

FEBRUARY 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 Additional, 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: dr.trefrycentre@one-mail.on.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



BEST EVER SENIOR CITIZEN JOKE

A little silver-haired lady calls her neighbor and says,
"Please come over here and help me. I have a killer jigsaw
puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's
finished?"

The little silver haired lady says, "According to the picture
on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle.
She lets him in and shows him where she has the puzzle
spread all over the table.

He studies the pieces for a moment, then looks at the box,
then turns to her and says,

"First of all, no matter what we do, we're not going to be
able to assemble these pieces into anything resembling a
rooster."

He takes her hand and says, "Secondly, I want you to relax.
Let's have a nice cup of tea, and then," he said with a deep
sigh.....

**"Let's put all the Corn Flakes
back in the box."**

CANADA'S

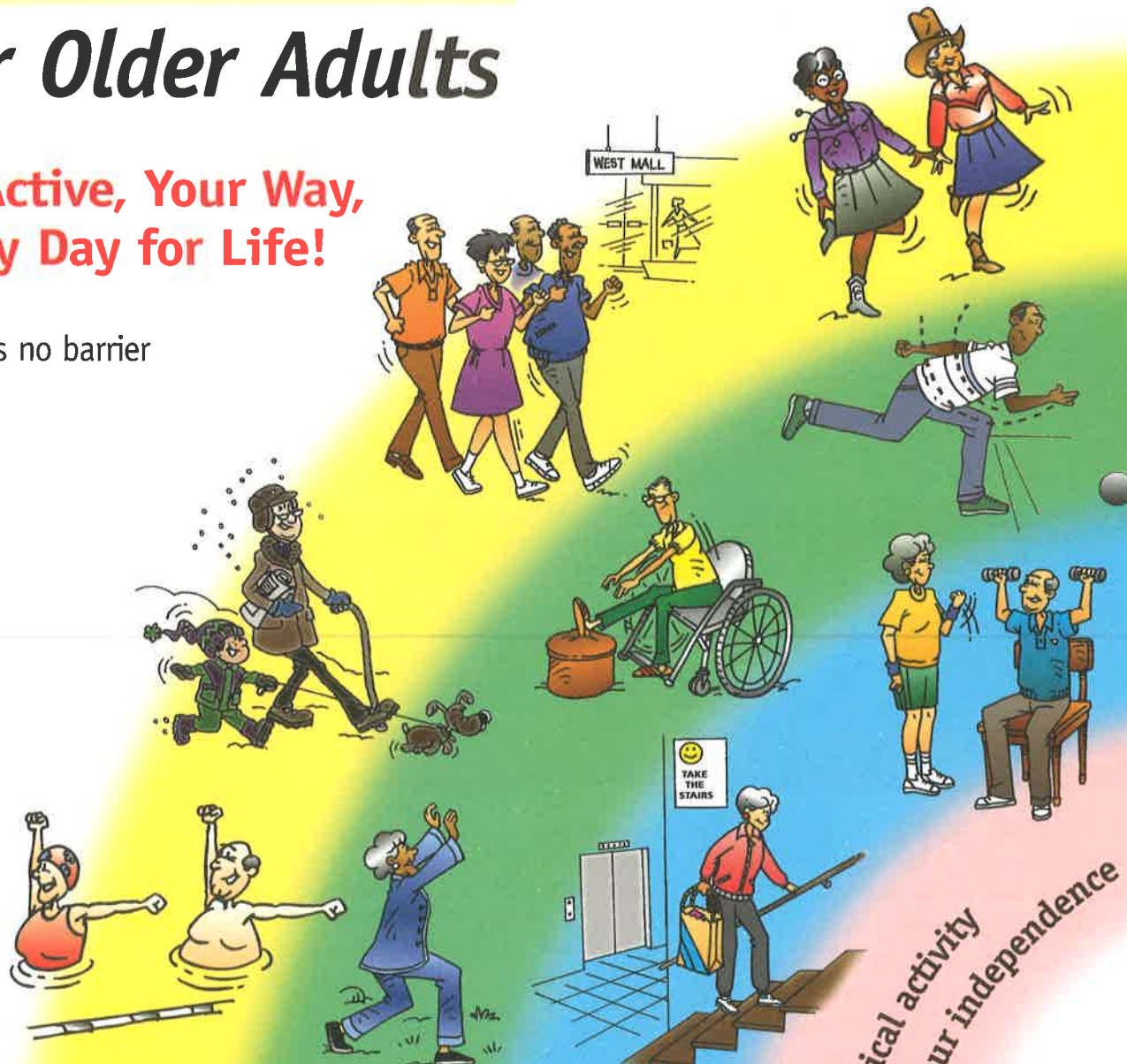
Physical Activity Guide

to Healthy Active Living

for Older Adults

Be Active, Your Way, Every Day for Life!

- Age is no barrier



**Increase
Endurance
Activities**
4-7 days
a week

**Increase
Flexibility
Activities**
Daily

**Increase
Strength &
Balance
Activities**
2-4 days
a week

*Physical activity
prolongs your independence*



Health Canada Santé Canada



Canadian Society for Exercise Physiology

Being active is very safe for most people

Start slowly and build up – listen to your body. Accumulate 30 to 60 minutes of moderate physical activity most days. Minutes count – add it up 10 minutes at a time. Not sure? Consult with a health-care professional.

Choose a variety of activities from each of these three groups:

Endurance

- Continuous activities that make you feel warm and breathe deeply
- Increase your energy
- Improve your heart, lungs, and circulatory system

Flexibility

- Gentle reaching, bending, and stretching
- Keep your muscles relaxed and joints mobile
- Move more easily and be more agile

Strength & Balance

- Lift weights, do resistance activities
- Improve balance and posture
- Keep muscles and bones strong
- Prevent bone loss

Getting started is easier than you think

- Build physical activity into your daily routine.
- Do the activities you are doing now, more often.
- Walk wherever and whenever you can.
- Start slowly with easy stretching.
- Move around frequently.
- Take the stairs instead of the elevator.
- Carry home the groceries.
- Find activities that you enjoy.
- Try out a class in your community.

For a free copy of the companion *Handbook* and more information: 1-888-334-9769, or Web site: www.paguide.com

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

Benefits increase as physical activity increases

Benefits when starting out:

- Meet new people
- Feel more relaxed
- Sleep better
- Have more fun

Benefits from regular physical activity:

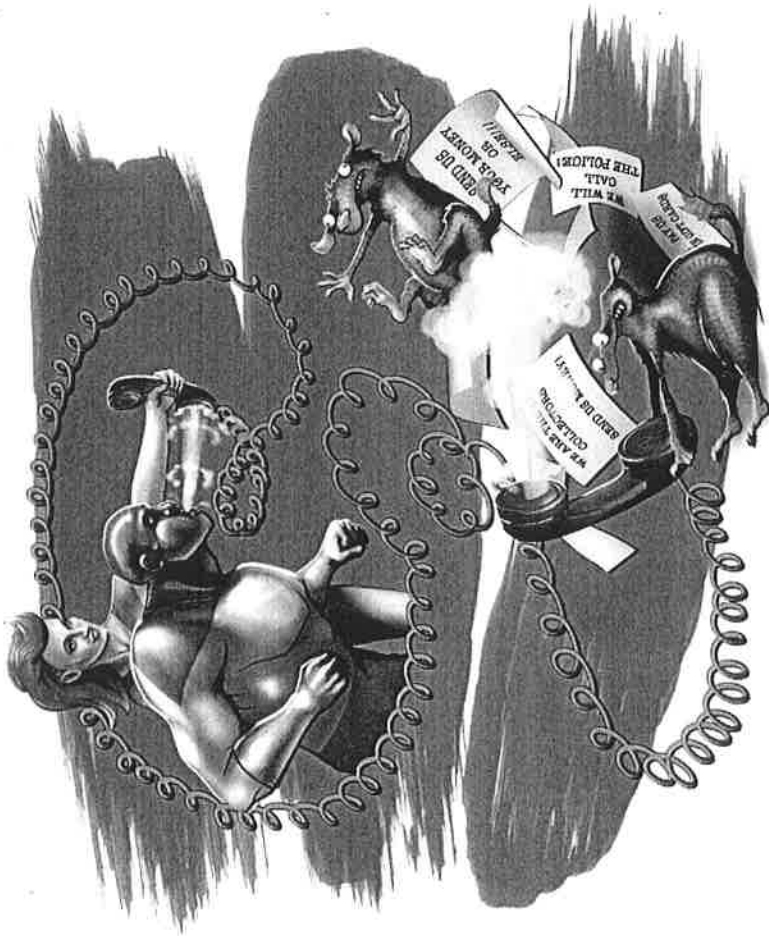
- Continued independent living
- Better physical and mental health
- Improved quality of life
- More energy
- Move with fewer aches and pains
- Better posture and balance
- Improved self-esteem
- Weight maintenance
- Stronger muscles and bones
- Relaxation and reduced stress

Scientists have proved that

Being active reduces the risk of:

- Heart disease
- Falls and injuries
- Obesity
- High blood pressure
- Adult-onset diabetes
- Osteoporosis
- Stroke
- Depression
- Colon cancer
- Premature death





TAX SCAMS

Got a call or email from the CRA? Make sure it's real!

You get a text message or an email from the Canada Revenue Agency (CRA) claiming you're entitled to an extra refund and all you need to do is provide your banking details. Watch out—this wonderful-if-true situation is exactly what a tax scam looks like.

Another variation is that they call you to say that you owe the CRA money and that you need to pay right away, or else they will report you to the police.

In any case, if you do receive a call, letter, email or text saying you owe money to the CRA, you can double check online via "My Account" or call 1-800-959-8281.

Tips to protect yourself:

The CRA will never:

- use aggressive or threatening language.
- threaten you with arrest or send police.
- ask for payments via prepaid credit cards or gift cards, such as iTunes, Home Depot, etc.
- collect or distribute payments through Interac e-transfer.
- use text messages to communicate under any circumstances.

Emails from the CRA:

- never ask for financial information.
- never provide financial information.

The CRA's accepted payment methods are:

- online banking.
- debit card.
- pre-authorized debit.

If you suspect a scam, always report it.

Go to pages 19 and 20 for more information.

LUXURIOUS LONDON FOG TEA

(Source: www.internationaldessertsblog.com/luxurious-london-fog-tea/)

Despite the name, London Fog isn't from London. It's a simple tea drink that originated in Vancouver, BC (and supposedly in Scotland it's called a Vancouver Fog). It's a simple combination of hot Earl Grey tea, frothy milk, and a touch of vanilla. It's a comforting, filling, and luxurious no sugar dessert.

It's so easy, it hardly even qualifies as a recipe!

1. Steep one Earl Gray or Lady Gray tea bag in 1/2 cup water for 2-4 minutes.
2. While the tea is steeping, heat 1/2 cup milk over medium low heat, using a small whisk to generate a bit of froth.
3. Take out the tea bag and pour the milk into the tea.
4. Add 1 teaspoon vanilla (or add vanilla sugar to taste instead).
5. Stir and enjoy while hot!





Countries of the World

Word Scramble



1. kednmar _____
2. cioemx _____
3. zarbil _____
4. hcian _____
5. ainid _____
6. adnaac _____
7. tgfaisaahnn _____
8. nartegina _____
9. gedlna _____
10. trueky _____
11. ocbdmaia _____
12. cdeilna _____
13. afrcne _____
14. eknya _____
15. helci _____
16. naeetlshnrd _____
17. ornyaw _____
18. eiringa _____
19. wdseen _____
20. pjaan _____



revolutionary exercises; fat-busting devices; or breakthrough products, such as pills, patches or creams. Fake online pharmacies offer drugs and medications at very cheap prices or without a doctor's prescription. They advertise on the internet and send spam emails. If you do receive the promised products, there is no guarantee they are the real thing or safe to take.

Fake online pharmacies offer drugs and medications at very cheap prices or without a doctor's

Tips to protect yourself:

- Remember that there are no magic pills or miracle cures for achieving quick weight loss or treating medical conditions.
- Don't trust claims about medicines, supplements or other treatments. Get the facts straight from your healthcare professional.
- Never commit to anything under pressure, especially if a large advance payment or long-term contract is required.
- Know that if an online pharmacy is legitimate, it will require valid prescriptions.
- Be skeptical of celebrity endorsements or testimonials.

HEALTH AND MEDICAL SCAMS

Watch out for magical cures that offer quick and easy fixes.

There are fraudsters out there who hope to take advantage of people's suffering. The three most common types of health scams are miracle cures, weight loss programs and fake online pharmacies. In all cases, they often appear as sponsored posts on social media or website pop-ups. Scammers offer products and services that seem to be legitimate

alternative medicines and treatments that quickly and easily treat serious conditions. Some of these may seem to be endorsed by celebrities or promoted by testimonials of people claiming to have been cured.

Weight loss scams promise dramatic results with little to no effort. The scammers might promote unusual diets;

if you suspect a scam, always report it.

Go to pages 19 and 20 for more information.

WINTER CRAFTS



Create a collection of memories with photos. Create a collage or scrapbook with old photos.



Grab a needle and thread and produce a masterpiece with different fabrics.



Make a delicious handmade treat for you or your pet.




Grow an indoor garden.



Snow Day


In the winter it's every kid's dream,
As snowflakes begin to appear,
That suddenly there'll be a blizzard,
And they'll cancel school for the year.



Though most kids are willing to settle,
And I am inclined to agree,
They could merely close school for one day—
One day off would be just fine with me.

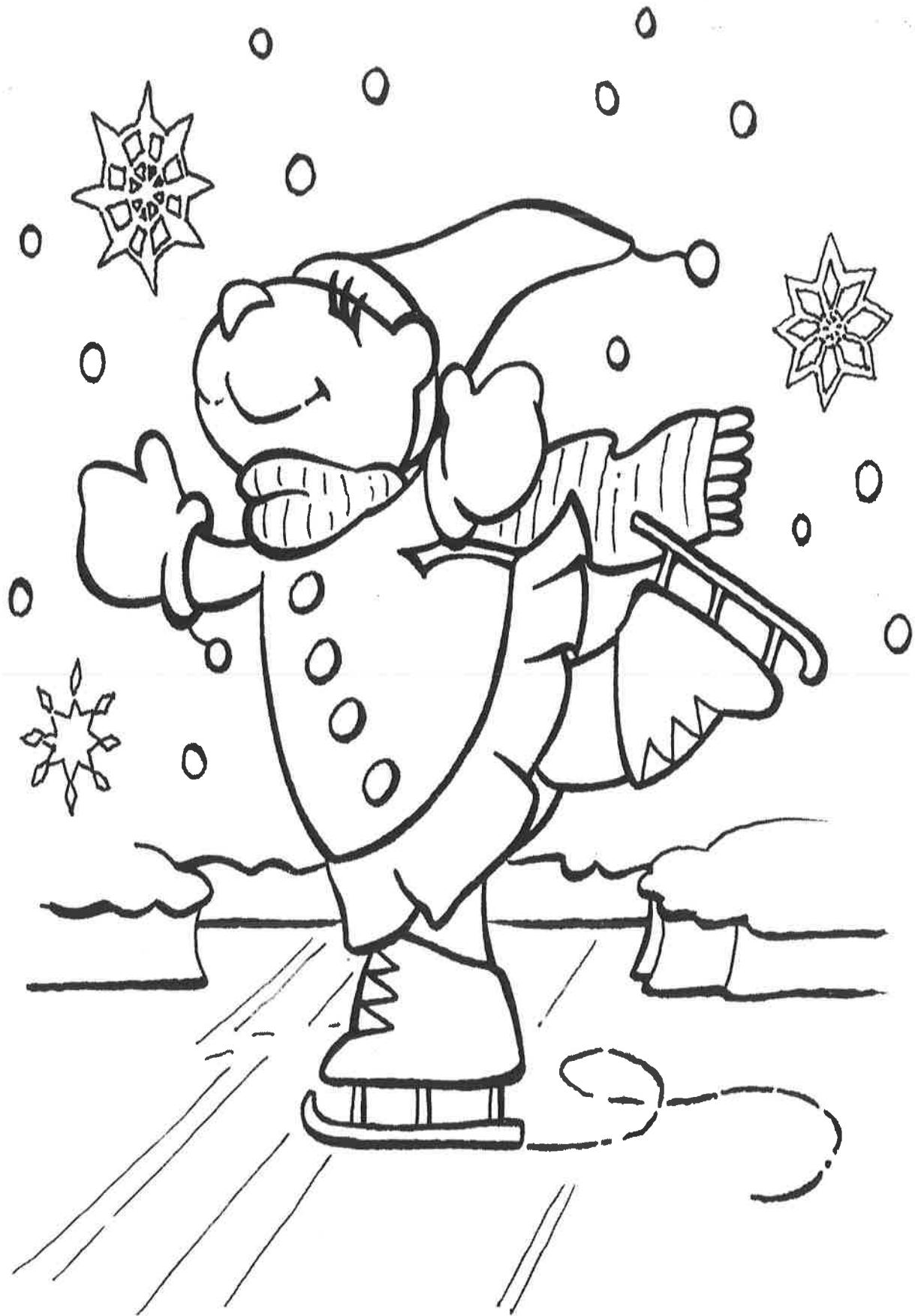
A day free from all forms of homework,
A day without science or math,
When you leave all your school books at home—
And run out the door with a laugh.

A day full of sledding and cocoa
And snowmen who wear Dad's old clothes;
No writing out boring equations
After lunch when you'd rather just doze.



A snow day's a day meant for lounging,
Where idleness isn't condemned,
A day where you sleep in till lunchtime,
A day that you don't want to end.

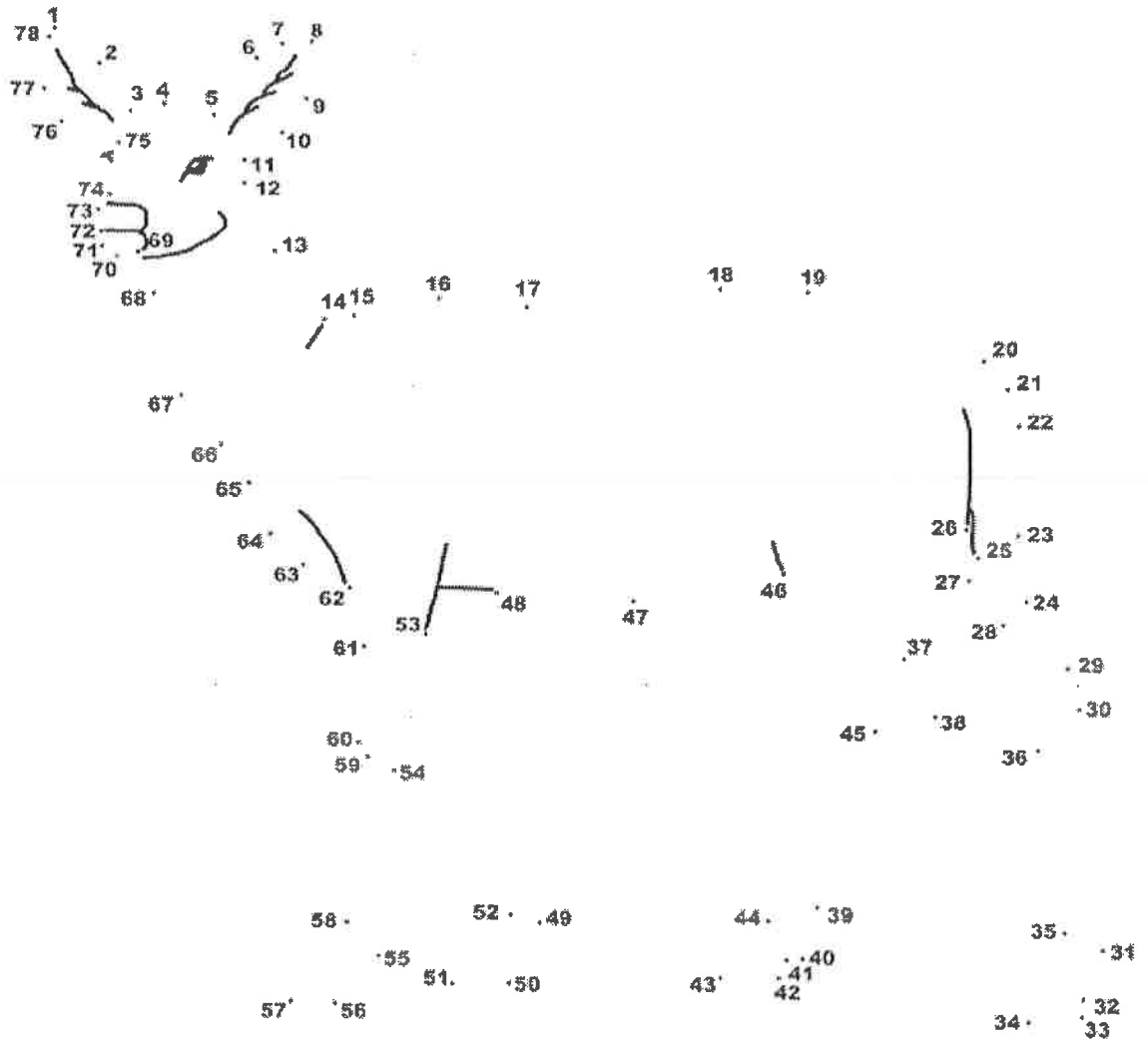
And if you are truly quite lucky,
The snow will continue its flight,
And you'll spend the afternoon hoping
The next day will be just as white.



Connect the Dots

Early in the morning, Cecil watched this animal run across an open field, its tail up and waving.

Connect the dots to see the _____.





FEBRUARY 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6

POTLUCK
CANCELLED

7	8	9	10	11	12	13
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Day Out
9:30AM—3PM
Hen's & Stitches
10 AM—Noon

14	15	16	17	18	19	20
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Office Closed
Quilters 1-3 PM



Day Out
9:30AM—3PM
Hen's & Stitches
10 AM—Noon

21	22	23	24	25	26	27
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Day Out
9:30AM—3PM
Hen's & Stitches
10 AM—Noon

28



Limited Programs
running including
Meals on Wheels &
Transportation

Bruce Station
Day Out
Every Tuesday
9:30am—3pm

Echo Bay
Day Out
Every Wednesday
9:30am—3pm



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: dr.trefrycentre@one-mail.on.ca





EXERCISE CLASSES

Laird Community Hall

Monday 10 – 11 AM

Thursday 10 – 11 AM

Dr. Trefry Memorial Centre

Monday 10 – 11 AM

Thursday 1:30 – 2:30 PM

CANCELLED FOR FEBRUARY



Hens 'N' Stitches

Knitting, Crochet, Embroidery,
& Other Needle Crafts
Fridays from 10 AM until NOON



QUILTERS



Tuesday, February 16th, 2021 from 1-3 pm!

Lose track of
time...

Bridge



Exercise
your mind...

Mondays, Wednesdays & Fridays
1 – 4 PM

Beginners welcome!
CANCELLED FOR FEBRUARY

POT LUCK

CANCELLED FOR FEBRUARY



Diner's Club

CANCELLED FOR FEBRUARY

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

DAY OUT Programs RESTARTED

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 for more information.



COFFEE CONNECTIONS CANCELLED

Mondays – Wednesday – Friday at NOON



Entrée, Soup & Dessert
or any combination
Delivered HOT
to your door!

Gift Certificates are also available.
Please call 705-246-0036 for information.

CANCELLED AT TREFRY CENTRE

Landing Feet First

Marcy Clark RPN



FOOT CARE

Dates to be determined,
by appointment 705-971-9698

CANCELLED FOR FEBRUARY

LifeLabs

Mobile Laboratory Service
Wednesdays 9:30 – 10:30 AM
By Appointment 705-946-5543

OHIP Requisitions can be faxed to 705-246-0249