

WHAT'S UP DOC



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



Ontario 



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

HEALING JOURNEY

SUPPORT GROUP



AN IN-PERSON PEER-TO-PEER GROUP FOR ADULTS 18+ GRIEVING THE LOSS OF AN ADULT

WHEN : EVERY THURSDAY
STARTING FROM JULY 13TH
(FOR 10 WEEKS)
FROM 1:30 TO 3:30

WHERE: RICHARDS LANDING

For more information or sign-up, please contact :

Denise at 705-842-2905



Falls Prevention Checklist For Seniors

Falls can happen anywhere at any time. We can help reduce the likelihood of trips and slips that lead to falls and minimize the risk of fall related injuries. Follow the tips on this list to reduce fall hazards in the home.

How can we prevent falls at home?

Here are the top 5 tips to preventing falls at home

- ✓ Remove all extraneous clutter in your house.
- ✓ Keep telephone and electrical cords out of pathways.
- ✓ Tack rugs and glue vinyl flooring so they lie flat. Remove or replace rugs or runners that tend to slip, or attach non slip backing.
- ✓ Ensure that carpets are firmly attached to the stairs.
- ✓ Do not stand on a chair to reach things. Store frequently used objects where you can reach them easily.

Outside your home

- ✓ Paint the edges of outdoor steps and any steps that are especially narrow or are higher or lower than the rest.
- ✓ Paint outside stairs with a mixture of sand and paint for better traction. Keep outdoor walkways clear and well-lit.
- ✓ Clear snow and ice from entrances and sidewalks.

Proper lighting

- ✓ Have a lamp or light switch that you can easily reach without getting out of bed.
- ✓ Use night lights in the bedroom, bathroom and hallways.
- ✓ Keep a flashlight handy.
- ✓ Have light switches at both ends of stairs and halls. Install handrails on both sides of stairs.
- ✓ Turn on the lights when you go into the house at night.

Bathroom tips

- ✓ Add grab bars in shower, tub and toilet areas. Use nonslip adhesive strips or a mat in shower or tub.
- ✓ Consider sitting on a bench or stool in the shower.
- ✓ Consider using an elevated toilet seat.

Walking assistance

- ✓ Use helping devices, such as canes, as directed by your healthcare provider.
- ✓ Wear nonslip, low-heeled shoes or slippers that fit snugly. Avoid walking around in stocking feet.

And don't forget...

- ✓ Review medications with your doctor or pharmacist. Some drugs, including over-the-counter drugs, can make you drowsy, dizzy and unsteady.
- ✓ Discuss safe amounts of alcohol intake with your physician.
- ✓ Have your hearing and eyesight tested.
- ✓ Inner ear problems can affect balance.
- ✓ Vision problems make it difficult to see potential hazards.
- ✓ Exercise regularly to improve muscle flexibility, strength, and balance.
- ✓ Talk to your healthcare professional about exercise programs that are right for you.
- ✓ If you feel dizzy or lightheaded, sit down or stay seated until your head clears.
- ✓ Stand up slowly to avoid unsteadiness.

Trefry Centre Exercise Classes Available

10 am with Anne
Tuesdays at Bruce Mines Hall

10 am with Margo
Thursdays at the Trefry Centre
Also Available on Zoom, call to register.

Fall Recovery Guide

Whether it's your first time falling, or a repeat fall, there are certain steps you can perform by yourself to try and help improve the situation. By following these three steps, we hope that if you do fall, you can recover to a proper position.

1. Prepare. After your fall has occurred, the first thing you'll want to do is prepare yourself to get back up.



Getting up quickly or the wrong way could make an injury worse. If you are hurt, call for help using a medical alert service or a telephone.



Look around for a sturdy piece of furniture or the bottom of a staircase. Don't try to stand up on your own.



Roll over onto your side by turning your head in the direction you are trying to roll, and then move your shoulders, arm, hips, and finally, your leg over.

2. Raise. After you have done the necessary preparations, you'll want to begin to rise towards a sitting position.



Push your upper body up. Lift your head and pause for a few moments to steady yourself.



Slowly get up on your hands and knees and crawl to a sturdy chair.



Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.

3. Sit Finally, when possible, you'll want to secure yourself sitting in a chair.



Keep the other leg bent with your knee on the floor.



From this kneeling position, slowly rise and turn your body to sit in the chair.



Sit for a few minutes before you try to do anything else.

Dr H.S. Trefry Memorial Centre



Diner's Club

Tuesday August 29th
RC Legion Richards Landing
\$16 per person
Doors open 11am

Guest Speaker from
Alzheimer Society

Tickets for sale:
August 1st - 21 at the Trefry Centre
or online at trefrycentre.ca

**Pulled pork on a bun, bean salad, pasta salad,
Lock City Dairy ice cream and beverage.**

Ice Cream Flavors

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

COCONUT
 STRAWBERRY
 VANILLA
 FUDGE
 ROCKY ROAD
 COOKIE DOUGH
 NEOPOLITAN
 COTTON CANDY
 HOKEY POKEY
 CHOCOLATE
 MOOSE TRACKS
 GREEN TEA
 TIGER TAIL
 PECAN
 REESES
 BANANA

What vegetable is cool, but not *that* cool?

Rad-ish.

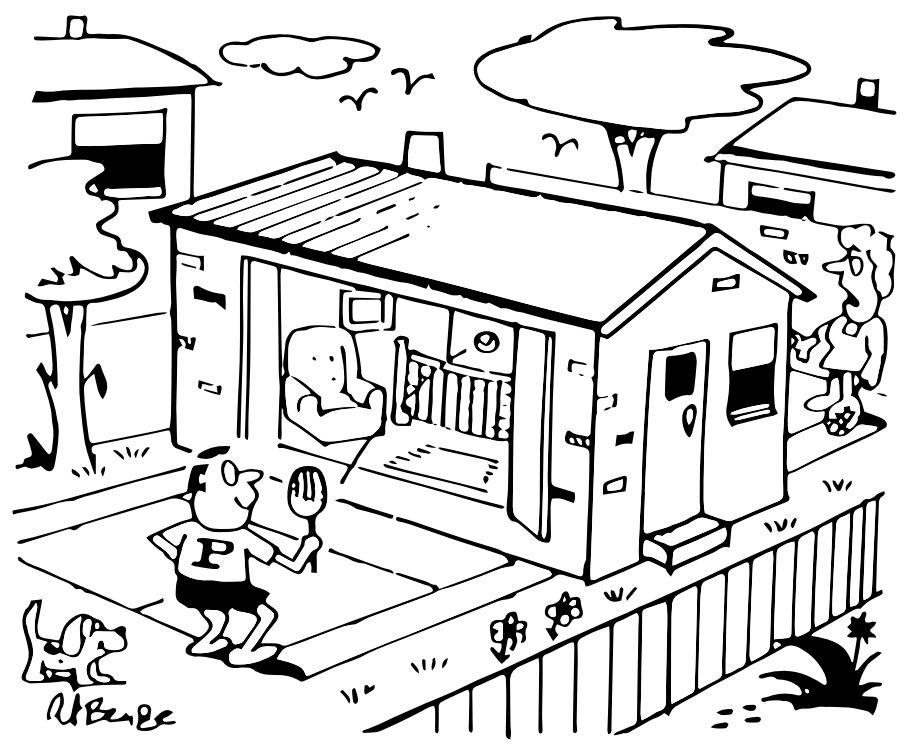
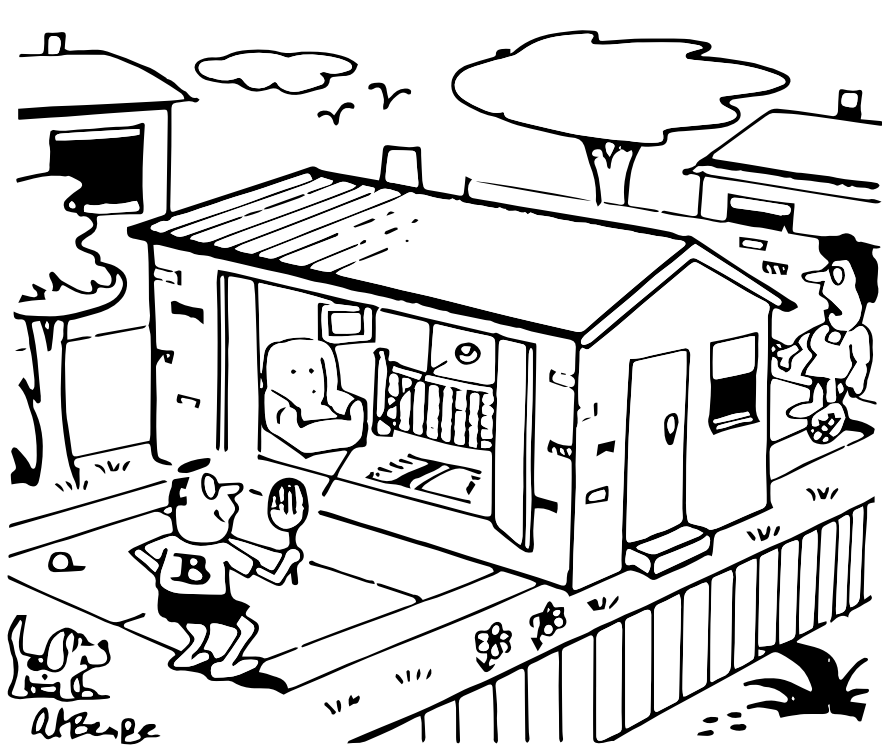


What did the duck say when waiter gave him the check?

Put it on my bill.

Spot The Differences

They look the same but there are 10 flaws to be found! See how many can you spot.



Summer Quinoa Vegetable Salad



A delicious, healthy and texture-rich Quinoa salad made with the freshest farmers market finds! A zippy balsamic dressing ties all the flavors together. Summer Quinoa Vegetable Salad with Fresh Mozzarella is vegetarian, easily vegan and gluten-free.

Ingredients

3/4 C (160g) Quinoa, rinsed and drained
1 1/2 C (350g) Water
1 C (140g) Sweet Peas, fresh shelled or frozen
1 1/2 C (225g) Cherry Tomatoes, halved
1/4 C (70g) Purple Onion, minced
1 C (125g) Yellow Bell Pepper
1 C (125g) Red Bell Pepper
1 1/2 C (170g) Zucchini
3/4 C (125g) fresh Mozzarella
2 - 3 Tbs Fresh Parsley, chopped or torn basil leaves
10 grinds of fresh Pepper
3 - 4 Sprigs of Fresh Thyme Leaves and Flowers, for garnish

For the Dressing:

2 Tbs Extra Virgin Olive Oil
1 1/2 Tbs Balsamic Vinegar
1 Tbs Lemon Juice
1/2 tsp Prepared Mustard
2 tsp Fresh Garlic, minced or grated
1/2 tsp Oregano
3/4 tsp Fine Sea Salt

Instructions

1. In a medium saucepan bring water to a boil. Place rinsed quinoa in boiling water, turn the burner to medium-low, and simmer for about 15 minutes. Turn off heat and stir, making sure all the water is absorbed. Cover and allow to sit covered for 5 minutes. Fluff with fork then pop the quinoa in the fridge to cool, uncovered, for about 20 minutes, stirring a few times to release steam.
2. While the quinoa is cooking/cooling, shell your fresh peas or measure out the frozen peas. Set aside. Fill a small pot half way with water and bring to a boil. Plunge the peas (fresh or frozen) into the boiling water and cook for one minute (no need to bring back to a boil). Strain then rinse the peas with cold water to stop the cooking. Drain and set aside.
3. Prepare the tomatoes, onions, bell peppers, zucchini, fresh mozzarella, and parsley by chopping and dicing, placing each in a large bowl where all the mixing will happen. Add the peas, parsley and pepper.
4. Remove the cooled quinoa from the refrigerator and place in the mixing bowl with all the veggies. Set aside.

For the Dressing:

1. In a small lidded jar, add the olive oil, balsamic vinegar, lemon juice, mustard, garlic oregano and salt. Shake until an emulsion is formed. If too thick, add a splash of water to thin. Shake again.

To Assemble:

1. Pour the dressing over the salad and gently mix until all ingredients are evenly distributed. Taste and adjust salt and pepper as needed.
2. Garnish with fresh thyme leaves (if using), and more parsley or basil. Enjoy on the day made for the freshest taste and preservation of pea color (they tend to get a little dingy on day two), but it will store in the fridge for up to three days.



Trefry Centre Program Info

Adult Day Out

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

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



Need help with or have questions about your cell phone or iPad?

Senior Friendly Tech Support

Every Tuesday

9:30-10:30am @ Trefry Centre

Meals on Wheels

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

Monday-Wednesday-Friday at NOON



Transportation

Drivers are available to bring clients to our programs, to medical appointments, or other outings.

Exercise Classes

**10am Tues with Anne at
Bruce Mines Hall**

10am Wed with Margo at Trefry
Wed classes are also on Zoom.
Call us to register or to get a link
for the Zoom class.