

AUGUST 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

TOKYO 2020



Ontario



**EXERCISE CLASSES
STARTING WEDNESDAY JULY 28TH
TREFRY CENTRE**

**Mondays 10-11am
Wednesdays 2-3pm**

Dates and times
for Laird classes
coming soon!

**Call
705-246-0036
to register for a class**

Blueberry Zucchini Squares



TOTAL TIME: Prep: 30 min. Bake: 30 min. + cooling

YIELD: 2 dozen.

I saw a bar recipe on a box of muffin mix using apple and lemon zest. I tried it from scratch with shredded zucchini and fresh blueberries instead. It's a tasty combo. —Shelly Bevington, Hermiston, Oregon

Ingredients

- 2 cups shredded zucchini (do not pack)
- 1/2 cup buttermilk
- 1 tablespoon grated lemon zest
- 3 tablespoons lemon juice
- 1 cup butter, softened
- 2-1/2 cups sugar
- 2 large eggs, room temperature
- 3-1/4 cups plus 2 tablespoons all-purpose flour, divided
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups fresh or frozen blueberries

GLAZE:

- 2 cups confectioners' sugar
- 1/4 cup buttermilk
- 1 tablespoon grated lemon zest
- 2 teaspoons lemon juice
- 1/8 teaspoon salt

Directions

1. Preheat oven to 350°. Grease a 15x10x1-in. baking pan.
2. In a small bowl, combine zucchini, buttermilk, lemon zest and lemon juice; toss to combine. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Beat in eggs, 1 at a time. In another bowl, whisk 3-1/4 cups flour, baking soda and salt; gradually add to creamed mixture alternately with zucchini mixture, mixing well after each addition. Toss blueberries with remaining flour; fold into batter.
3. Transfer batter to prepared pan, spreading evenly (pan will be full). Bake 30-35 minutes or until light golden brown and a toothpick inserted in center comes out clean. Cool completely in pan on a wire rack.
4. In a small bowl, mix glaze ingredients until smooth; spread over top. Let stand until set.

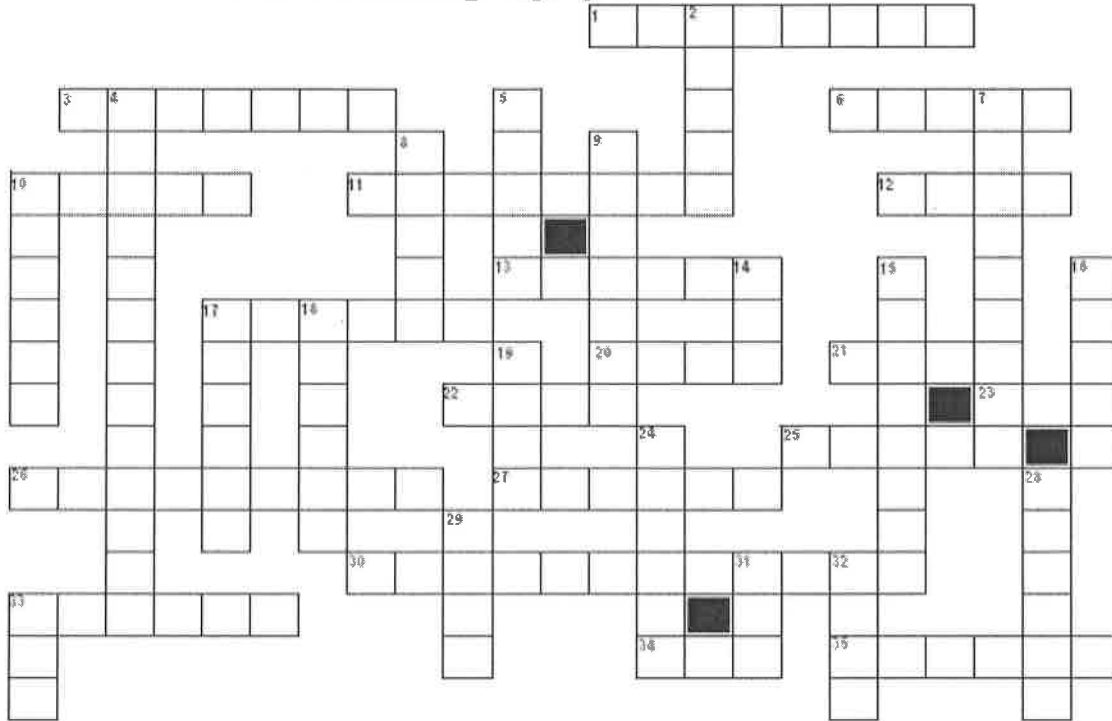
Why does Cinderella never win
at the Olympics?

Because her coach is a pumpkin
and she runs away from the ball!



Why did the spotted cat get
disqualified?
He was a cheetah!

Enchanted Learning Olympics Crossword Puzzle



Across

1. A very long race
3. Where many games take place
6. This holds the flame
10. One of the colors of the Olympics Flag's rings
11. The games
12. How many years apart the ancient Olympics were held
13. The metal used in the second place medal
17. Tennis and diving occur during these Olympics
20. The metal used in the first place medal
21. ____ put
22. One of the colors of the Olympics Flag's rings
23. International Olympic Committee abbrev.
25. One of the colors of the Olympics Flag's rings
26. An Olympic event containing three sports
27. Where the ancient Olympics took place
30. The tallest mountain in Greece
33. The location of the Summer 2000 games
34. What a gold medal recipient did
35. The capital of Greece

Down

2. The Olympics flag has five of these
4. A summer Olympics event
5. The Olympic _____
7. The French man who revived the Olympics
8. The hottest part of the Olympics
9. The athletes live in the Olympic _____
10. The metal used in the third place medal
14. One of the colors of the Olympics Flag's rings
15. Olympic competitors
16. _____ and field
17. Athletic events
18. What the top three winners in each event receive
19. An Olympic symbol
24. One of the colors of the Olympics Flag's rings
28. A short, fast, running event
29. A winter sport
31. The only original Olympics contestants
32. The location of the Winter 2002 games
33. The flame is started using the rays of the ____

How to get dementia patients to sleep at night:

8 tips for better sleep

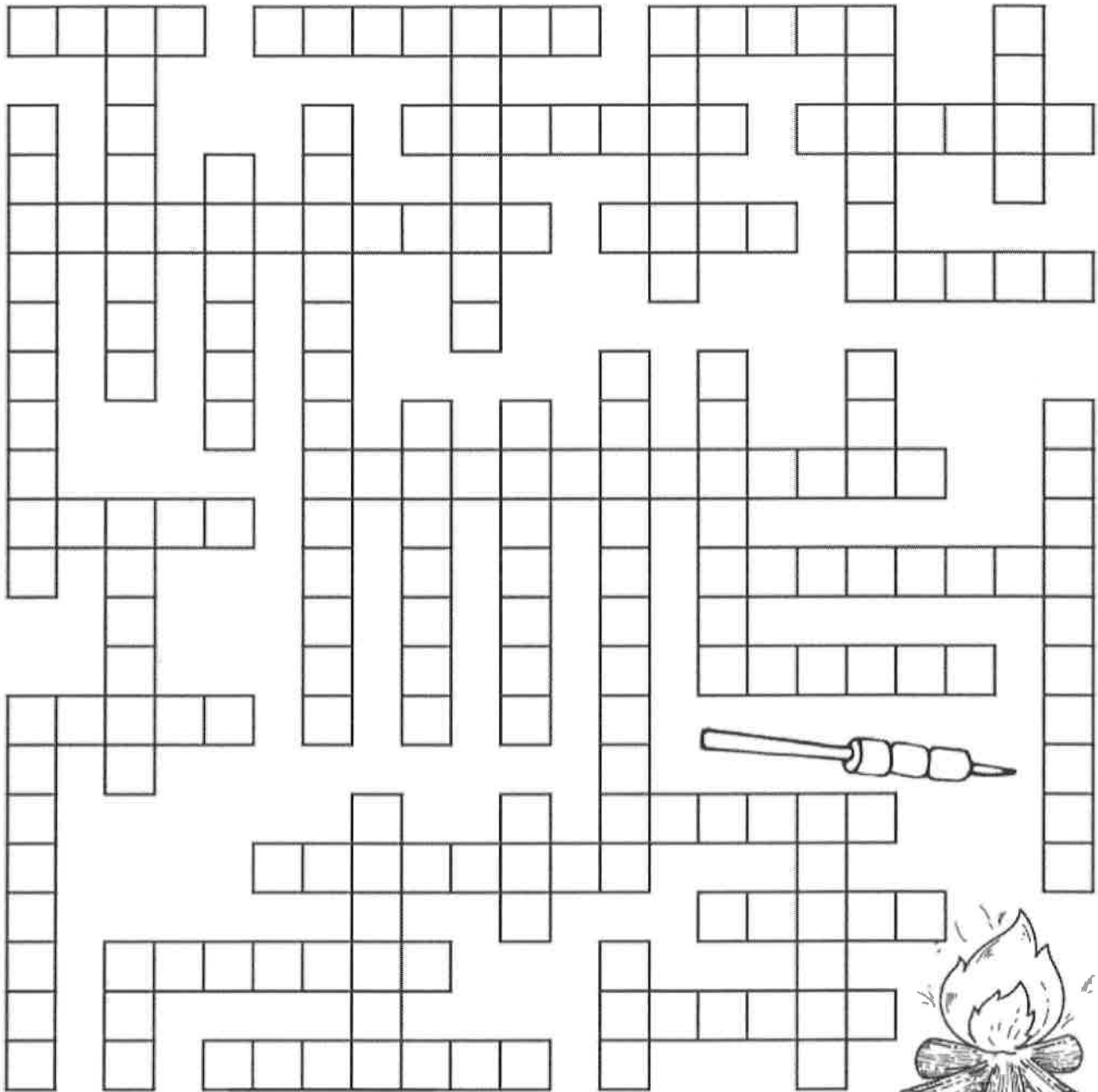
If you're caring for a family member with dementia, improving sleep is probably a priority. Adequate rest can improve your loved one's mood, health, and quality of life — and your own.

Here's how you can help your family member with dementia get a better night's sleep.



- 1. Treat pain and other medical conditions.** Treating chronic pain may help improve your loved one's sleep. If a condition such as sleep apnea or restless legs syndrome is disturbing your parent's sleep, seeking medical treatment may also help.
- 2. Create a soothing environment.** Make sure your loved one's room is set up to promote good sleep. The room should be dark, quiet, and cool (between 60 and 67 degrees Fahrenheit).
- 3. Check for medication side effects.** Many people with dementia take several medications. Some of these drugs, such as stimulants or diuretics, can interfere with sleep. In some cases, it's possible to switch medications or change the time of day a certain drug is given to help improve sleep.
- 4. Encourage physical activity during the day.** Help your loved one with dementia get some exercise each day. For example, you make take a walk together each morning. It's best to schedule physical activity early in the day, because being excessively tired in the evening may increase agitation.
- 5. Get some sunlight.** Get outside or into bright lights soon after waking up in the morning to help regulate the sleep cycle. Dim the lights in the evening when it's close to bedtime.
- 6. Establish a sleep schedule.** Try to get your loved one to go to bed at the same time each night. Creating a calming bedtime routine may also help. For example, you may dim the lights and play soothing music before bedtime.
- 7. Limit daytime naps.** Sleeping excessively during the day can contribute to poor sleep at night.
- 8. Avoid stimulants.** Caffeine, alcohol, and nicotine may disrupt sleep.

CAMPFIRE



3 letters

ash
axe
log
pit

4 letters

bum
camp
heat

5 letters

flame
night
smoke
stars
trees

6 letters

chairs
embers
forest
guitar
nature
smores
snacks
summer
teepee
tinder

7 letters

blanket
hotdogs
lantern
lighter
stories

8 letters

campfire
firewood
kindling
memories

10 letters

campground
sing alongs

11 letters

marshmallow
pocket knife

13 letters

graham cracker
roasting stick

DOCTOR HS TREFRY MEMORIAL
CENTRE

Notice

Hens & Stitches



Knit, crochet,
embroidery & needle
craft

in a group setting.

Every Friday 10-12 at
Trefry Centre

Kitchen helpers
needed for Meals
On Wheels Mon,
Wed, Fri mornings.



Volunteers Needed

Exercise instructor
required for Laird classes
2x/week



We're hiring

**Call 705-246-0036
for more info**

The Best Shoes for Elderly Fall Prevention

Choosing the right footwear is essential for the changing needs of the elderly, as well as to minimize the risk of dangerous falls. Falls are the leading cause of injuries to the elderly, causing over 800,000 hospitalizations – most of which involve injuries to the head or hip. Selecting the right shoe may be a challenge, but research or consultation can help make the decision manageable.

Elderly individuals tend to walk by shuffling their feet, which increases the risk of falling on its own, but the risk is even higher with improper shoes. High heels, floppy slippers, and slick-soled shoes are among the worst choices for the elderly. Shoes with laces may also pose a hazard if the laces become undone.

Here are our top shoe recommendations in preventing slips falls for seniors. And remember when it comes to laces, just say NO!

1. New Balance 577 – Men’s & Women’s

The New Balance 577 is one of our top picks in the elderly shoe category. This shoe features a comfortable Velcro-closure, exceptional shock and absorption, and built to be durable and long lasting.

2. Propet Stability X – Men’s & Women’s Another top pick of ours is the Propet Stability X. Incredibly stylish and modern, these shoes will provide all-day comfort while the added grip in the rubber outsole aids in helping to prevent slips and falls.

3. Skechers Go Walk 2 Hypo – Women’s

With a large assortment of colors and sizes, this lightweight Skechers slip-on provides all day comfort and style. Also features an Ortholite anti-microbial sockliner for women that prefer a sock less walking experience.

4. Hush Puppies Gil – Men’s

The Hush Puppies Gil is a casual, light-weight shoe with adjustable straps and unique shock absorbing technology. These leather sneakers are crafted with a durable ZeroG outsole, making it easier than ever to tackle long days on your feet.

5. Propet Olivia – Women’s

The Propet Olivia is a slip-on leather shoe with adjustable straps and an exclusive removable insole that can be replaced with custom orthotics. This is also a Medicare-approved diabetic shoe.

Fit and Comfort

People of all ages commonly wear shoes that fit improperly for a variety of reasons, though this can increase the risk of falling. Shoes that don’t fit properly may restrict the foot and impair both balance

and walking. While it may be hard to let them go, older pairs of shoes may become worn out and ill-fitting, and no longer be sufficient for an elderly's needs.

It is important to pick shoes that fit properly without being too loose or too tight. Laces or adjustable Velcro straps are options that ensure the right fit. If added insoles are used, ensure they don't overly restrict the space left over in the shoe. A wide width shoe may provide more room and comfort, especially for those who experience swelling in their feet.

Resist buying a pair of shoes that don't yet fit with the hopes that they will break in over time. If they aren't comfortable right away, they aren't the right pair to buy. Discomfort will cause the fluctuations in balance or gait that may lead to falls, and it can also cause unnecessary pain and blisters. Take the time to find a shoe that is comfortable to stand and walk in right away.

Sturdy and Supportive

The ideal pair of shoes for the elderly should have a low heel for maximum contact with the ground to ensure stability while walking. Heels that are more than one inch off the ground could increase the likelihood of twisting an ankle or falling.

The material of the shoe should have some flexibility, but provide enough structure to maintain its shape. A high back shoe is important to provide support for the heel and ankle. Avoid shoes that have narrow soles or heels that may not provide enough stability for safe walking. Soles should also be shock absorbent to reduce the impact to joints.

Nonskid Soles

Shoes for the elderly should have a quality grip on the soles that prevent slipping while moving around. An adequate sole should grip to the ground in wet or dry conditions. If the sole no longer does its job, it's time to replace the shoes before a slip or fall occurs.

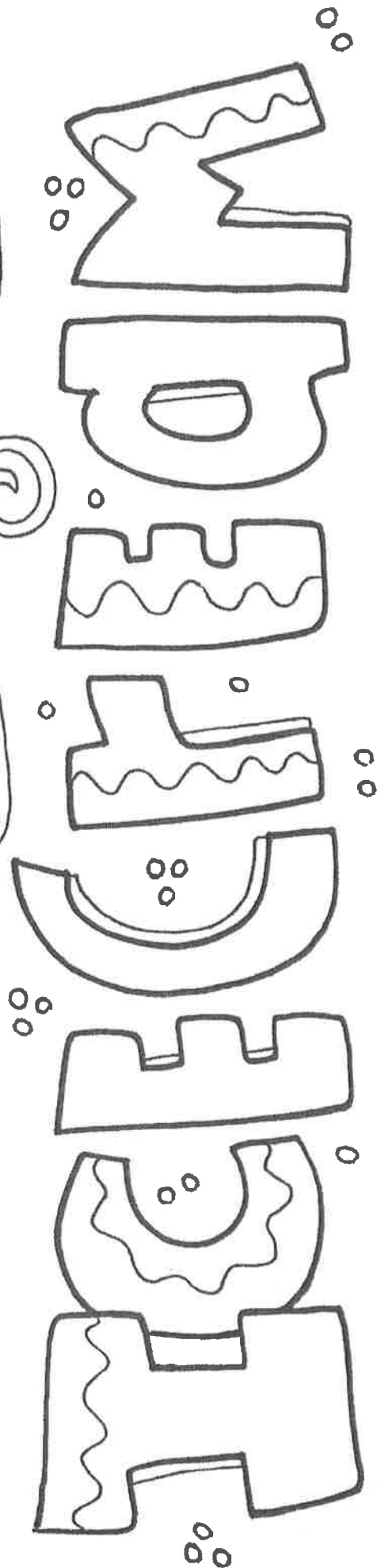
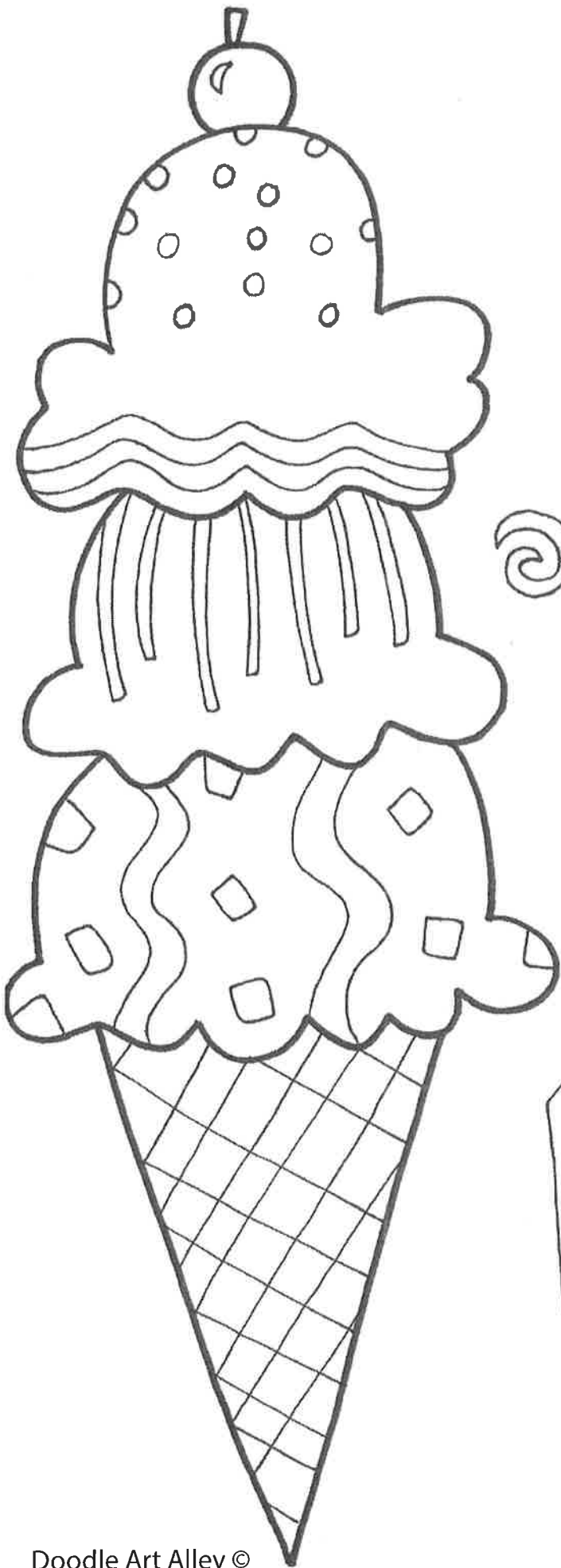
If wearing shoes inside the home isn't preferable, consider a pair of no-slip socks with good grip to indoor flooring. [Bombas](#) is one of many types of no-slip socks. They're made with PVC grips to prevent skidding and slipping on hard floors. Many other brands also offer no-slip features.

Custom Shoes

One option for finding the right shoe is getting professional measurements and buying according to proper sizing. Changes in health or age may cause foot sizes to change, and one may be surprised to find that they require a completely different size than in the past.

Those who have health problems may need to have shoes made per the instruction of their podiatrist. Some may be prescribed orthotics to be inserted in their shoes. These should be carried along when shopping for shoes to ensure a new pair will accommodate them.

Selecting the right pair of shoes for an elderly loved one may be a demanding task, but it's worthwhile to enhance their safety and reduce their risk of falls.





AUGUST 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Art & Craft Beer at Marina RL	2 Civic Holiday Closed	3 Quilters 1-3 PM Bruce Station Day Out 9:30am-3pm	Echo Bay DAY OUT 9:30am-3pm Exercise 2-3pm	5 Day Out 9:30AM-3PM	6 Hen's & Stitches 10 AM-Noon	7 Makers Market RL Marina 12-4
8 Art & Craft Beer at Marina RL	9 Exercise 10-11	10 Quilters 1-3PM Bruce Station Day Out 9:30am-3pm	11 Echo Bay DAY OUT 9:30am-3pm Exercise 2-3pm	12 Day Out 9:30AM-3PM	13 Hen's & Stitches 10 AM-Noon	14 Makers Market RL Marina 12-4
15	16 Exercise 10-11	17 Quilters 1-3 PM Bruce Station Day Out 9:30am-3pm	18 Echo Bay DAY OUT 9:30am-3pm Exercise 2-3pm	19 Day Out 9:30AM-3PM	20 Hen's & Stitches 10 AM-Noon	21 Makers Market RL Marina 12-4
22 Art & Craft Beer at Marina RL	23 Exercise 10-11	24 Quilters 1-3 PM Bruce Station Day Out 9:30am-3pm	25 Echo Bay DAY OUT 9:30am-3pm Exercise 2-3pm	26 Day Out 9:30AM-3PM	27 Hen's & Stitches 10 AM-Noon	28 Makers Market RL Marina 12-4
29 Art & Craft Beer at Marina RL	30 Exercise 10-11	31 Quilters 1-3 PM Bruce Station Day Out 9:30am-3pm				



Follow us on Facebook to see more events and programs starting as things open up.



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:





EXERCISE CLASSES

Starting July 26th at Trefry Centre

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 futher notice

POT LUCK

CANCELLED FOR AUGUST



Diner's Club

CANCELLED FOR AUGUST

Held at the Royal Canadian Legion, Richards Landing

11:30 AM

12:30 PM

Cost: \$10.00 each

One of our friendly volunteers will be calling to take your reservation or you can contact 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.



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