

MAY 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: manager@trefrycentre.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

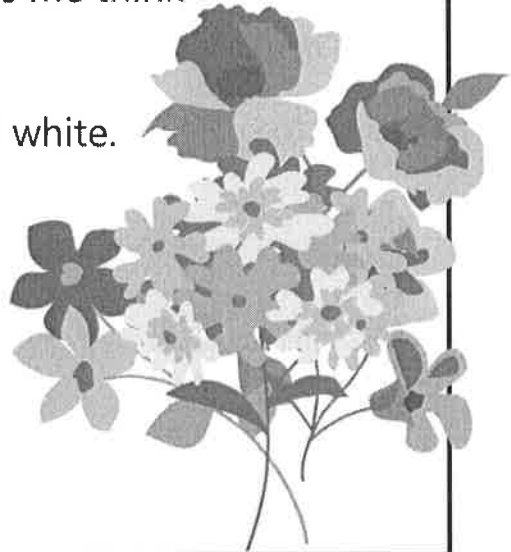
Fax: 705.246.0249



THE PRETTIEST NAME

by Lenore Hetrick

All the months have pretty names,
But I like the name of May the best.
It makes me think of meadow lands
In all their spring gowns neatly dressed.
Their bonnets are of marigolds,
For buttons they use daisy eyes,
And for a sash they use a brook
Bluer even than Maytime skies.
The word October calls to mind
Maple leaves a fiery red.
December makes you think of snow,
And woolly blankets on your head.
But May! That sweet name makes me think
Of music on a springtime night!
I think it is the prettiest of all,
Just made of blossoms, pink and white.



The Meals on Wheels and Transportation Programs at the Dr. H.S. Trefry Centre are still running.

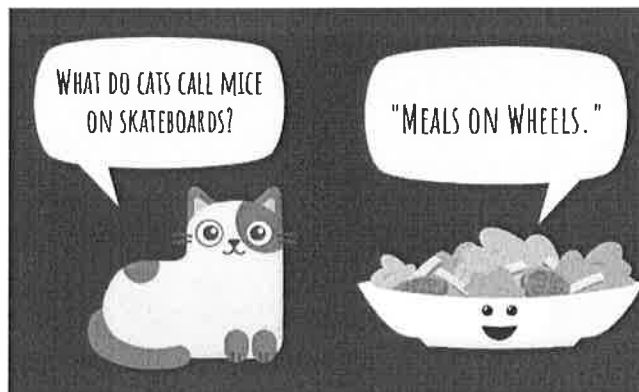


Our home cooked meals are delivered three days a week on Monday, Wednesday, and Friday. You can have a meal, soup, and dessert delivered to your home if you live between Echo Bay and Desbarats, or on St. Joseph Island. You can see our updated menu on the next page. Call to sign up, or for more information on cost and dietary options.



If you live between Thessalon and Echo Bay, or on St. Joseph Island, we can offer you transportation to appointments and grocery shopping within that area, and to Sault Ste Marie. Call us for more information on cost or to sign up.

705-246-0036



We think you'll like the new updated four-week menu!

Week 1

Monday

Cream of Mushroom Soup
Sweet & Sour Meatballs
Pasta Primavera
Green Beans
Fruit Cocktail Cake

Wednesday

Chicken Noodle Soup
Sliced Roast Turkey w/Cranberries
Mashed Potatoes & Gravy
Dilled Carrots
Apple Crisp

Friday

French Onion Soup
Italian Sausage
Macaroni and Cheese
Waxed Beans
Lemon Snow

Week 2

Monday

Broccoli Cheddar Soup
Meatloaf
Mashed Potatoes
Peas and Carrots
Home-made Chocolate Chip Cookies

Wednesday

Beef Barley Soup
Italian Chicken
Roasted Potatoes
Broccoli
Queen Elisabeth Cake

Friday

Split Pea Soup
Sliced Baked Ham
Scalloped Potatoes
Corn
Butter Tart Square

Week 3

Monday

Tomato Rice Soup
Best Chicken Pot Pie
Mashed Potatoes
Creamed Corn
Cherry Cheesecake

Wednesday

Italian Soup with sausage
Shepherds Pie
Baby Carrots
Peas
Gingerbread Cake

Friday

Chicken Tortellini Soup
Sliced Roast Beef
Mashed Potatoes & Gravy
Turnips & Carrots
Rice Pudding

Wednesday

Chicken Rice Soup
Salisbury Steak w/Mushrooms and Onions
Mashed Potatoes and Gravy
Baked Beans
Raspberry Lemon Square

Friday

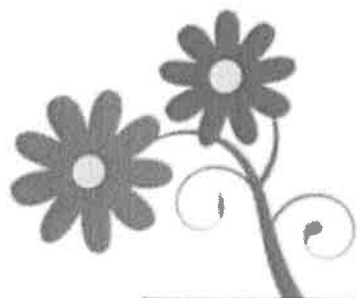
Tomato Macaroni Soup
Battered Haddock
Oven Fried Potatoes & Onions
Creamed Peas
Date Square

Signs of Spring



This spring Peony is going on a field trip with her class to the state park. Her teacher gave the class a list of things to look for in the woods and meadows, but the words got all mixed up. Can you help Peony unscramble her list?

1. OFGR _ _ _ _
2. FEUYRBTLT _ _ _ _ _ _ _ _
3. SRSGA _ _ _ _
4. ORMHTARWE _ _ _ _ _ _ _ _
5. SNTGLHUI _ _ _ _ _ _
6. UDB _ _ _
7. DDNLIAENO _ _ _ _ _ _ _ _
8. ORELWF _ _ _ _ _
9. EBE _ _ _
10. GLBDYAU _ _ _ _ _ _
11. OMLOB _ _ _ _
12. ERGEN _ _ _ _



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

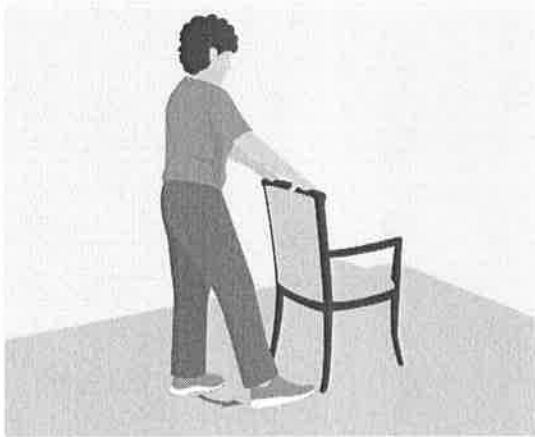
NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE





Exercising, can improve balance and strength, so you can stand tall and feel more confident when walking.

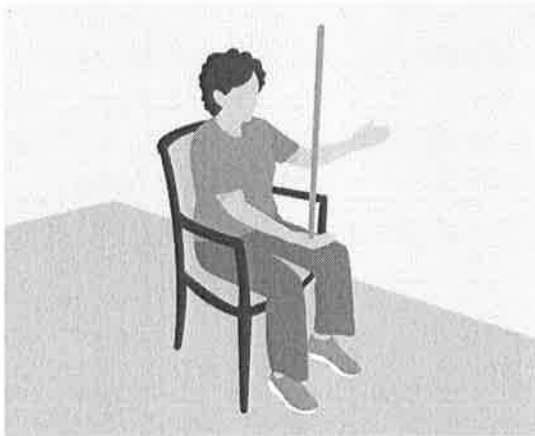
Read on to find 3 exercises you can do at home.



Exercise 1: Side Leg Raise

You'll need a chair for this exercise to improve balance.

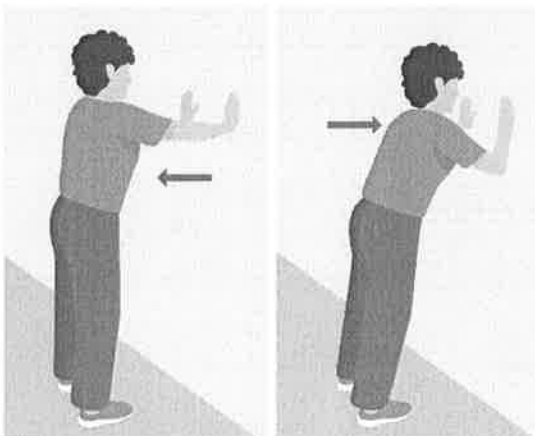
Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise ten to 15 times per leg.



Exercise 2: Balancing Wand

This balance exercise for seniors can be performed while seated. You'll need a cane or some kind of stick. A broomstick works well for this – just remove the broom's head before you start.

Hold the bottom of the stick so that it's flat on the palm of your hand. The goal of this exercise is to keep the stick upright for as long as possible. Change hands so that you work on your balance skills on both sides of your body.



Exercise 3: Wall Pushups

As long as you've got a wall, you can do this strength training exercise for seniors.

Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows or doors. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do twenty of these.

NEXT COVID VACCINATIONS CLINICS IN OUR AREA.

(as per APH website <https://www.algomapublichealth.com/disease-and-illness/infectious-diseases/novel-coronavirus/covid-19-vaccine/vaccine-clinics-in-algoma/>)

THESSALON:

Date and Time: May 6, 11am -1 pm

Location: Thessalon Memorial Community Arena

132 Main St., Thessalon

RICHARDS LANDING:

Date and Time: May 13, 11 am-1 pm

Location: Royal Canadian Legion

1534 10th Side Road, Richards Landing



Bookings open Friday, April 30 @ 9:00 AM for the following populations:

`Adults 60+ and older

Bookings open Thursday, April 29 @ 9:00 AM for the following priority populations:

`High-risk congregate settings (such as shelters, community living) (complete list)

`Individuals with highest risk chronic conditions and their caregivers (complete list)

`Education workers who provide direct daily support to students with special education needs.

`Indigenous adults (18+ and household members) (First Nations, Metis, Inuit)

`Staff and essential caregivers in long-term care, retirement homes and other congregate care settings for seniors (e.g. assisted living)

`Healthcare workers as identified in the Ministry of Health's Guidance on Health Care Worker Prioritization

`Faith leaders who provide: End of life care, Care of the deceased, funerals, bathing, or other ceremony with direct contact with deceased persons, Home visits to unwell persons, Pastoral care in hospitals/long-term care homes/retirement homes or other vulnerable settings.

`Adult recipients of chronic home care

Phone Line Hours: 9 am - 4 pm

Phone Number: 705-541-7085



The Algoma District Social Service office is moving!



Algoma District Social Services
Services Sociaux du district d'Algoma

Effective **May 1st, 2021**, Algoma District Social Services office located at 1 Collver Road, Thessalon will be relocated to **135 Dawson Street, Suite 201, Thessalon, ON.**

(We are in the same building as North Shore Health Network)

Follow the hospital signs to find our new location.

Our office hours will remain **8:30-12:00 and 1:00-4:45 Monday to Friday.**

To contact us:

Phone: 705-842-3370, ext. 200

Fax: 705-842-3747

Email: clientsupport@adsab.on.ca

**Mail: 201-135 Dawson Street
Thessalon, ON P0R 1L0**

Thank you for your patience as we undergo this transition and look forward to serving you in our new location.

CRUSTLESS QUICHE RECIPE

For the base:

- 6 large eggs
- 2/3 cup whole milk
- 1/4 cup half-and-half
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 teaspoon Dijon mustard *optional*
- Pinch ground nutmeg *optional*
- 1 1/2 cups mix-ins of choice: See below for suggestions
- 2/3 cup grated cheese
- 2 tablespoons chopped fresh chives



For the mix-ins:

- Cooked crumbled bacon
- Chopped and sautéed broccoli
- Caramelized onions
- Cubed leftover ham
- Roasted vegetables roughly chopped

Instructions:

- Place a rack in the center of your oven and preheat the oven to 350 degrees F. Coat a deep 9-inch pie dish with nonstick spray.
- Prepare any mix-ins (see recipe notes for a broccoli bacon version and the blog post above for more suggestions).
- In a large mixing bowl, whisk together the eggs, milk, half-and-half, salt, pepper, mustard, and nutmeg.
- Scatter the mix-ins evenly across the bottom of the prepared pie dish.
- Sprinkle the cheese on top.
- Carefully pour the egg mixture into the dish. Place the dish on a rimmed baking sheet. Sprinkle the chives over the top.
- Bake the quiche on the baking sheet until the center is set, about 35 minutes. It should look puffed and golden at the edges, and when a thin, sharp knife is inserted in the center, the center should be cooked through without visible liquid. Let cool a few minutes. Cut into big wedges. Enjoy warm.

To Store: Refrigerate quiche in an airtight storage container for up to 3 days.

To Reheat: Rewarm leftovers in a pie dish in the oven at 350 degrees F.

CHOLESTEROL

Cholesterol is a fat-like substance that is part of your body's cells and helps you make vitamin D, bile and certain hormones. However, having high cholesterol levels puts you at higher risk for heart disease. Read on to learn more about blood cholesterol and dietary cholesterol and how to keep your cholesterol levels healthy.

Where does cholesterol come from?

Cholesterol is made in your liver Your body naturally makes cholesterol in your liver. This is called "blood cholesterol" because it is the cholesterol that circulates in your blood. Cholesterol comes from food Cholesterol can come from the foods you eat. This is called "dietary cholesterol" and is found in animal foods like meat, poultry, milk products, eggs, fish and seafood. After you eat, dietary cholesterol circulates in your blood and is stored in your liver.

What are the two types of cholesterol?

LDL cholesterol is known as "bad cholesterol". Too much can lead to plaque build up in your arteries. This can increase the risk of heart disease. HDL cholesterol is known as "good cholesterol". It helps remove LDL cholesterol from your arteries. To help lower your risk of heart disease, the goal is to lower LDL cholesterol AND raise HDL cholesterol.

How do you get high cholesterol? The following risk factors may cause high cholesterol:

- A family history of high cholesterol
- A high fat diet, including saturated and trans fats
- Being overweight Low physical activity
- High alcohol intake
- Smoking
- Some health conditions like diabetes, kidney disease and liver disease



Do you get high cholesterol from eating too much cholesterol in food?

No. Most people do not need to count how much dietary cholesterol they get each day. The amount of cholesterol you get from food usually has little impact on your blood cholesterol. If you have diabetes or heart disease, speak to a dietitian or your doctor about how much dietary cholesterol is right for you.

What can I do to prevent or lower high cholesterol levels?

Choose foods that are lower in saturated fat, like lean cuts of meat, skinless poultry, lower fat milk and dairy products, fish and legumes. Try these delicious Mango Chicken Wraps for a tasty lunch or this Black Bean Couscous for a satisfying salad.

Read labels and avoid foods made with trans, hydrogenated or partially hydrogenated fat. Examples include fried foods, potato chips, donuts, crackers, hard margarines and baked goods. Increase your intake of foods that contain unsaturated fat, like canola or olive oil, avocado, salmon and trout, and unsalted nuts and seeds.

Make sure you are getting enough soluble fibre. Aim for 10-25 g/day. Choose whole grain breads and cereals, oats, oat bran, psyllium, beans, peas, lentils, eggplant, and okra.

The content is not meant to replace advice from your medical doctor or counselling from a Registered Dietitian. It is intended for educational purposes only.

- | | |
|--------------|--|
| 1. OFGR | <u>F</u> <u>R</u> <u>O</u> <u>G</u> |
| 2. FEUYRBTLT | <u>B</u> <u>U</u> <u>T</u> <u>T</u> <u>E</u> <u>R</u> <u>F</u> <u>L</u> <u>Y</u> |
| 3. SRSGA | <u>G</u> <u>R</u> <u>A</u> <u>S</u> <u>S</u> |
| 4. ORMHTARWE | <u>E</u> <u>A</u> <u>R</u> <u>T</u> <u>H</u> <u>W</u> <u>O</u> <u>R</u> <u>M</u> |
| 5. SNTGLHUI | <u>S</u> <u>U</u> <u>N</u> <u>L</u> <u>I</u> <u>G</u> <u>H</u> <u>T</u> |
| 6. UDB | <u>B</u> <u>U</u> <u>D</u> |
| 7. DDNLIAENO | <u>D</u> <u>A</u> <u>N</u> <u>D</u> <u>E</u> <u>L</u> <u>I</u> <u>O</u> <u>N</u> |
| 8. ORELWF | <u>F</u> <u>L</u> <u>O</u> <u>W</u> <u>E</u> <u>R</u> |
| 9. EBE | <u>B</u> <u>E</u> <u>E</u> |
| 10. GLBDYAU | <u>L</u> <u>A</u> <u>D</u> <u>Y</u> <u>B</u> <u>U</u> <u>G</u> |
| 11. OMLOB | <u>B</u> <u>L</u> <u>O</u> <u>O</u> <u>M</u> |
| 12. ERGEN | <u>G</u> <u>R</u> <u>E</u> <u>E</u> <u>N</u> |



for all you do
 you do with love
 you are so special
 a gift from above
 and with all my heart
 I want to say
 I LOVE YOU MOM
 happy mother's day





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 MAY



Hens 'N' Stitches

Knitting, Crochet, Embroidery,
& Other Needle Crafts

ON HOLD



QUILTERS



ON HOLD

Lose track of
time...

Bridge

Exercise
your mind...



Mondays, Wednesdays & Fridays

1 – 4 PM

Beginners welcome!
CANCELLED FOR MAY

POT LUCK

CANCELLED FOR MAY



Diner's Club

CANCELLED FOR MAY

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

Bruce Station Tuesdays from 9:30AM – 3PM
109 Station Rd (Bruce Station Community Hall)

ON HOLD

Echo Bay Wednesdays from 9:30AM – 3PM
96 Church Street (Elk's Lodge)

ON HOLD

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

CANCELLED AT TREFRY CENTRE

Landing Feet First

Marcy Clark RPN



FOOT CARE

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

CANCELLED FOR MAY

LifeLabs

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

OHIP Requisitions can be faxed to 705-246-0249

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.