

MARCH

2022



WHAT'S UP DOC



Seniors 65+ & Persons with a Disability Programs:

ADULT DAY OUT
TRANSPORTATION
FRIENDLY VISITING
TELEPHONE REASSURANCE
MEALS ON WHEELS
HOME MAINTENANCE
DINER'S CLUB & POTLUCK
EXERCISE CLASSES



Serving nine municipalities: Macdonald, Meredith & Aberdeen Additional, Laird Township, Tarbutt Township, Johnson Township, Village of Hilton Beach, Township of Hilton, Township of Jocelyn, Township of St. Joseph & part of Plummer Additional Township

Also serving Transportation and Day Out programs in
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 



BEWARE OF SCAMS

The East Algoma Ontario Provincial Police (OPP) would like to remind the public that there are many schemes being used to defraud the public and businesses.

In particular, people are receiving text and email messages advises them of the Ministry of Transportation (MTO) validation permit (*or valtag*) refund. Then click on a link to claim your refund. Do not click on the link. The MTO does NOT send text or email messages to the public.

Never give out any personal, credit or banking information to anyone over the phone, by letter, email, fax or any other means of communication. Never provide anyone your Social Insurance Number (SIN) over the phone.

Any legitimate agency will never request a payment by Interac e-transfer, online currency such as bitcoin, pre-paid credit cards or pre-paid gift cards such as Google Play, iTunes, Vanilla, etc. Scammers will ask to purchase large denomination gift cards as form of payment.



Other fraudulent calls that local seniors have reported receiving recently are ones from a grandchild who is in trouble or in jail and needs money to help get them out.

Another common call is from someone who claims that you have a package at customs that has not been picked up or paid for with the threat of getting into trouble for it being tied up at the border.

Coming into tax season, the CRA scams are likely to be circulating again in March and April, so beware of those as well.

Red flags that suggest the person contacting you is a scammer include:

- Inability to provide proof of work for the CRA (such as name & location of the office they work from)
- The caller is pressuring you to act now.
- The caller is asking you to provide information that is not on your tax return, such as a credit card number.
- The call is recommending that you apply for benefits. Canadians can apply for benefits directly on Government of Canada websites or by phone. DO not provide information to callers offering to apply for benefits on your behalf!

Will I Live To 80? I recently picked a new primary care physician. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age. A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?" He asked, "Do you smoke tobacco or drink beer or wine?" "Oh no," I replied. "I'm not doing drugs, either." Then he asked, "Do you eat rib-eye steaks and barbecued ribs?" I said, "No, my other Doctor said that all red meat is very unhealthy." "Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?" "No, I don't," I said. He asked, "Do you gamble, drive fast cars, or have a lot of sex?" "No," I said. "I don't do any of those things." He looked at me and said, "Then why do you want to live to 80."

HOW TO ADD CONTACT INFO TO YOUR PHONE

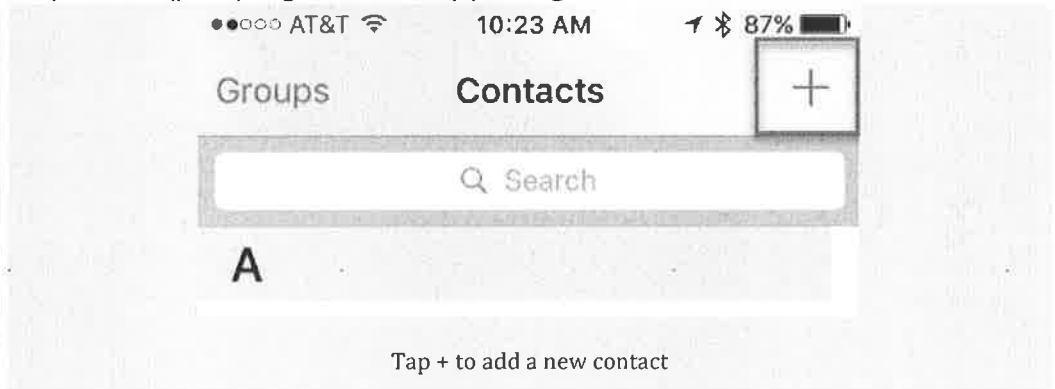
The Contacts app allows you to save phone numbers, email addresses and contact information for the people you know. Once a contact is saved, you can quickly place a phone call, facetime, send an email or text message. A contact is also required if you wish to use Siri to dial phone numbers or send messages by name. Don't Hold Back – The iPhone allows you to create as many contacts as you need with an upper limit of 50,000 contacts.

MANUALLY ADD A CONTACT

Launch the Contacts app often found in the Extras folder on the home screen.



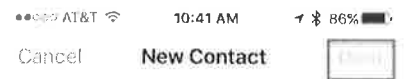
Tap the + (plus) sign on the upper right of the Contacts screen.



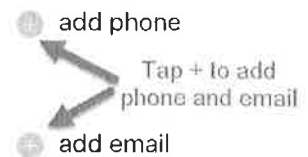
Add essential information like name, phone and email

Start with essential information: A basic contact record could include just the first and last name, phone number and email address. Optional Information – Use the Contacts app to fully replace any address book that you are maintaining. Optional information can include:

- *Company
- * Phone numbers
- *One or more addresses
- *Birthday – When you add birthdays to the contact information, the
- *Calendar app can automatically notify you of birthdays. (Set up by
- * **Settings, Calendar, Default Alert Times, Birthdays)**
- *Social media or website URL
- *Notes, e.g. “Bob is a cousin of Susan”



add photo
First name
Last name
Company



Ringtone Default

Text Tone Default

Type the desired information and then tap **Done** in the upper right to save.

..When I'm An Old Lady

by Joanne Bailey Baxter

When I'm an old lady, I'll live with each kid,
And bring so much happiness just as they did.
I want to pay back all the joy they've provided.
Returning each deed! Oh, they'll be so excited!
(When I'm an old lady and live with my kids...)

I'll write on the walls with reds, whites, and blues,
And bounce on the furniture.....wearing my shoes.
I'll drink from the carton and then leave it out.
I'll stuff all the toilets and oh, how they'll shout!
(When I'm an old lady and live with my kids...)

When they're on the phone and just out of reach,
I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then shake their head,
And when that is done, I'll hide under the bed.
(When I'm an old lady and live with my kids...)

When they cook dinner and call me to eat,
I'll not eat my green beans or salad or meat.
I'll gag on my okra, spill milk on the table,
And when they get angry...I'll run....if I'm able!
(When I'm an old lady and live with my kids...)

I'll sit close to the TV., through the channels I'll click
I'll cross both eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud 'til the end of the day!
(When I'm an old lady and live with my kids...)

And later in bed, I'll lay back and sigh,
I'll thank God in prayer and then close my eyes.
My kids will look down with a smile slowly creeping,
And say with a groan, "She's so sweet when she's sleeping!"

Parkinson Canada

SERVICES

For You



- ◆ Toll-free information & referral line at 1-800-565-3000
- ◆ Support one-on-one or in a group setting via local community support groups
- ◆ Customized information packages



- ◆ Webinars, workshops and conferences for individuals, caregivers and families
- ◆ Informational resources online and in print via parkinson.ca
- ◆ In-services and presentations for health care professionals
- ◆ Continuing education and resources for health professionals at:
 - ◆ www.parkinson.ca and www.ParkinsonClinicalGuidelines.ca



- ◆ Advocacy: involvement in the Parkinson's community: federal and provincial advocacy on important issues, including, genetic fairness, access to therapies, caregiver support, income security and brain health
- ◆ Funding innovative research leading to better treatments & improved quality of life



- ◆ Contributing globally to the collective understanding of Parkinson's and the quest for a cure

About PARKINSON CANADA

Since 1965, Parkinson Canada has been providing support and education to individuals with Parkinson's disease and the health care professionals that treat them. The organization advocates on issues that concern the Parkinson's community in Canada, and funds innovative research for better treatments and a cure.

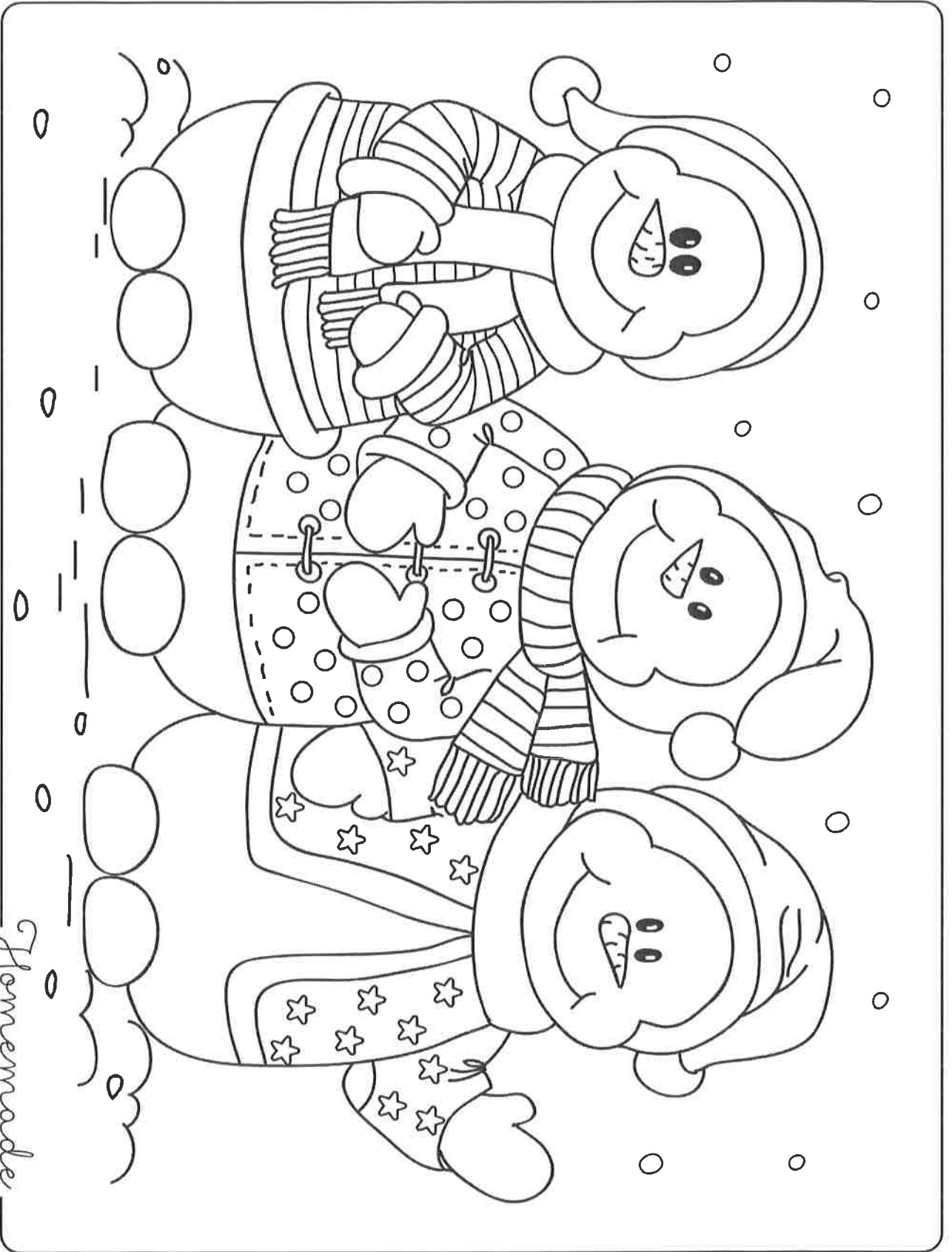
We are Here for You:

TEL: 1.800.565.3000 | FAX: 1.844.440.8963

www.parkinson.ca

info@parkinson.ca





Homemade
GIFTS MADE EASY

INVITATION RESEARCH PROJECT

FORGOTTEN LIVES: THE EXPERIENCES OF TRANS OLDER ADULTS WITH DEMENTIA

- Are you:
- Over the age of 18
 - Caring for a trans or nonbinary person who has Alzheimer's or dementia (mild or advanced)
 - Providing regular care and support to this person, i.e. at least monthly

WE WOULD LIKE TO MEET WITH YOU AS PART OF A PROJECT EXPLORING THE LIVED EXPERIENCE OF TRANS PEOPLE WITH DEMENTIA AND THEIR CAREERS

- What to know:
- A meetings will be scheduled by videoconference at a time of your choice
 - Participation compensated by a 25\$ gift card
 - Up to 120\$ of respite funds available to facilitate the interview, if needed
 - Project co-led by a transgender person and a cisgender person using a trans-affirmative perspective

TO PARTICIPATE OR FOR MORE INFORMATION,
PLEASE CONTACT:
trans.dementia.project@gmail.com

Marjorie Silverman, PhD (she/her) Alexandre Baril, PhD (he/him)
Principal Investigator Co-Investigator
School of Social Work School of Social Work
University of Ottawa University of Ottawa



Urbain de Wolfeville en
collaboration avec le



INVITATION RESEARCH PROJECT

FORGOTTEN LIVES: THE EXPERIENCES OF TRANS OLDER ADULTS WITH DEMENTIA

- Are you:
- Over the age of 50
 - Living with Alzheimer's or dementia, mild or advanced
 - Identifying as trans (transsexual, transgender, nonbinary, etc.)

WE WOULD LIKE TO MEET WITH YOU AS PART OF A PROJECT EXPLORING THE LIVED EXPERIENCE OF TRANS PEOPLE WITH DEMENTIA AND THEIR CAREERS

- What to know:
- Two meetings will be scheduled by videoconference at a time of your choice
 - Participation compensated by a 25\$ gift card
 - Project co-led by a transgender person and a cisgender person using a trans-affirmative perspective

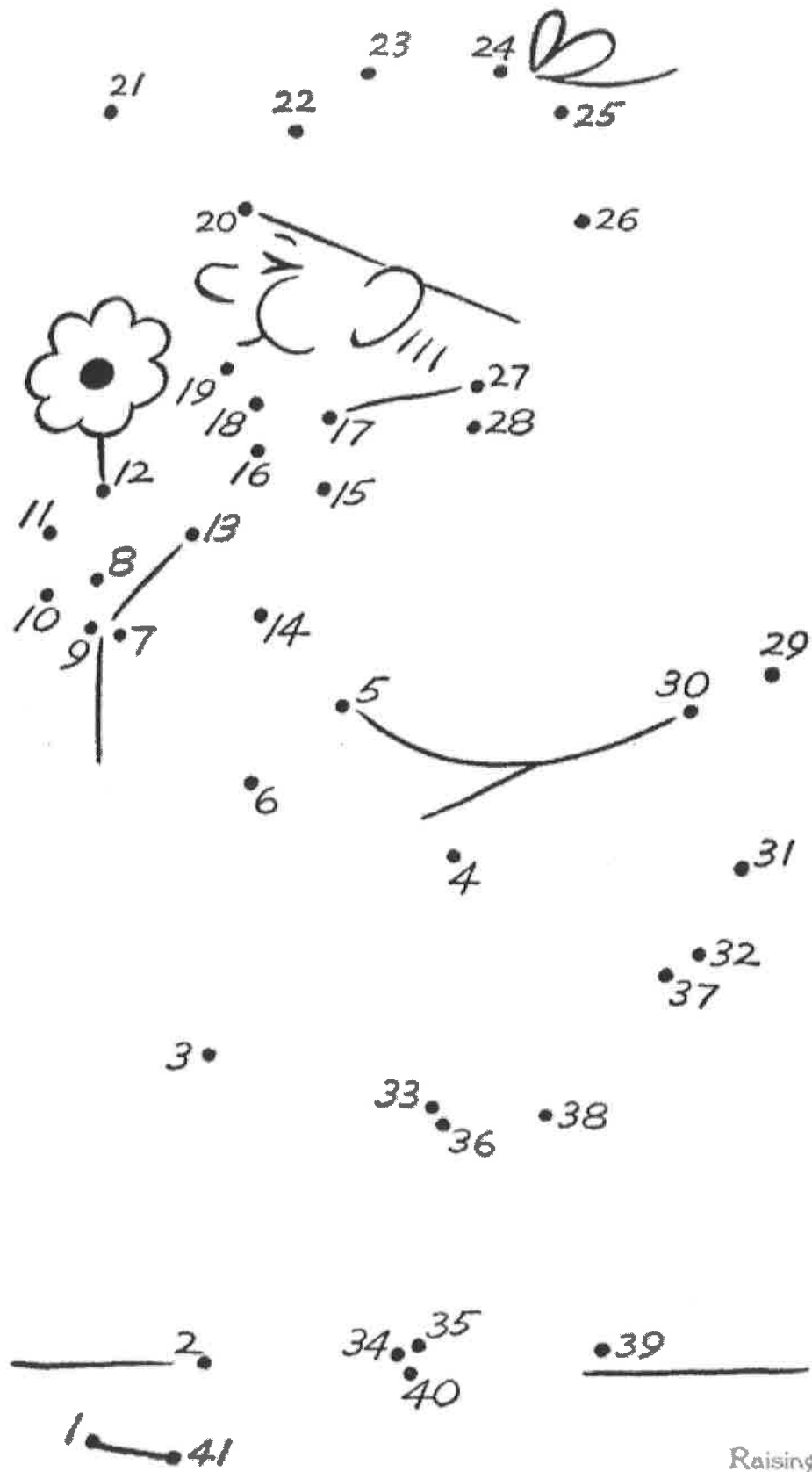
TO PARTICIPATE OR FOR MORE INFORMATION,
PLEASE CONTACT:
trans.dementia.project@gmail.com

Marjorie Silverman, PhD (she/her) Alexandre Baril, PhD (he/him)
Principal Investigator Co-Investigator
School of Social Work School of Social Work
University of Ottawa University of Ottawa



Urbain de Wolfeville en
collaboration avec le







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

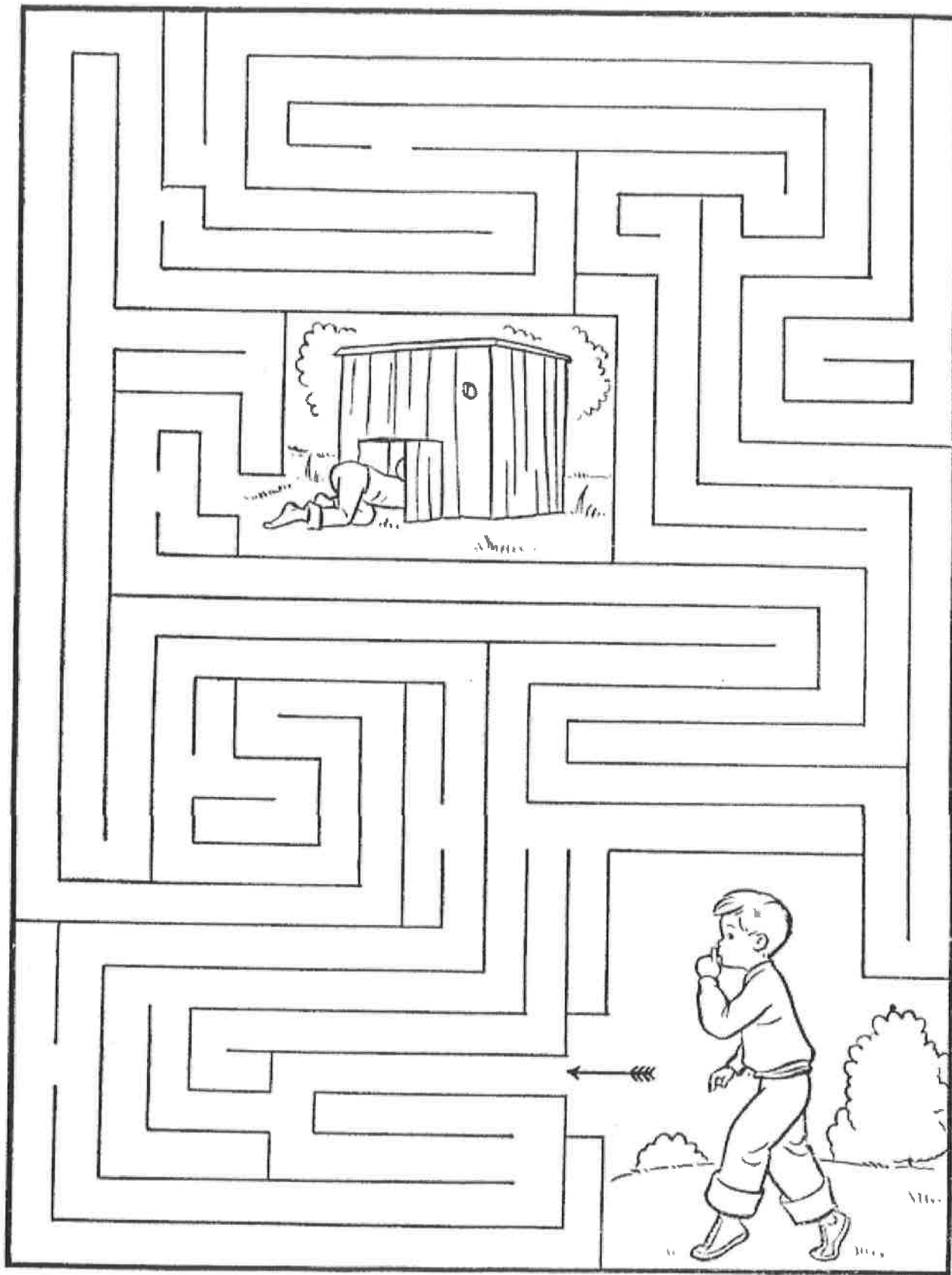
You DO NOT need to be in receipt of social assistance to qualify but you must be below a certain income level. Funds are limited (first come, first served) and needs must meet eligibility criteria. Call us for more information or pick up application from one of these locations or at www.adsab.on.ca

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



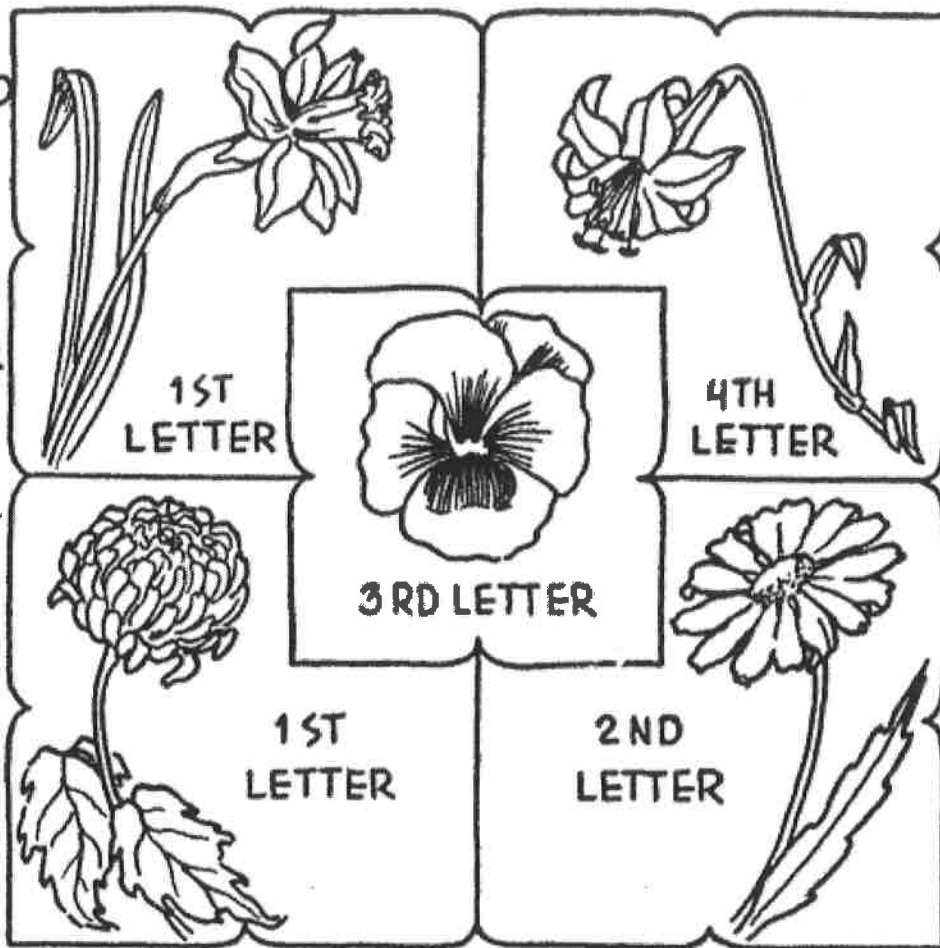
Find the secret path to the club house—become a member of the club.

FLOWER PUZZLE

THE LETTERS INDICATED FROM THE NAMES OF THE FLOWERS SHOWN HERE, WILL FORM THE NAME OF SOMETHING GOOD TO EAT.

ANSWER

CHRYSANTHEMUM
DAISY
PANSY
DAFFODIL
LILY



RaisingOurKids.com



Hidden Animals

Each sentence in this puzzle is about an animal whose name is hidden in the sentence. For example, the word "owl" would be hidden as follows: "How long has that night bird been in the tree?"

1. This pet sometimes makes awful music at night.
2. This one will do grand tricks for you and wag his tail.
3. Here's an animal that can be a very busy creature.
4. When shall we gather the eggs?
5. He can be a rascal when he comes out of hibernation.
6. This creature molests gardeners with his tunnels.
7. Different from other flying insects, this one travels at night.
8. Who will be ever useful at supplying spread for our bread?
9. We use all we can of his soft fur.
10. This animal likes to copy a person's actions.

ANSWERS

9. Seal
10. Ape

7. Moth
8. Bee

5. Bear
6. Mole

3. Beaver
4. Hen

1. Cat
2. Dog

DOCTOR HS TREFRY MEMORIAL
CENTRE

Notice

Exercise classes will continue on Zoom throughout March. Give us a call if you'd like to join.

Congrats to our draw prize winners for February: Linda Hall, Gail Murdock & Anne Cranston

Stay tuned for info regarding Diner's Club, Bridge and Coffee Connections

Follow our Facebook page for updates on programing. Search "Trefry Centre"

United Way-Free income tax clinic March 11th spots still available. Call to reserve.

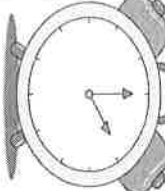





Proof of vaccination required for all in-person programs and to enter the Trefry Centre.



MARCH 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Bruce Station DAY OUT Every Tuesday 9.30 AM—3 PM	Echo Bay DAY OUT every Wednesday 9.30AM—3 PM			
		1	2 Virtual Exercise 10 AM	3 Day Out 9.30AM—3PM	4 Her's & Stitches 10 AM—Noon	5
6	7 Virtual Exercise 10 AM	8	9 Virtual Exercise 10 AM	10 Day Out 9.30AM—3PM	11 Her's & Stitches 10 AM—Noon	12
SPRING						
						
	14 Virtual Exercise 10 AM	15 Quilters 1-3PM 	16 Virtual Exercise 10 AM	17 Day Out 9.30AM—3PM ST PATRICK'S DAY 	18 Her's & Stitches 10 AM—Noon	19
FORWARD						
	21 Virtual Exercise 10 AM	22	23 Virtual Exercise 10 AM	24 Day Out 9.30AM—3PM	25 Her's & Stitches 10 AM—Noon	26 
27	28 Virtual Exercise 10 AM					



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:
manager@trefrycentre.ca

Ontario



Virtual Exercise Classes

Using ZOOM

Mondays 10 -11 AM
Wednesdays 10-11 AM

Call 705-246-0036 to sign up



TOONIE TUESDAY Coffee Connections

Cancelled for March

\$2 donation for coffee & a muffin
*3rd Tuesday of each month.

Meet friends,
Have fun.



Exercise
your mind...

Stay tuned
Trefry Centre

Beginners welcome!

Call 705-246-0036 to sign -up



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

Bring your knitting,
crochet, or needle point
project and work on it
in a social setting.

Trefry Centre
Fridays
10-12



QUILTERS

3rd Tuesday of each month
1-3pm

Trefry Centre
Everyone Welcome!



Monthly Diner's Club

Postponed until further notice
705-246-0036



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. HS Trefry Memorial Centre)

A fun-filled day of activities to sharpen the
mind and enliven the spirit!
Please contact the office to pre-register.

Ontario