

WHAT'S UP DOC



Programs Serving : Macdonald, Meredith & Aberdeen Add'l, Laird, Tarbutt, Village of Hilton Beach, Township of Hilton, Jocelyn, St. Joseph, Plummer Add'l , Town of Bruce Mines, Town of Thessalon & part of Huron Shores.

Serving Seniors 65+
& Persons with a
Disability

Programs:

Adult Day Out
Transportation
Meals on Wheels
Diner's Club
Exercise
Friendly Visiting
Home Maintenance



OCSA **30**
Ontario Community
Support Association 1992-2022

Ontario 

Trefry Centre 705-246-0036
manager@trefrycentre.ca



**MOM, YOU'RE A WONDERFUL MOTHER,
SO GENTLE, YET SO STRONG.
THE MANY WAYS YOU SHOW YOU CARE
ALWAYS MAKE ME FEEL I BELONG.**

**YOU'RE PATIENT WHEN I'M FOOLISH;
YOU GIVE GUIDANCE WHEN I ASK;
IT SEEMS YOU CAN DO MOST ANYTHING;
YOU'RE THE MASTER OF EVERY TASK.**

**YOU'RE A DEPENDABLE SOURCE OF COMFORT;
YOU'RE MY CUSHION WHEN I FALL.
YOU HELP IN TIMES OF TROUBLE;
YOU SUPPORT ME WHENEVER I CALL.**

**I LOVE YOU MORE THAN YOU KNOW;
YOU HAVE MY TOTAL RESPECT.
IF I HAD MY CHOICE OF MOTHERS,
YOU'D BE THE ONE I'D SELECT!**

Happy Mother's Day

NORTHSHORE HEALTH NETWORK AUXILIARY

RICHARDS LANDING MATTHEWS SITE

*Annual Quilt Draw in support of Matthews Hospital
Community Night Raffle July 29, 2022*



1st prize: Queen Size Quilt
90.5" x 105.5"

Blocks donated by Joyce Turpin,
embroidered by Shirley Pringle, top
finished by Brenda Southward
Hand quilted by Mary Ann Goold
and friends.

2nd prize: Supercycle Solars Men's
700C Hybrid bike with an 18" (45.7 cm)
high-tensile steel frame. Donated by
Gateway ATM

3rd prize: \$\$500.00 Gift Certificate from
Kentvale Home Hardware Building Centre



License #
778751

FOR TICKETS CONTACT:

Joan Clute 705-246-0003 or 705-971-5252



Rooster Maze

**Good
Luck!**

HOW TO USE THE MAGNIFIER ON YOUR IPHONE

As our eyesight changes, we admit that we occasionally have to work a little harder to read the fine print. I use readers, but I also happen to have a couple of magnifying glasses in my office for this purpose.

There are countless situations where access to my magnifying glass allows me to read a label or pick out a detail that is unavailable to the naked eye. The iPhone provides a magnifier function that allows my to use my iPhone as a substitute magnifying glass.

It's easy. You pull you iPhone out of your pocket and press the Home or Side button three times. Yes, it is that accessible.

MAGNIFIER SETUP

The Magnifier is part of the iPhone's Accessibility functions and not have an App or Home screen presence. This means you will find an icon for the Magnifier.

To set up the Magnifier, Go to **Settings > General > Accessibility > Magnifier**, then turn Magnifier.

ACCESS THE MAGNIFIER

There are multiple ways you can use to access the Magnifier. You can pick the method that works for you.

1. Home or Side Button

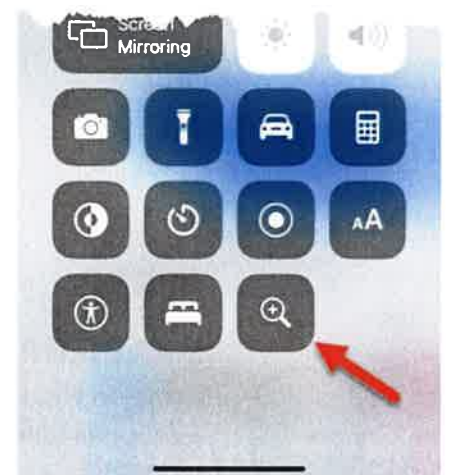
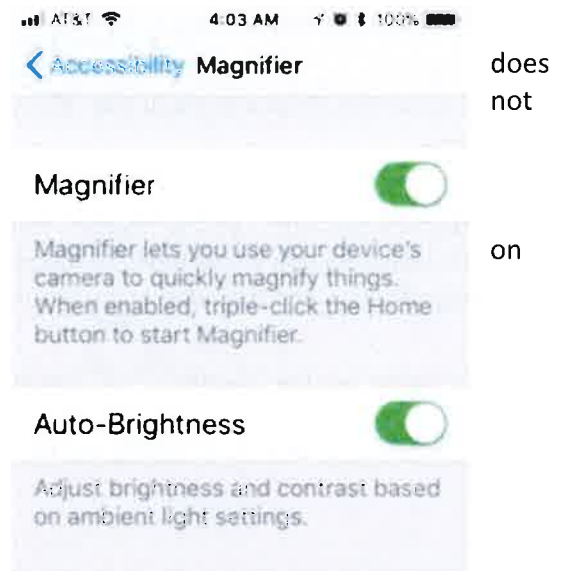
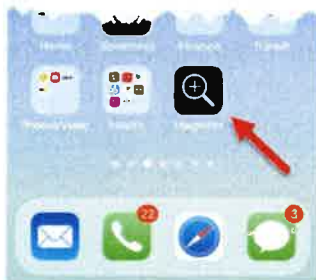
This is pretty easy! Press the **Home** (if you have a Home button) or the **Side** button three times.

The triple-click of the Home or Side button is known as the accessibility shortcut. If the Magnifier does not start with pressing the **Home** button three times, it may be that the accessibility shortcut is assigned to another function. This can be change by accessing **Settings > General > Accessibility > Accessibility Shortcut**.

2. Use the Control Center

You can place a Magnifier icon on the Control Center. You can find the instructions on how to do this at [Add New Icons to Customize the Control Center](#).


3. Home Screen App In IOS 14, once you turn on the Magnifier in Settings as described above, you will not find a Magnifier app on your Home screen or App Library.





MAGNIFIER CONTROLS


With the Magnifier launched, you will use a combination of manual phone movements and onscreen controls to capture the detail you wish to magnify. Here is a review of the onscreen controls.

1. Adjust the magnification level. Drag the Zoom Level slider. If you prefer, you can also use the pinch in and pinch out zoom gestures to control the magnification.

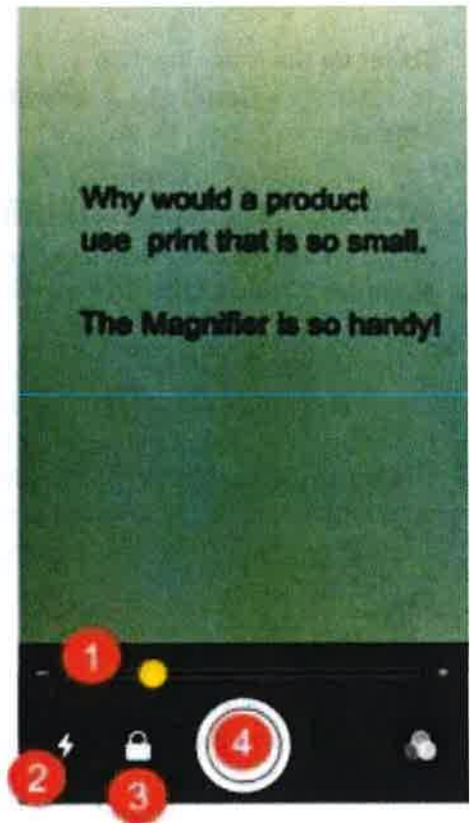
2. If your image is too dark, add more light to your subject by tapping  to turn the flashlight on or off.
3. Lock the focus. Your iPhone will attempt to focus the image based on your position. If you move the iPhone, a refocus will occur. Once your image is in focus, you may want to lock the focus allowing you

to move the iPhone without the refocus. Tap the padlock  to lock the focus. Tap again to unlock the focus.

4. Freeze the Frame. Tap the "shutter" button  to lock the image. This will allow you to examine the magnified image and adjust the magnification and drag the image around for better viewing. Unfreeze

the frame, tap the "shutter"  again.

5. Turn off Magnifier by pressing the Home button.



SMART TIP: FREEZE THE FRAME Once you have the focus you want, freeze the frame on your image. This allows you to still change the magnification and shift the image without needing to hold the camera.



Quinoa Salad with Asparagus, Goat Cheese and Black Olives



Recipe courtesy of Bobby Flay

Level: Easy

Total: 55 min

Prep: 10 min

Inactive: 5 min

Cook: 40 min

Yield: 4 to 6 servings

Ingredients:

Vinaigrette:

- 1/4 cup red wine vinegar
- 1 tablespoon honey
- 1 tablespoon mustard
- 1/2 cup olive oil
- Kosher salt and freshly ground black pepper

Quinoa Salad:

- 4 cups salted water or vegetable stock
- 2 teaspoons chopped fresh thyme
- 2 cups quinoa
- 16 spears asparagus, trimmed
- Olive oil, for brushing
- Kosher salt and freshly ground black pepper
- 1 cup pitted nicoise olives
- 4 ounces aged goat cheese, shaved
- 1/4 cup chopped fresh basil
- 1/4 cup fresh parsley leaves

Directions:

- 1** For the vinaigrette: Combine the vinegar, honey and mustard in a blender and blend until smooth. With the motor running, slowly add the olive oil and blend until emulsified. Add salt and pepper to taste and pulse a few times to incorporate.
- 2** For the quinoa salad: Bring the salted water or vegetable stock to a boil and add the thyme. Stir in the quinoa, bring to a boil, reduce the heat to low, cover and simmer until cooked through, about 30 minutes. Remove from the heat and let sit 5 minutes. Fluff with a fork.
- 3** Preheat the grill. Brush the asparagus with olive oil and season with salt and pepper. Grill on all sides until just cooked through, about 5 minutes. Remove from the grill and cut into 1/2-inch pieces.
- 4** Transfer the quinoa to a large bowl, fold in the asparagus, olives, goat cheese, basil and parsley. Add just enough vinaigrette to moisten the salad; don't make it too wet. Transfer to a platter and drizzle with more of the vinaigrette.



Recipe courtesy Bobby Flay

Join us for a spring craft afternoon

Painted Planter Workshop



Wed May 11th 1-3pm

\$20/person includes all supplies,
with a coffee & muffin for break.

Call 705-246-0036 to register.

All participants must be fully vaccinated to attend.

Alzheimer Society of Canada invites you to a Webinar: Finances and Dementia – Advice for the Journey

Canada

Thu, May 5, 1:00 pm - 2:00 pm (Eastern)

Online: [Register now](#)

Presented in partnership with IG Wealth Management. More than 600,000 Canadians are living with dementia today, a number projected to double in less than 10 years. The impact doesn't stop there, because 1 in 5 Canadians have experience caring for someone with dementia.

Alzheimer Society



Finances and Dementia Advice for the Journey

Thursday, May 5th
1 p.m. ET



DOCTOR HS TREFRY MEMORIAL
CENTRE

Notice

Exercise classes will remain on Zoom for May. Monday with Anne and Wednesday with Margo. Give us a call if you'd like to join. 705-246-0036

Congrats to our prize winners for April exercise:
Emily Meek, Phyllis MacKay & John MacKay.

Plants we've grown are now available
by donation: small yellow pear tomato,
castor bean, catalpa tree, tall marigold,
flat leaf parsley.

Vaccine clinic May 17th Richards Landing &
May 30th Thessalon. Call APH or book online.
No walk-in appointments at this time.

Bridge is starting up May 2nd and will be
happening every Monday 1-4pm at the
Trefry Centre

Toonie Tuesday Coffee Connections will be held Tues. May 17th
9:30-10:30am. Join us for coffee, a muffin, and some chit chat
with friends.



**Please remember that proof of vaccination and masks are
still required for all in-person programs and to enter the
Trefry Centre.**

Mother's Day

B G S T Y A Y U F Q H L S Q D
 U F N R D L O O R I M Z P D X
 F F W I I W R V B E N K E Z O
 L V L M R E J U Z U P X C Y M
 L R A O V A V I P Q I R I R H
 P F F E W B C H J I M B A O A
 P E R Y T E X W T N G O L Z C
 S M Z S S G R S D U H H M A F
 R E H T O M A S K F E D L M U
 Q K M L U F A M A M A W O Y Y
 Z O O V K C H I L D R E N A Y
 B V R A L G U W F K T L Y M C
 E M E Q F K I S S E S F V C Z
 V R O K F J T R T D O H Z Q X
 B A X M U V C B C T B I Y G N

BREAKFAST
 FAMILY
 HEART
 MAMA
 MOMMY
 UNIQUE

CARING
 FLOWERS
 KISSES
 MAY
 MOTHER

CHILDREN
 FOREVER
 LOVE
 MOM
 SPECIAL



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MAY 2022



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Exercise with Anne 10am on Zoom Bridge 1-4pm	3	4 Exercise with Margo 10am on Zoom	5	6 Hen's & Stitches 10-12	7 Echo Bay for Sale 8am-2pm AlgoMaTrad concert 7:30pm
8 Mother's Day	9 Exercise with Anne 10am on Zoom Bridge 1-4pm	10	11 Exercise with Margo 10am on Zoom	12	13 Hen's & Stitches 10-12	14 Desbarats for Sale 8am-2pm
15	16 Exercise with Anne 10am on Zoom Bridge 1-4pm	17 Toonie Tuesday Coffee Connections 9:30am	18 Exercise with Margo 10am on Zoom	19	20 Hen's & Stitches 10-12	21 Ball Field Dedication & Game 11:30am
22	23 Centre Closed Meals on Wheels delivered	24	25 Exercise with Margo 10am on Zoom	26	27 Hen's & Stitches 10-12	28 SJI Hort Society Plant Sale 8am
29 Mountain Maple Trail Run 10am	30 Exercise with Anne 10am on Zoom Bridge 1-4pm	31 Bruce Mines Adult Day Out every Tues. 9:30am -3pm	Echo Bay Adult Day Out every Wed. 9:30am -3pm	Richards Landing Adult Day Out every Thurs. 9:30am -3pm		

Trefry Centre Program Info



Meals on Wheels

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

Monday-Wednesday-Friday at NOON

Exercise Classes on Zoom

10am Mondays with Anne

10am Wednesdays with Margo

Call us for a link to join in the fun!

Tech support available for Zoom.



Bridge

Mondays 1-4pm

Hen's & Stitches

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

Friday's 10am-12pm

Quilters

Monthly 1-3pm on 3rd Tuesday

Everyone welcome!



Toonie Tuesday Coffee Connections

3rd Tuesday of the month

Meet up with friends for a social hour with coffee & muffin for \$2

Adult Day Out

A fun filled day of activities to sharpen the mind and enliven the spirit! Providing respite for caregivers.

Tues-Bruce Station, Wed- Echo Bay, Thurs-Trefry Centre