

Friendly Visiting

Friendly visiting is one on one, personal visiting for an hour or so every week or two. The regular socializing with a friendly volunteer can help seniors stay in their homes longer by reducing loneliness, providing a safety check and improving overall health and wellbeing.

Find common interests such as:

- Play cards
- Chat
- News/Events
- Knit/Crochet
- History/Family
- Much more



Telephone Reassurance

Are you a senior or disabled persons that live alone without family close by and would feel more secure with a daily phone call to check their health and safety?

You can expect a call monthly, weekly or even daily for the following purposes:

- Health & Safety
- Date & Day Reminders
- Friendly Conversation



*Based on your needs/
preferences*



NEW Reading Program

In addition, this program assists elderly persons, now faced with decreased ability to see, connect with a caring volunteer who will come to their home weekly or in a group setting at the Centre, to ensure that the senior is still able to maintain as much of their normal routine as possible by keeping them up to date with current events and their favourite past times. Some activities may include:

- Reading the Island Clippings, North Shore Sentinel & more
- Christmas cards that are arriving
- Helping fill in and complete the crosswords
- Reading your favourite novels

**If you are interested in
volunteering or know someone
who could benefit from this
program please call us today!**

The Dr. H.S Trefry Memorial Centre

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“Connecting people and programs for a stronger community”

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