

OCTOBER 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



Autumn

Spooks in the attic
Ghosts in the park.
Slithery black cats
That hiss in the dark.
Pumpkins in the corn fields
Gold amongst the brown,
Leaves of rust and scarlet
Tumbling slowly down.



Caregivers:

Are you caring for a loved one alone and finding it difficult?



Trefry Support Group:

Would you find it helpful to meet other local caregivers in similar situations, who could share experiences, advice, and support?

Weekly get togethers will be held at the Trefry Centre in Richards Landing. For more information, please call us at 705-246-0036.

JOKES TO MAKE YOU LAUGH...OR GROAN!

WHY do seagulls fly over the sea?

If they flew over the bay, they would be bagels.

Three old guys are out walking. The first one says, "Windy, isn't it?"

The second one says, "No, it's Thursday!"

The third one says, "So am I. Let's go get a beer."

Facebook Basics for Seniors

Installing the Facebook App

Here are the essential steps for installing the Facebook App.

1. Access the App Store by tapping the App Store icon on the home screen.
2. Tap Search and enter Facebook into the search bar.
3. Tap on the search result titled Facebook by Facebook, Inc.

Facebook App in the App Store. Remember Get means it is Free.

1. Tap **Get** and then tap **Install** to install.
2. Provide your Apple ID or Touch ID to approve the installation.

Facebook Terminology

Facebook uses terminology that may seem a bit foreign to our generation. Here are some common Facebook terms and their definitions.

- **Timeline:** Your **Timeline** is the information you share. It is your personal page and will contain whatever you post including your photos, your friends list, your activities and interests, and any information like schools, jobs and family that you wish to share. Your timeline is where you will share any information and where friends will post information for you.
- **News Feed:** The **News Feed** is NOT news as we would read in a newspaper or the evening TV news. Rather it is the stream of updates and photos posted by your friends that appears on your Home page. Your News Feed is personalized and ever-changing and will include updates from friends, family, businesses and group that you've connected to on Facebook.
- **Home Page:** Your **Home Page** is what you see when you log into Facebook. It presents your News Feed.
- **Friend:** A **Friend** is someone you're connected to on Facebook. A Friend Request *starts the process of "friending*. All friendships must be confirmed by both people in order for the friendship to be official on Facebook. You do not have to accept a Friend Request from someone you do not know well.
- **Status Update:** A **Status Update** is something that you wish to share. A status updates are often a short post or a picture. The label for the Status Update is "What's on your



mind?” People can do a status update on any range of topics including what they are eating for breakfast to a treatise on a political position.

- **Story:** A Facebook Story is a photo or video uploaded to your Facebook. Your story is intended to be a fun and quick addition to your updates and will only appear for 24 hours.
- **Facebook Ads:** As you use Facebook you will be presented with **Facebook Ads**. Facebook Ads will present information and enticements about products and services that Facebook thinks interest you. Ads are a fact of life and the price we pay to support the platform. Here is what Facebook says about ads:

A business creates an ad. They choose the type of audience they’d like to reach. If you’re in that audience, Facebook shows you the ad.

- **Page:** Businesses and organizations (like the Trefry Centre) use **Pages** as a public page or profile to share information.
- **Groups** are places where people with common interests come together. It might be a community group (Village People), alumni groups, former colleagues at a common employer, or business groups.

Set up a Facebook Account

The first time you access Facebook, you will be given an opportunity to sign up for a Facebook account as you see here.

Facebook Sign Up from the Web

The Facebook app will guide you through the setup process. During this process expect to enter the following information:

1. First and last name.
2. Phone number or email as your primary login. It is better to use a personal email rather than a business email.
3. Password – enter a strong password that you can remember. Please write this down.
4. Birthday
5. Gender
6. Tap or click **Sign Up**.

The screenshot shows the Facebook sign-up interface. At the top, there are fields for 'Email or Phone' and 'Password', with a 'Log In' button and a link for 'I forgot my account?'. The main heading is 'Sign Up' with the tagline 'It's free and always will be.' Below this, there are six numbered callouts pointing to specific form elements: 1. 'First name' and 'Last name' input fields; 2. 'Mobile number or email' input field; 3. 'New password' input field; 4. 'Birthday' selection (Month: Jan, Day: 19, Year: 1994) and a dropdown for 'Why do I need to provide my birthday?'; 5. 'Female' and 'Male' radio button options; 6. The 'Sign Up' button. At the bottom, there is a link: 'Create a Page for a celebrity, band or business.'

At the end of the process, you will be asked for your mobile phone number or an email where Facebook will send you a confirmation instructions. This step is to ensure that this is a valid

account application. Additionally, there will be steps for you to follow to **find friends**, upload a **profile picture**, learn about **privacy settings**, and more. Skip steps that you are uncertain about. You can do these steps later. **For example, the setup process will ask you to start the process of finding friends. Skip that process for a later time.**

Using the iPhone/iPad Facebook App

The following screen will provide information about basic app navigation and the process of sharing and reading your newsfeed. The numbers on the screen correspond to the list below.

1 Newsfeed – Your Newsfeed is the central element of your Facebook app and presents your stream of information comprised of Status Updates from your friends and Pages that you like in addition to Ads or Promoted updates. Swipe up to scroll down your newsfeed to read additional items.

2 Newsfeed Icon – Access your newsfeed by tapping the Newsfeed Icon.

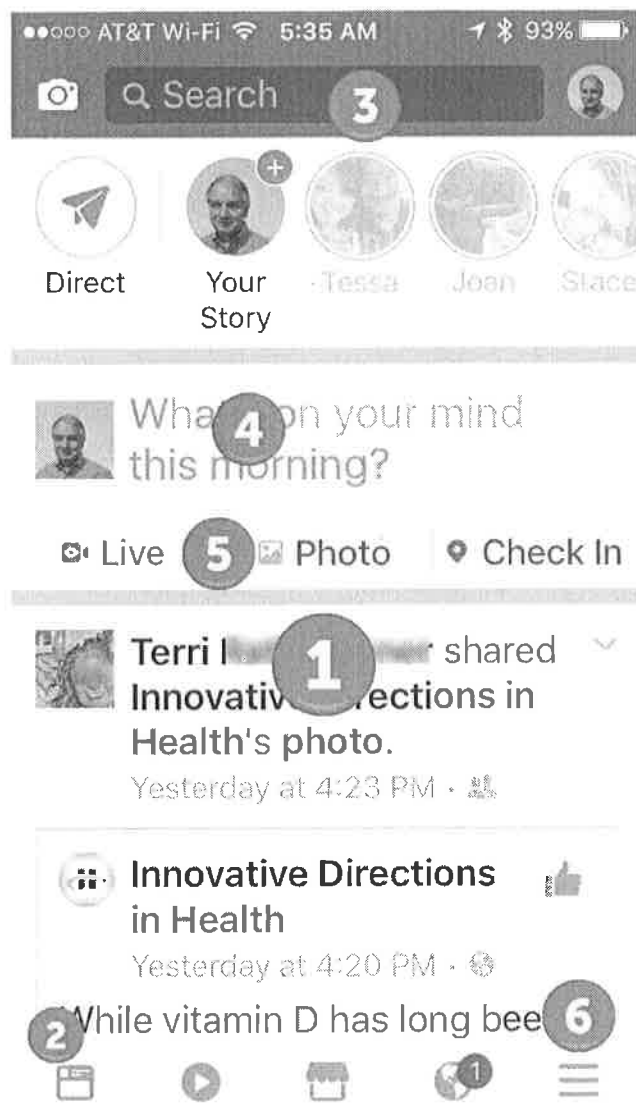
3 Search – Use the search bar to search for people, businesses or organizations.

4 Status Updates – When you are ready to provide a Status Update about your life or interests. Tap **What's on your mind** where you can type post information. Status Updates often include photos or videos or can be simply text that you type.

5 Photo A photo is a great way to get started with sharing. In addition to adding a photo to a Status Update, you can also upload photos to a photo album that you can share with Friends. If you are a parent or grandparent, you actually hope that your children are sharing photos on Facebook. Tap **Photo** in order to access your photo library. Or you can tap the Camera icon in order to post a new picture from your camera.

6 More – The More icon provides access to your profile, shortcuts and settings.


Add Friends Adding Friends or “friending” is an essential Facebook step. So stay connected with other people you need to have Facebook “friends.”



There are several ways to add friends but as a beginner use this simple step. To add a friend:

1. Enter your friend's name, email or mobile phone number in the top search bar
2. Select their name to confirm details about the friend. Make sure it is the right "friend." Their picture should help.

1. Tap  Add Friend

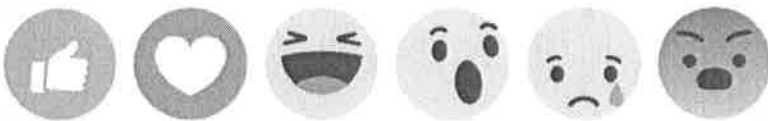
Someone cannot be your Facebook friend until they approve the request. It is truly a two part process, the request and approval. As you build your membership list, Facebook will recommend friends based on mutual friends and assumed connections. You can also explore the friends of your friends looking for mutual friends. Keep your Friends Close! A standard privacy tip, **do NOT accept friend requests from people you do not know**. On the iPhone app, explore these friendship ideas by tapping  **More, Friends**.



Liking a Post

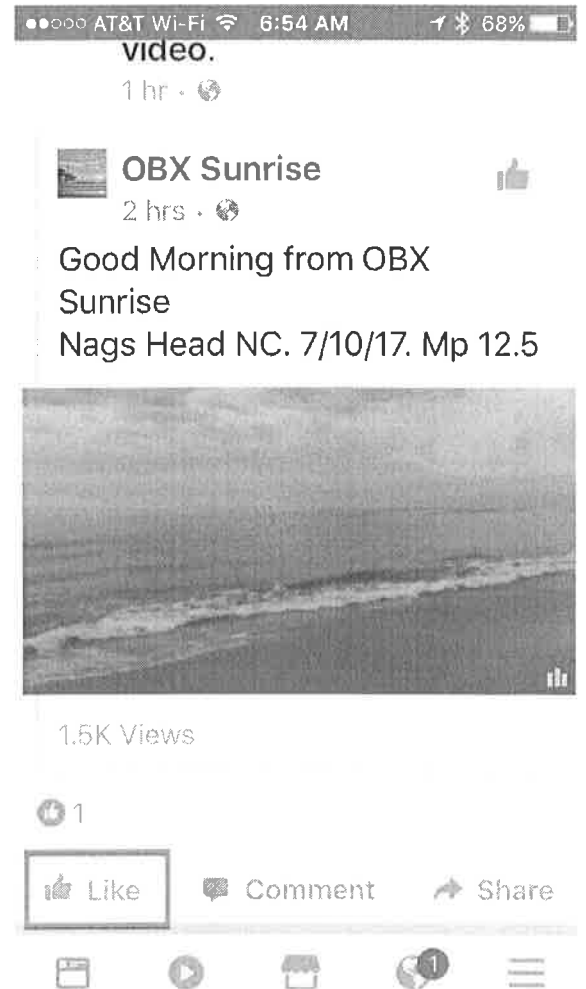
As you read the posts and photos shared by your friends, one of the most basic ways to engage with the information is to simply "Like" the update. It is a simple way to provide feedback to your friend and tell them that you engaged with the information.

Below a post that you wish to respond to, press the Like (Thumbs Up) icon to get a selection of responses including Like, Love, Haha, Wow, Sad & Angry



Test #1: To test out what you are learning in this lesson, search Trefry Centre in the search bar (magnify glass icon) and when you find our facebook page, click "follow" in the blue bar at the top of page. This will add us to your news feed, so you will automatically get new posts that we put on our page.

Test#2: Look at the posts on our page and click "Like" (Thumbs up icon) for one of them.



Chili Mac Casserole

<https://www.tasteofhome.com/recipes/chili-mac-casserole/>



Total Time Prep: 15 min. Bake: 30 min.



Makes 10 servings

Ingredients

- 1 cup uncooked elbow macaroni
- 2 pounds lean ground beef (90% lean)
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can (28 ounces) diced tomatoes, undrained
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (6 ounces) tomato paste
- 1 can (4 ounces) chopped green chiles
- 1-1/4 teaspoons salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper
- 2 cups shredded reduced-fat Mexican cheese blend
- Thinly sliced green onions, optional

Directions

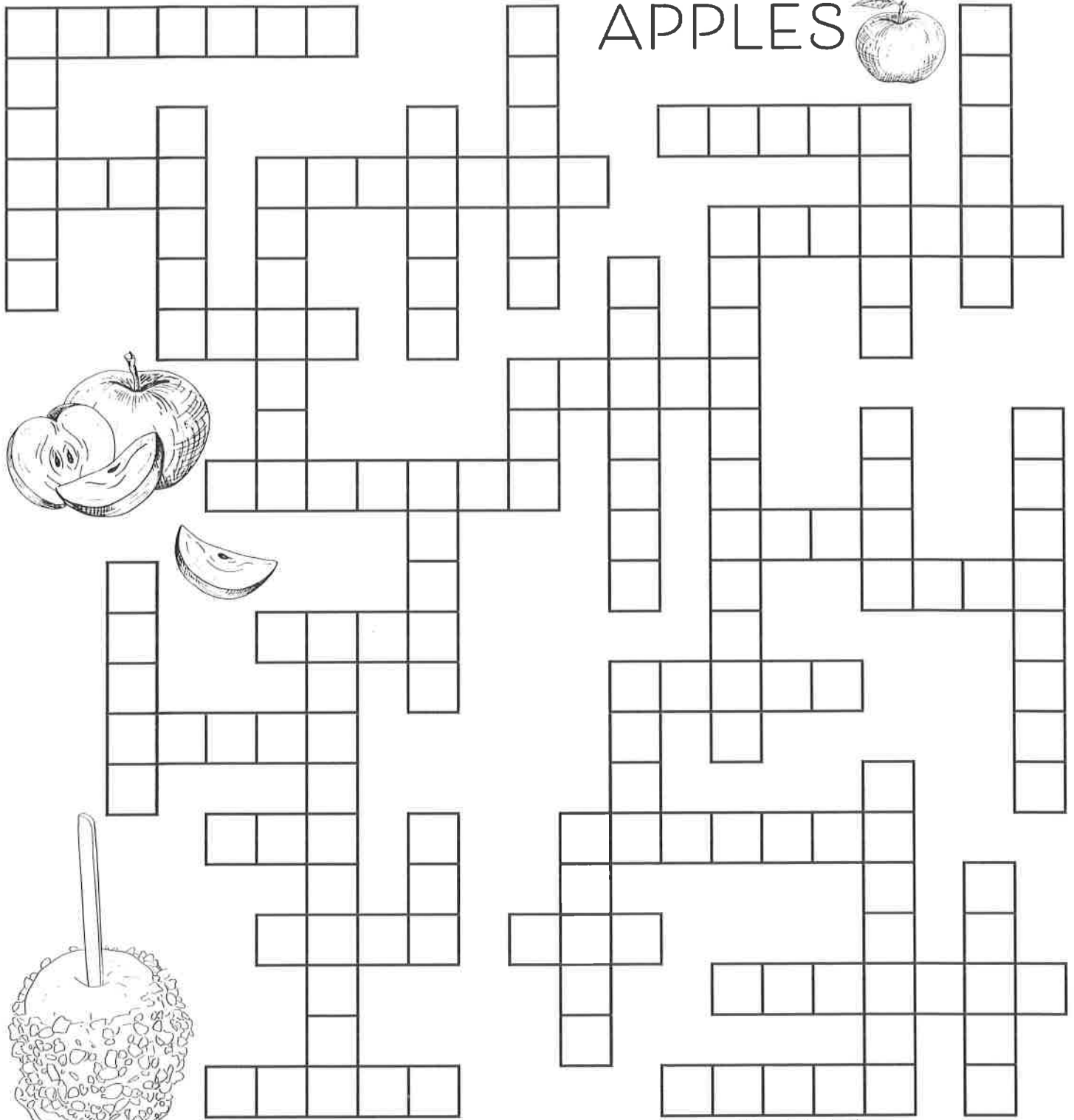
Cook macaroni according to package directions. Meanwhile, in a large nonstick skillet, cook the beef, onion, and garlic over medium heat until meat is no longer pink, breaking meat into crumbles; drain. Stir in the tomatoes, beans, tomato paste, chiles and seasonings. Drain macaroni; add to beef mixture.

Transfer to a 13x9-in. baking dish coated with cooking spray. Cover and bake at 375° until bubbly, 25-30 minutes. Uncover, sprinkle with cheese. Bake until cheese is melted, 5-8 minutes longer. If desired, top with sliced green onions.

Nutrition Facts: 1 cup: 313 calories, 13g fat (6g saturated fat), 69mg cholesterol, 758mg sodium, 22g carbohydrate (6g sugars, 5g fiber), 30g protein. Diabetic Exchanges: 3 lean meat, 1-1/2 starch, 1 fat



APPLES



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3 letters

eat
pie
red
yum

4 letters

core
hard
pips
pulp

skin
sour
stem
tart

5 letters

cider
crisp
flesh
fruit
green
juice
juicy

peels
round
seeds
snack
sweet
trees

6 letters

butter
pectin
slices

7 letters

bruised
caramel
cobbler
crumble
crunchy

fritter
strudel
variety
vinegar

8 letters

cinnamon

10 letters

applesauce

11 letters

candy apples

REPORTING A SCAM

Who to contact depends on where you live and what type of scam is involved.

Whether you've been scammed or targeted by a fraudster, you should always report it. Canadian authorities may not always be able to take action against scams, but there are ways you can help. By reporting the scam, authorities may be able to warn other people and alert the media to minimize the chances of the scam spreading further. You should also warn your friends and family of any scams you come across.

Here is some advice on where to report, depending on the type of scam:

Canadian Anti-Fraud Centre

www.antifraudcentre.ca
1 888 495 8501

Competition Bureau

www.competitionbureau.gc.ca
1 800 348 5358

Local scams

Contact your local consumer affairs office

Your local consumer affairs office is the best resource for investigating scams that appear to come from within your own province or territory. A list of provincial and territorial consumer affairs offices can be found in the Canadian Consumer Handbook.

www.consumerhandbook.ca

Financial and investment scams

Contact Canadian Securities Administrators

Financial scams involve sales offers or promotions about financial products and services, such as superannuation, managed funds, financial advice, insurance, or credit or deposit accounts.

Investment scams involve share buying, foreign currency trading, offshore investments, Ponzi schemes, or prime bank investment schemes.

You can report financial and investment scams to the Canadian Securities Administrators or your local securities regulator.

www.securities-administrators.ca

Banking and credit card scams

Contact your bank or financial institution

In addition to reporting these scams to the Canadian Anti Fraud Centre, you should alert your bank or financial institution about any suspicious correspondence that you receive regarding your account. They can advise you on what to do next.

When contacting your bank or financial institution, make sure to use the telephone number found in the phone book, on your account statement or on the back of your card.

Spam emails and text messages

Contact the Spam Reporting Centre

Many scams arrive by email and text message. Visit www.fightspam.gc.ca for information on Canada's anti spam legislation and how to report spam.

Fraudulent, phishing or smishing messages requesting personal details can also be reported to the bank, financial institution or other concerned organization. Again, be sure to use a phone number or email address that is listed in an official reputable source, and not the one that appears in the email.

Fraud, theft and other crimes

Contact the police

Many scams that may breach consumer protection laws (those enforced by the Competition Bureau and other government and law enforcement agencies) may also breach the fraud provisions of the *Criminal Code*.

If you are the victim of fraud—meaning you have suffered a loss because of someone’s dishonesty or deception—consider contacting your local police, especially if the amount involved is significant. You should definitely contact the police if your property has been stolen or you’ve been threatened or assaulted by a scammer.

Identity theft

Contact the police

Identity theft refers to the acquisition and collection of someone else’s personal information for criminal purposes.

If you suspect or know that you are a victim of identity theft or fraud, or if you unwittingly provided personal or financial information, you should:

- Contact your local police force and file a report.
- Contact your bank or financial institution and credit card company
- Contact the two national credit bureaus and place a fraud alert on your credit reports.
- Always report identity theft and fraud. Contact the Canadian Anti-Fraud Centre

Additional organizations to contact depending on the situation:

- Your provincial Better Business Bureau
- Canada Revenue Agency—Charities Inquiries Line
www.cra-arc.gc.ca
1 800 267 2384
- Your provincial records office
- Credit bureaus can put a fraud alert on your account, which will alert lenders and creditors of potential fraud:

Equifax Canada
1-800-465-7166

TransUnion Canada
1-866-525-0262

The Little Black Book of Scams is available online at
www.competitionbureau.gc.ca



Homemade
Gifts and Crafts



OCTOBER 2021

Give Thanks



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Country Road Open House
3 Country Road Open	4 Exercise 10—11am	5 Quilters 1-3 PM 	6 Exercise 2-3 pm	7 Day Out 9.30am-3pm	8 Hen's & Stitches 10 AM—Noon	9
10	11 Thanksgiving Centre closed	12 Quilters 1-3 PM 	13 Exercise 2-3 pm	14 Day Out 9.30am-3pm	15 Hen's & Stitches 10 AM—Noon	16
17	18 Exercise 10—11am	19 Quilters 1-3 PM 	20 Exercise 2-3 pm	21 Day Out 9.30am-3pm	22 Hen's & Stitches 10 AM—Noon	23
24 Lion's Club Pancake Breakfast	25 Exercise 10—11am	26 Quilters 1-3 PM 	27 Exercise 2-3 pm	28 Day Out 9.30am-3pm	29 Hen's & Stitches 10 AM—Noon	30
31 TRICK OR TREAT		Bruce Station DAY OUT Every Tuesday 9.30 am—3 pm	Echo Bay DAY OUT Every Wednesday 9.30 am—3 pm	Bruce Station Exercise Monday and Thurs- day 10 am		Search for us on Facebook & hit follow!

DR. HAROLD S. TREFRY MEMORIAL CENTRE

Find us at: NorthEasthealthline.ca

Phone: 705-246-0036
Fax: 705-246-0249
E-mail: manager@trefrycentre.ca

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





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