Fridays from 1-3pm. Just bring in your health card and we can print the receipts for you to keep; or email the .pdf file to you for your records.

1. Have your Ontario Health Card ready.
2. Click on this link <https://www.ontariohealth.ca/> or go to [ontariohealth.ca](https://www.ontariohealth.ca/)
3. Select "Covid 19 Vaccination record from the list at the right of the screen.
4. Read the terms of use and click on the box:
"I have read and understand the terms of use". Then select continue.
5. Enter your Ontario Health Card information as instructed. Click on "see example" if you are unsure.
6. Review info and select continue.
7. Select "Covid19 Vaccination Receipt".
8. Your two vaccines should show up with the date you received them.
Make sure this info is correct.
9. Click "download the receipt".
10. The receipt will download to your computer as a file with your full name.
Open the file and save it to your computer/phone somewhere you will be able to access/open it later. Or print copies for future use.

If you are a Trefry Centre volunteer, you can email your proof of vaccination receipts to us at manager@trefrycentre.ca

DOCTOR HS TREFRY MEMORIAL
CENTRE

Notice

Lawn Bocce



Have fun, stay active,
make friends. Beginners
welcome. Call to sign up.

Every Monday 1-3PM
at Trefry Centre

Backup Cook
required for Meals
On Wheels &
Diners' Club.



We're Hiring



Tech Tutorials

Beginner Learn How to use
iPad or iPhone.

Call 705-246-0036

for more info

The Government of Canada is continuing to improve the financial security of Canadians in retirement after a lifetime of hard work by increasing Old Age Security for older seniors to help with their extra financial needs.

ONE-TIME PAYMENT FOR OLDER SENIORS AND OAS INCREASES

WHAT'S NEW

The Federal Government is increasing the OAS pension for seniors aged 75 and over as part of Budget 2021. The increase will be implemented in two stages:

- A taxable one-time payment of \$500.00 in August 2021 to seniors who are 75 and over as of June 30, 2022; and
- A permanent 10% increase to the monthly OAS pension for seniors aged 75 and over, beginning in July 2022.

The purpose of the one-time payment is to meet the immediate needs of OAS pensioners aged 75 and over until the permanent increase to their pension is implemented in July 2022. **No action is required by seniors, who will automatically receive the payment if they are eligible.** You will find additional information that may be helpful at: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/one-time-payment-older-seniors.html>

Additionally, in July 2021, the OAS benefit will automatically increase 1.3% for all seniors, bringing the maximum monthly OAS pension amount to \$626.49, up from \$618.45.

PAYMENT DETAILS

Notification letters will be mailed out to eligible pensioners starting early July advising of the payment that will be issued the week of August 16, 2021. The one-time payment will be issued in the same manner as the recipient's OAS monthly benefits, but will be sent as a separate direct deposit or paper cheque.

The one-time payment for older seniors is taxable for income tax purposes, but will not be considered income for determining entitlement to income-tested benefits (i.e. Guaranteed Income Supplement, Allowance or Allowance for the Survivor benefits).

ARE YOU AWESOME? We're Hiring!



The Corporation of the Township of St. Joseph

Seniors and Disabled Services

Invites applications for the position of

Backup Cook

The Backup Cook is required to prepare healthy meals for the clients of the Meals on Wheels and Diner's Club Program with the help of volunteers. This is a casual, as needed position.

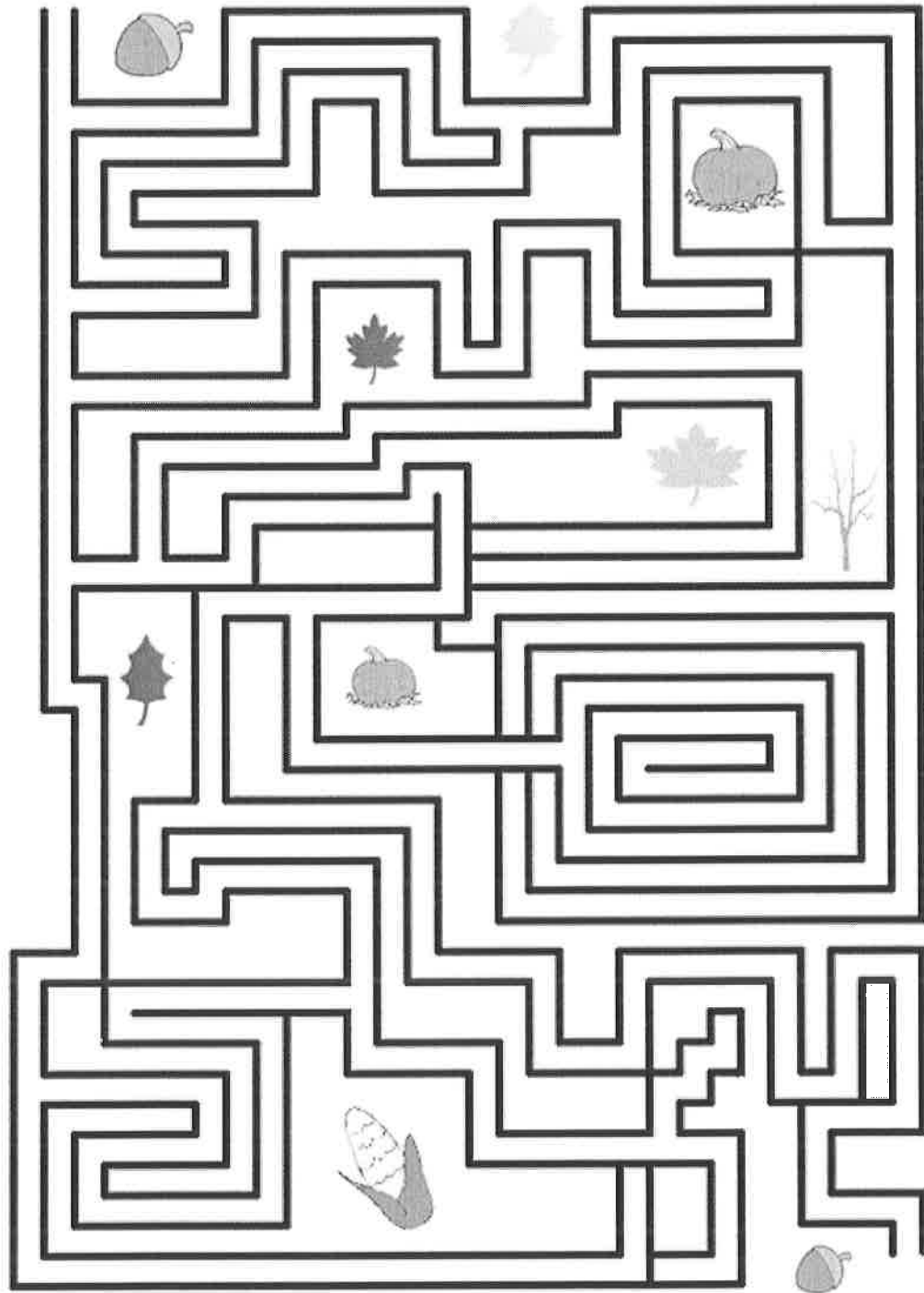
A full job description is available at the Trefry Centre or the Township Office.

Please submit a letter of application and resume outlining your experience no later than 4:00 pm on Friday September 10, 2021 to 1669 Arthur St., P.O. Box 187, Richards Landing, ON P0R1J0

Phone: 246-2625 Fax: 246-3142

Email: clerkadmin@stjosephtownship.com

Autumn Maze




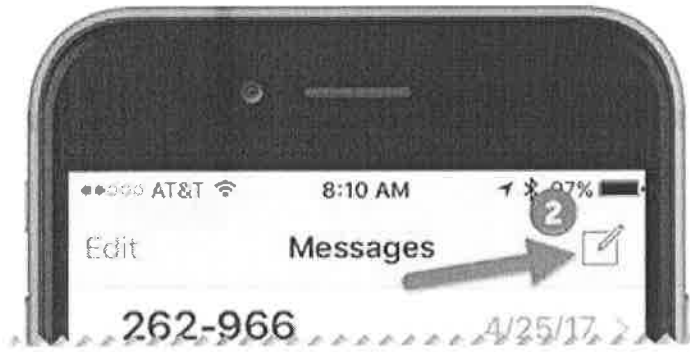
TECH TUTORIAL-HOW TO TEXT ON YOUR IPAD OR IPHONE

Twenty years ago, the only way to send a written message to someone was to send a letter. We have come a long way and today the text message is an important element of staying connected. Below are step by step instructions for an Apple iPad or iPhone.

1 Open Messages by tapping the green Messages app icon on your home screen




2 Tap  to create a new message.



3 Create your message: The key elements of the process are numbered on the screen and descriptions below.

4 To: Enter a contact name or phone number. It will use information from your

contacts app if this is a person whose information is recorded in your iPhone's contacts.

5 More Recipients: If you want to send your message to more than one person, tap the  to add another name or phone number. This is a great way to send a family announcement to children and grandchildren.

6 Message: Tap the text field, then type your message. You will develop your own style here. Some people use thumbs, some will use their pointer finger.

7 Attach New Picture: To attach a new picture to the message, tap the Camera icon to launch the Camera app. Take a picture and press the Send arrow to send it.

8 Attach an Existing Picture: To attach an existing picture from your Photo Library. Tap the Photos icon on the App bar. If the Photos icon is not displayed, type the App icon


9 that sits between the Camera and text box. You will then find the Photos icon in the app bar

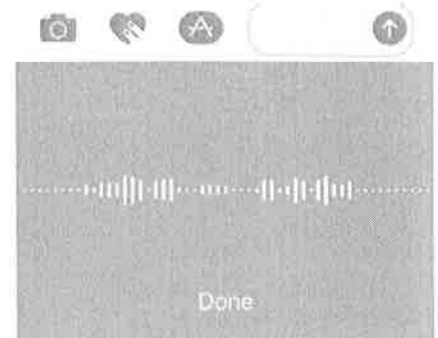


10 Use an Emoji: Emojis are the smiley faces and other symbols that are common in young communication. To spice up your message with an Emoji, press the Smiley Face/Emoji icon on the keyboard. You can get creative. Press **ABC** on the lower left to return to the standard keyboard.



11 Dictation: Use voice dictation by pressing the microphone icon on the keyboard. You can then speak your message. Remember to say your punctuation marks, e.g. "Period" or "Question Mark." Press Done when finished.

12 Send: When you're ready,  tap to send. Press and hold the send icon to add special effects to a message.



USING SIRI

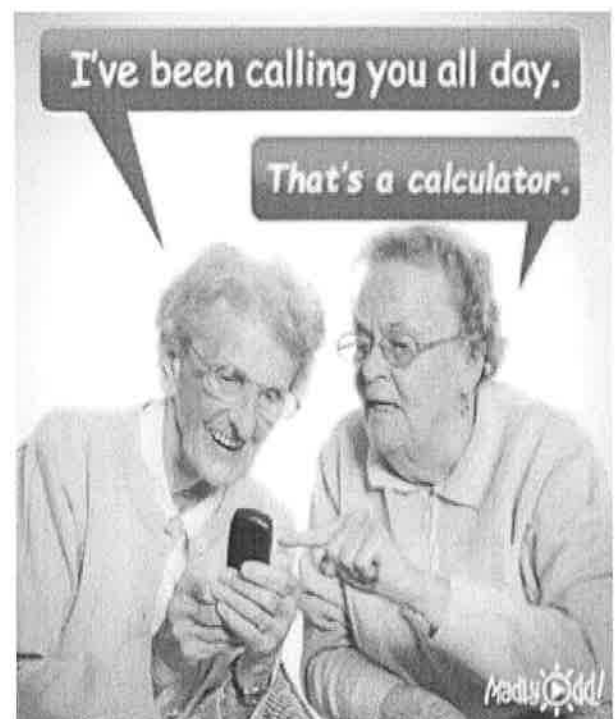
The Messages app works great using Siri. Remember to activate Siri by pressing and holding down the Home button or on iPhone X or press and hold the side button. You can also summon Siri by saying "hey Siri," if this function is activated on your device.

Here are the two essential commands for Siri:

"Read messages."

"Text Don Are you going for coffee today question mark."

- Siri will display the message and ask "Ready to send it?" You can say send, cancel, review, or change it.



Fabulous Fall One Pan Pork Chops

This pork chops with apples and onions dish is a deliciously light and flavorful meal that's perfect for Fall. Plus, it's all made in ONE pan!

Ingredients

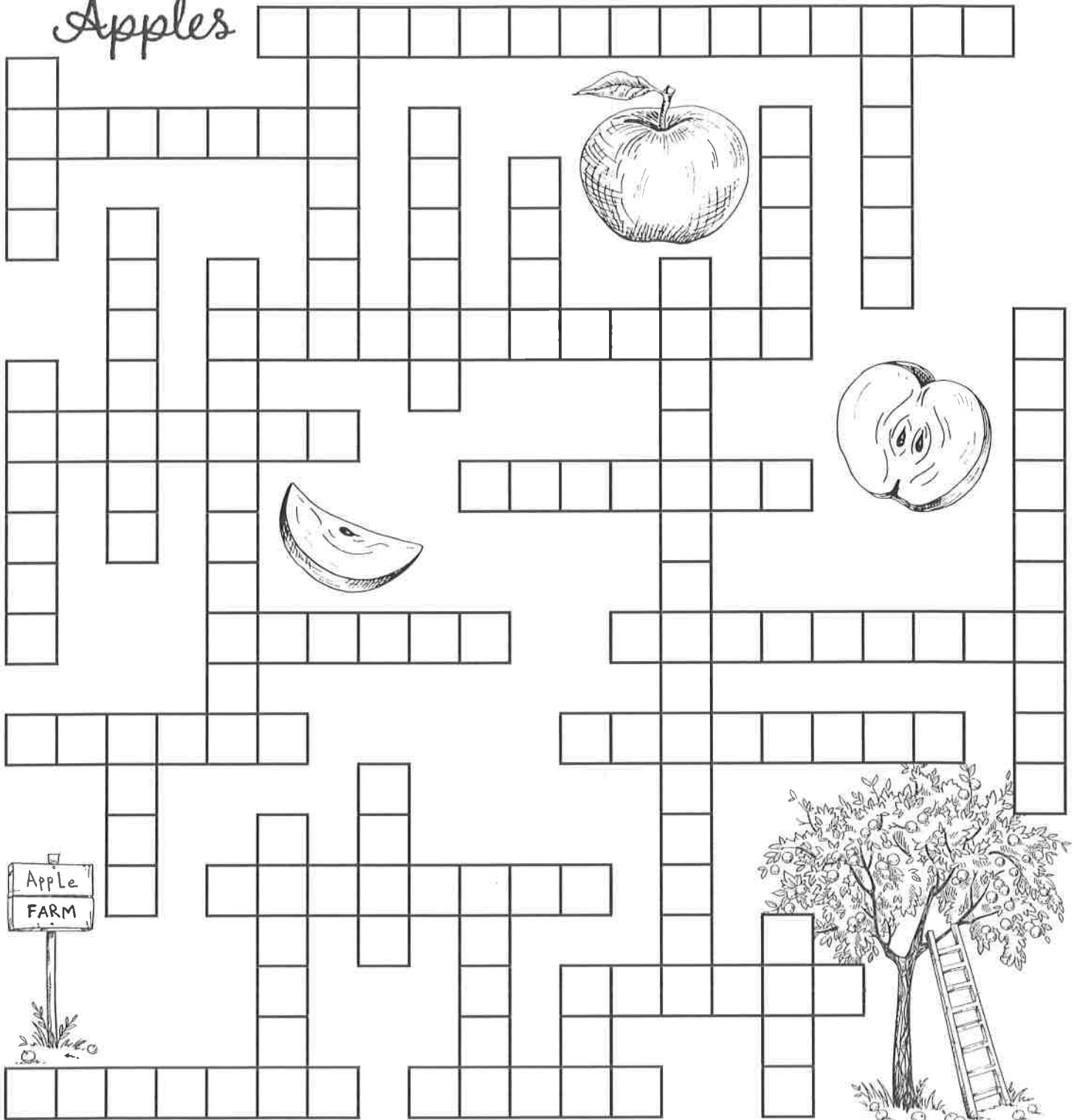
- 2 Tbsp olive oil divided
- 3-4 oz bone-in pork chops
- Kosher salt and black pepper to taste
- 3/4 cup low sodium chicken stock
- 1 tsp Dijon mustard or whole-grain Dijon
- 1 Tbsp fresh sage chopped
- 1/2 tsp fresh rosemary chopped
- 1/2 tsp fresh thyme chopped
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 2 medium apples thinly sliced (I used Gala)
- 1 small red onion thinly sliced

Instructions

1. Season both sides of pork chops with kosher salt and black pepper. Add 1 Tbsp olive oil to large heavy bottomed pan (or skillet), and heat over MED-HIGH heat. Add pork chops to pan, leaving at least an inch between the chops to ensure even cooking and browning. Sear 3-5 minutes per side, or until pork chops are mostly done. Chops will continue cooking in the sauce later.
2. Remove pork chops to a plate.
3. In a small mixing bowl, whisk together chicken stock and mustard, set aside.
4. Add remaining 1 Tbsp oil to the pan, then add apples and onions. Cook 4 minutes, stirring occasionally. Season with salt, pepper, sage, rosemary, and thyme. Stir to combine.
5. Pour in stock mixture, using a wooden spoon to gently scrape the bottom of the pan to release any brown bits (those are full of great flavor).
6. Slide pork chops back into the pan, nestling them down in between the apples.
7. Cook 2-3 minutes, until pork chops are finished cooking and liquid has reduced by half.



Apples



3 letters

bag

4 letters

bite
Fuji
Gala
peck
worm

5 letters

apple
trees
weigh



6 letters

August
basket
bushel
Empire
ladder
pounds
rotten

7 letters

harvest
October
orchard
organic
picking
Spartan

8 letters

Cortland
McIntosh

9 letters

September

10 letters

Crab Apples
Honeycrisp

12 letters

Red Delicious

15 letters

Golden Delicious
Johnny Appleseed

ARE YOU AWESOME?

We're Hiring!



THE TOWNSHIP OF ST. JOSEPH and THE DR. H.S. TREFRY MEMORIAL CENTRE Personal Support Worker and Backup Day Out Program Leader

The Township of St. Joseph and the Dr. H.S. Trefry Memorial Centre are currently accepting applications for part-time Personal Support Work and Backup Day Out Leader. The position(s) requires enthusiastic, energetic, and compassionate leadership. A complete job description is available on the Township website at: www.stjosephtownship.com

Day Out Programming

- Prepare and deliver creative programs for mental and physical stimulation of seniors and persons with a disability up to three days a week in Richards Landing, Echo Bay and Bruce Station.

Personal Support Worker

Provides a range of in-home services for high-risk seniors and persons with a disability that will assist them to remain in their own homes living independently and reduce visits to the emergency department. Under the service plan developed by the care coordinator, the PSW will provide the following supports:

- Assistance with:
 - Personal care activities such as, but not limited to, bathing, dressing, grooming, transferring, bedside care as required.
 - Routine activities of daily living Including light housekeeping and laundry
 - Supporting the safety of clients
 - Medication
 - Meal planning, preparation, and shopping.

Qualifications

- Recognized Personal Support Worker certificate or nursing experience
- Clear CPIC with Vulnerable Sector Verification
- Valid Driver's License and reliable vehicle to be used in the course of employment.
- Immunization recommended.
- Physical ability to perform assigned duties.
- Certificate – Food Safety Awareness Program recognized by a Public Health Unit (or ability to obtain).
- Valid CPR and First Aid certificates
- Specialization in geriatrics, dementia, programming, or seniors support services would be considered an asset.

Please submit cover letters with resumes in sealed envelopes no later than 4:00pm on Thursday, September 2nd to:

Amanda Richardson, Clerk Administrator
The Township of St. Joseph
P.O. Box 187, 1669 Arthur St.
Richards Landing, ON P0R1J0

Phone: 705-246-2625 ext. 202 Email: clerkadmin@stjosephtownship.com



**CANADIAN
HEARING
SERVICES**
RAISING THE BAR

COUNSELLING SERVICES

FOR DEAF AND HARD OF HEARING



HEARING CARE COUNSELLING FOR AGES 55+

Canadian Hearing Services offers free counselling services and supports to people aged 55 and over who have hearing loss to help improve communication with family, friends, and service providers; stay involved in social activities; and remain safe and independent at home.

INFORMATION AND COUNSELLING

- Understanding hearing loss
- Use, care, and maintenance of hearing aids and other listening systems
- Managing difficult listening situations
- Information and assistance with assistive listening devices, specialized telephones, and altering systems

EDUCATION

We offer education and training to consumers, family members, caregivers, and the public including:

- Family support and communication training
- In-service training to home-support providers
- Presentations/community displays
- Workshops, classes and learning groups

GENERAL SUPPORT SERVICES

Our counsellors provide guidance, advocacy, support and counselling to Deaf and hard of hearing individuals who need assistance managing everyday life events.

Our services are free-of-charge, confidential, and are provided in an accessible environment using American Sign Language (ASL), la langue des signes québécoise (LSQ), real-time captioning, and amplification devices as required.

WE SERVE:

- Individuals aged 16 and over who are Deaf and hard of hearing
- Families with children under age 16 who are Deaf or hard of hearing

WE WORK WITH YOU TO:

- Complete forms and applications (e.g. housing applications)
- Renew or replace a driver's license, health card, or passport
- Navigate government services
- Provide information and assistance in advocating for your rights
- Attend meetings with you where additional support is needed
- Provide assessments and recommendations for communication devices

CONTACT US TODAY!

Phone:

1 866 518 0000
or
705.971.7954

E-mail:

gkrezek@chs.ca
kturkett@chs.ca
arising@chs.ca

CHS.ca





SEPTEMBER 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Exercise 2-3PM	2	3 Hen's & Stitches 10 AM—Noon	4
5	6 Labour Day CLOSED	7 Quilters 1-3 PM	8 Exercise 2-3PM	9	10 Hen's & Stitches 10am—Noon	11
12	13 Exercise 10-11AM Lawn Bocce 1-3PM	14 Quilters 1-3 PM	15 Exercise 2-3PM	16	17 Hen's & Stitches 10 AM—Noon	18
19	20 Exercise 10-11AM Lawn Bocce 1-3PM	21 Quilters 1-3 PM	22 Exercise 2-3PM	23	24 Hen's & Stitches 10 AM—Noon	25
26	27 Exercise 10-11 AM Lawn Bocce 1-3PM	28 Quilters 1-3PM	29 Exercise 2-3PM	30	31 Hen's & Stitches 10 AM—Noon	



**Search for us
on Facebook
& hit follow!**

Bruce Station
Day Out
Every Tuesday
9:30-3

Echo Bay
Day Out
Every Wednesday
9:30-3

Richards Landing
Day Out
Every Thursday
9:30-3



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

Phone: 705-246-0036
Fax: 705-246-0249
Email: manager@trefycentre.ca

Find us at: NorthEasthealthline.ca



Ontario





EXERCISE CLASSES

Trefry Centre Richards Landing

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

Lawn Bocce



Mondays 1-3PM Trefry Centre.

Beginners welcome. Call to sign up. Limited spots. 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.

Senior / Adult



Ontario

COFFEE CONNECTIONS CANCELLED

Marcy Clark RPN

CANCELLED AT TREFRY CENTRE

Landing Feet First



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