

DECEMBER/JANUARY

2021/2022



WHAT'S UP DOC



Seniors 65+ & Persons with a Disability Programs:

ADULT DAY OUT
TRANSPORTATION
FRIENDLY VISITING
TELEPHONE REASSURANCE
MEALS ON WHEELS
HOME MAINTENANCE
DINER'S CLUB & POTLUCK
EXERCISE CLASSES



Serving nine municipalities: Macdonald, Meredith & Aberdeen Additional, Laird Township, Tarbutt Township, Johnson Township, Village of Hilton Beach, Township of Hilton, Township of Jocelyn, Township of St. Joseph & part of Plummer Additional Township

Also serving Transportation and Day Out programs in
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



Ontario



Merry Christmas



from the Senior's & Persons with a Disability
Advisory Committee & Staff of the
Dr. Harold S. Trefry Memorial Centre

We wish a safe and happy Christmas
season to our valued program
participants and generous
volunteers.

Thank you and best wishes to the
local businesses and friends that
have helped us throughout the year.

May everyone have a joyful and
prosperous New Year!

Sincerely, Committee Members & Staff

*Janet Gordanier, Barbara Jackson, Karlee Hubbard, Cheryl MacKay,
Nathan Jean, Diana McCartney, Janet McLeod, Jenny Enns,
Wendy Eagle, Genevieve Goumeau, Asa Phong, , Sandy Palandra,
Sally Wismer, Jim Robinson, Cheryl Ambeault, Jean Rickaby, Anne Cranston,
Nancy MacNeill, Nicolette Dingman, Will Clark, Janet Goutu,*

Find 10 changes.

Station Service

Make it the works—check under the hood and everywhere else to locate the differences hidden here.



Remember When?

Metered gas pumps—measuring both the gallons and the price of gas—arrived in 1929. Prior to that, pumps were see-through and featured a glass measuring device.

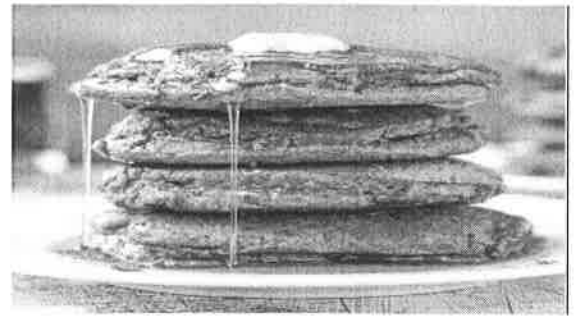
GINGERBREAD PANCAKES

Ingredients

- 1 cup all-purpose flour
- 2 tablespoons brown sugar, packed
- 2 tablespoons granulated sugar
- 2 teaspoons cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon allspice
- 1 teaspoon ground nutmeg
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon ground cloves
- pinch salt, optional and to taste
- 3/4 cup buttermilk
- 1 large egg
- 3 tablespoons light, medium, or dark molasses
- 1 tablespoon canola or vegetable oil
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. **Pancakes** – In a large mixing bowl, add first 11 ingredients, through optional salt, and whisk to combine; set aside.
2. In a large glass measuring cup or medium bowl, add remaining 5 ingredients, through vanilla, and whisk to combine.
3. Pour wet mixture over dry ingredients, stirring until just combined. Batter will be fairly thick and some lumps will be present; don't try to stir them smooth.



Ginger Molasses Maple Syrup

- 1/2 cup maple syrup
- 1 teaspoon to 2 tablespoons light, medium, or dark molasses, or to taste
- 1/2 to 1 teaspoon ground ginger, or to taste

Combine all syrup ingredients in a small bowl or serving pitcher and whisk until smooth. Warm syrup mixture in microwave for about 30 seconds if desired. Pour over pancakes. Extra syrup will keep airtight in the refrigerator for many months.

4. Pre-heat a skillet over medium heat and spray with cooking spray (or use melted butter if you prefer).
5. Using a 1/4-cup measure sprayed with cooking spray for easy release, scoop batter onto warm skillet. Cook for about 2 1/2 to 3 minutes. Take a peek at the underside with a spatula, and when golden, flip over
6. Reduce heat to medium-low and cook for 2 to 3 minutes, or until done. Repeat process with the remaining batter, adding more cooking spray to the skillet as needed, and wiping any black residue with a paper towel as needed. Serve immediately

Sharing Dance Older Adults

Community Classes

Bring the joy of dance to your community!

Developed by Baycrest and Canada's National Ballet School, **Sharing Dance Older Adults** empowers organizations in a range of settings to engage their community through dance. Through stream-able videos, older adults can participate in high-quality dance programming that supports physical, emotional and social wellbeing.



About Community Classes:

- An instructor from Canada's National Ballet School teaches the classes via video streaming from the studio in Toronto
- Each site is able to access class videos at their convenience via the Sharing Dance Older Adults web platform or app
- Progressive classes build and develop independence and confidence
- Classes are designed to be adaptable for older adults with varying levels of physical and cognitive abilities



Autumn program packages are available for purchase beginning **October 4, 2021**

Visit www.nbs-enb.ca/sharingdanceolderadults to learn more or contact sharingdance@nbs-enb.ca

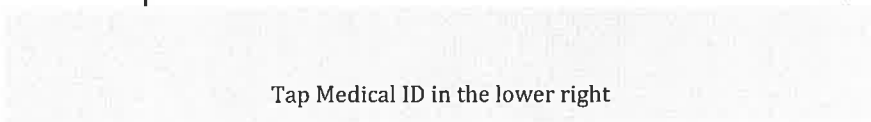
HOW TO USE THE IPHONE HEALTH APP – IT COULD SAVE YOUR LIFE!

The iPhone Health App has one hidden function that could be a lifesaver. We are talking about the Medical ID function that could provide essential health and contact information to a medical responder, even if your iPhone is locked. It is a function that is hidden and unused for many iPhone users. This critical information is often referred to as ICE (In Case of Emergency) information.

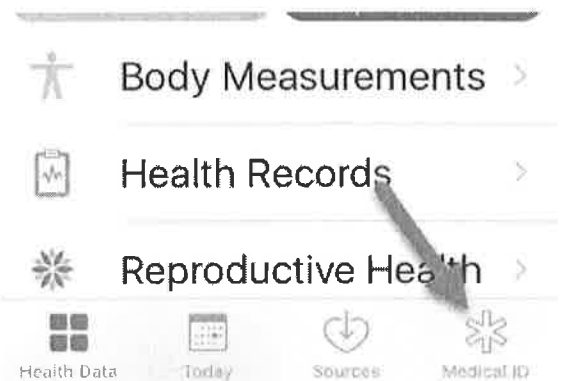
SET UP YOUR MEDICAL ID

To make your important health information accessible in case of an emergency, you can set up your Medical ID in the Health app on your iPhone. Here are the steps and information to create your ID:

1. Open Health app.
2. Tap **Medical ID** to review the current information.



3. Create or Edit your Medical ID



* Medical ID

A Medical ID provides medical information about you that may be important in an emergency, like allergies and medical conditions.

The Medical ID can be accessed from the emergency dialer without unlocking your phone.

Create Medical ID



If you are creating a new Medical ID that didn't exist previously, tap **Create Medical ID** from the information screen.

If you wish to edit your existing Medical ID, scroll down your Medical ID information and tap **Edit** to update.

You have a number of options in creating your Medical ID. You certainly will want to create Emergency Contacts and have critical medical information included.



The list (4-7) below corresponds to the Steps to Setup Medical ID

4 Confirm that **Show When Locked** is green/on. This will allow access to Medical ID information from the lock screen for medical/emergency responders.

5 Add a photo for identification. Tap **add photo** and you can choose from your photos collection or take a new selfie.

6 Tap individual entries to enter your birth date, allergies, blood type and weight and height. All are optional.

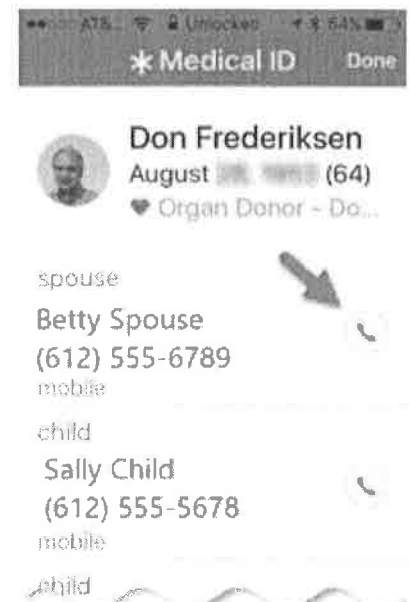
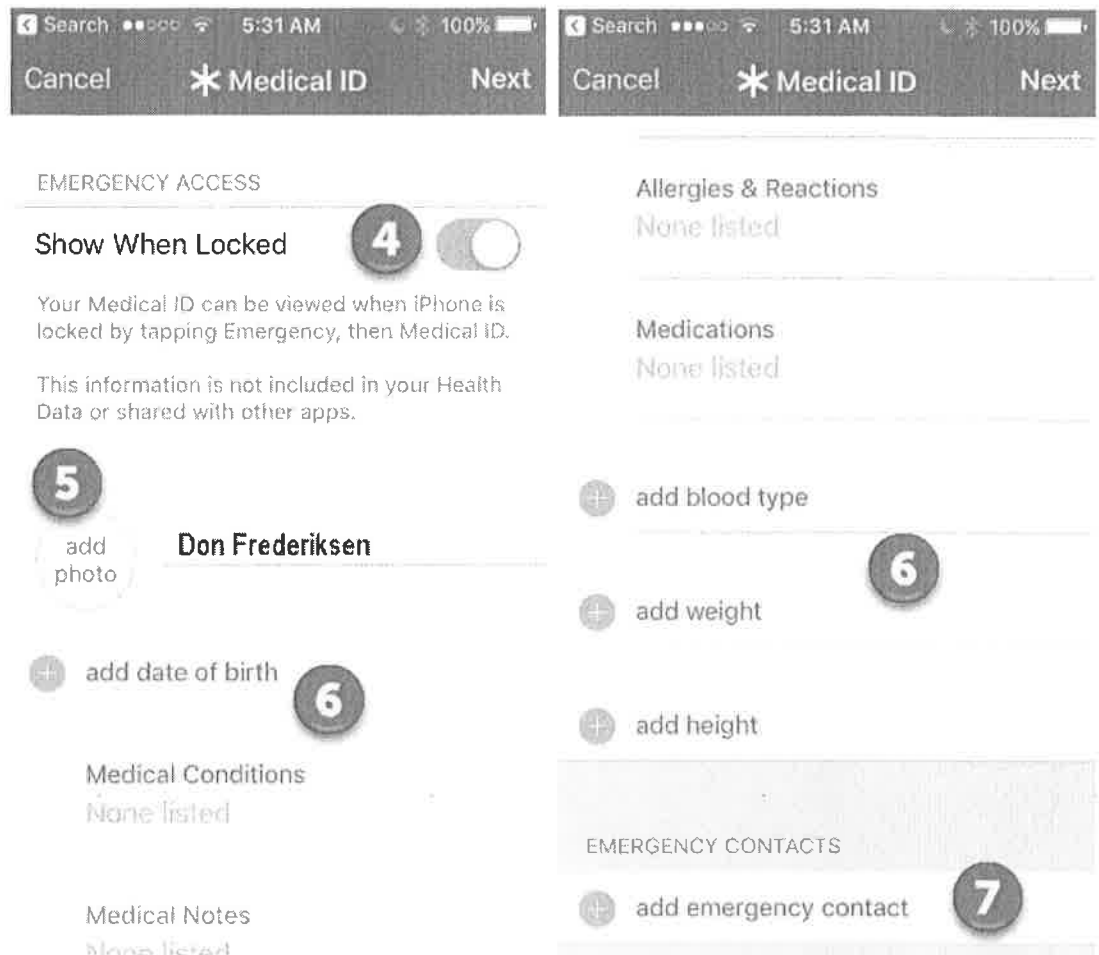
7 An important element is entering Emergency Contacts. Tap **add emergency contact**. Pick one or more contacts from your contacts list and identify their relationship to you. You actually pick a contact by selecting the contact and completing the process by selecting the best phone number for the contact.

Organ Donation: During Medical ID setup, there is an opportunity for you to register with Donate Life America in order to communicate your organ donation wishes.

8 When you're finished, tap **Done**.

ACCESSING THE MEDICAL ID CARD

Here are the steps that a medical responder or ER personnel would use to access the Medical ID card. Go to your iPhone's unlock screen by tapping the **Sleep/Wake** button and follow these steps from the screenshot and list below:

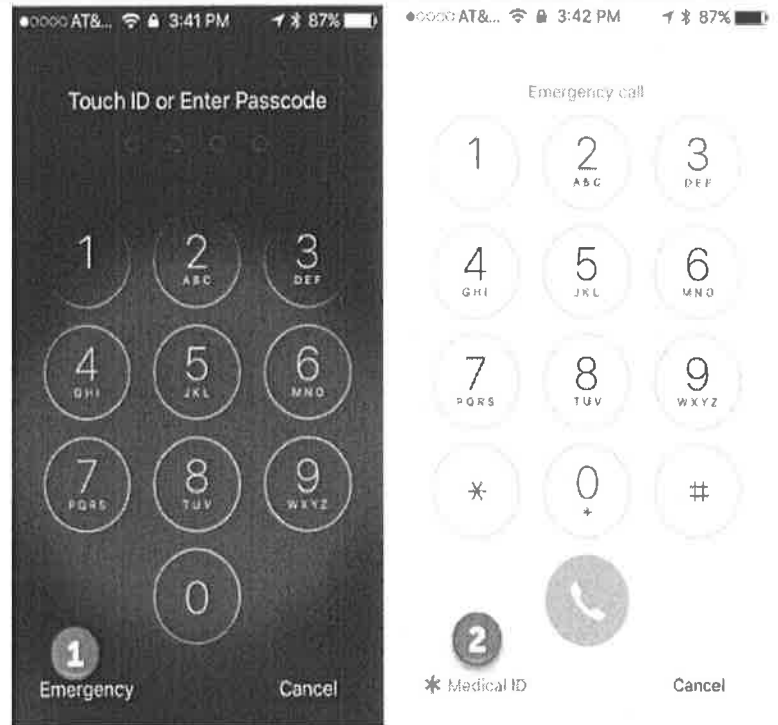


Steps to display Medical ID

From the unlock screen: 1) tap **Emergency** and the phone dial pad appears 2) Tap *** Medical ID**. The Medical ID information that you have entered displays. The Medical ID and the information it contains will be displayed.

Medical ID - Tap the phone icon to place a call

Calls can be made to your Emergency Contacts from the Medical ID screen without unlocking the phone. Tap the Phone icon to call.



Smart Tip

SMART TIP - IT COULD SAVE YOUR LIFE

Make the commitment to create your Medical ID. The minimum information would be your Emergency Contact information. If you have medical concerns like allergies, critical medications or other concerns, record this information made available to emergency first responders could be critical for your health.



Turkey Dinner Saturday December 18th
St. Jo's Diner Eat-in * Take-out * Frozen
705-246-3703

HAPPY



Holidays



Homemade
GIFTS MADE EASY

GIVE THE GIFT OF CLEAR COMMUNICATION

CHS HOLIDAY SALE



NOW
\$199⁹⁹
original price
\$349⁹⁹

Bellman & Symfon Maxi Pro



NOW
\$29⁹⁹
original price
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Humask Pro Vision 3000 Mask
(Level 3) Box of 50



NOW
\$169⁹⁹
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Bellman & Symfon Visit Flash Receiver



NOW
\$249⁹⁹
original price
\$299⁹⁹

Geemarc GM-AMPLI550-52dB
Corded Telephone



NOW
\$69⁹⁹
original price
\$89⁹⁹

Trine Wireless Strobe Chime



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SERVICES**
RAISING THE BAR

Visit us at www.chs.ca/holidaysavings
Offer valid until January 31, 2022 or while quantities last.

MERRY CHRISTMAS

Wordsearch

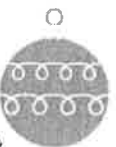
Search for the words going up, down, left and right.

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

YULETIDE
GREETINGS
CAROLING
PRESENTS

WREATH
NUTCRACKER
TREE
MISTLETOE

SANTA
GINGERBREAD
ORNAMENT
ELVES



from all your friends at



access abilities

Your ability store. Our passion.
Proudly family owned & operated since 1994

Products to help you **ENJOY LIFE!**

PORCH LIFTS

- Gets you in and out of your home safely
- Access your deck, porch, stage, etc.
- Can be installed in the garage
- Weather protected controls



STAIRLIFTS

- Straight or curved
- Indoor or outdoor
- Does not block stairs
- We install and service stairlifts and porch lifts



LIFT AND RECLINE CHAIRS

- Go from reclining to standing at the push of a button
- Many colours, sizes and styles to suit any person and home decor
- Available with both power head rest and power lumbar support
- We can deliver and set up for you
- Tax free conditions may apply



All products featured here are available to rent or purchase

SCOOTERS

- Enjoy getting out and about with a scooter
- Easy to purchase, drive and maintain
- A great way to run errands, do fun things and get out and enjoy life!



HOSPITAL BEDS

- Includes pressure sensitive mattress & bed rails
- Length 85½" - Width 35"
- Low height 8¾" - High height 26"
- Underbed clearance 18"
- Control accessible either side of bed
- Meets safety standards



For further information, please contact us with questions or to book appointment



Christmas Word Search

Instructions: Try to find all of the hidden Christmas words in the word search puzzle below.
(Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

ANGEL	MISTLETOE	SNOWFLAKES
CANDLE	MITTENS	SPIRIT
CARD	PUDDING	WORKSHOP
GIFTS	SLEIGH	YULE



AGING WELL: PRICELESS



Stop Abuse - Restore Respect



Elder Abuse Ontario

Stop Abuse - Restore Respect

For Resources & Materials, visit:
www.elderabuseontario.com

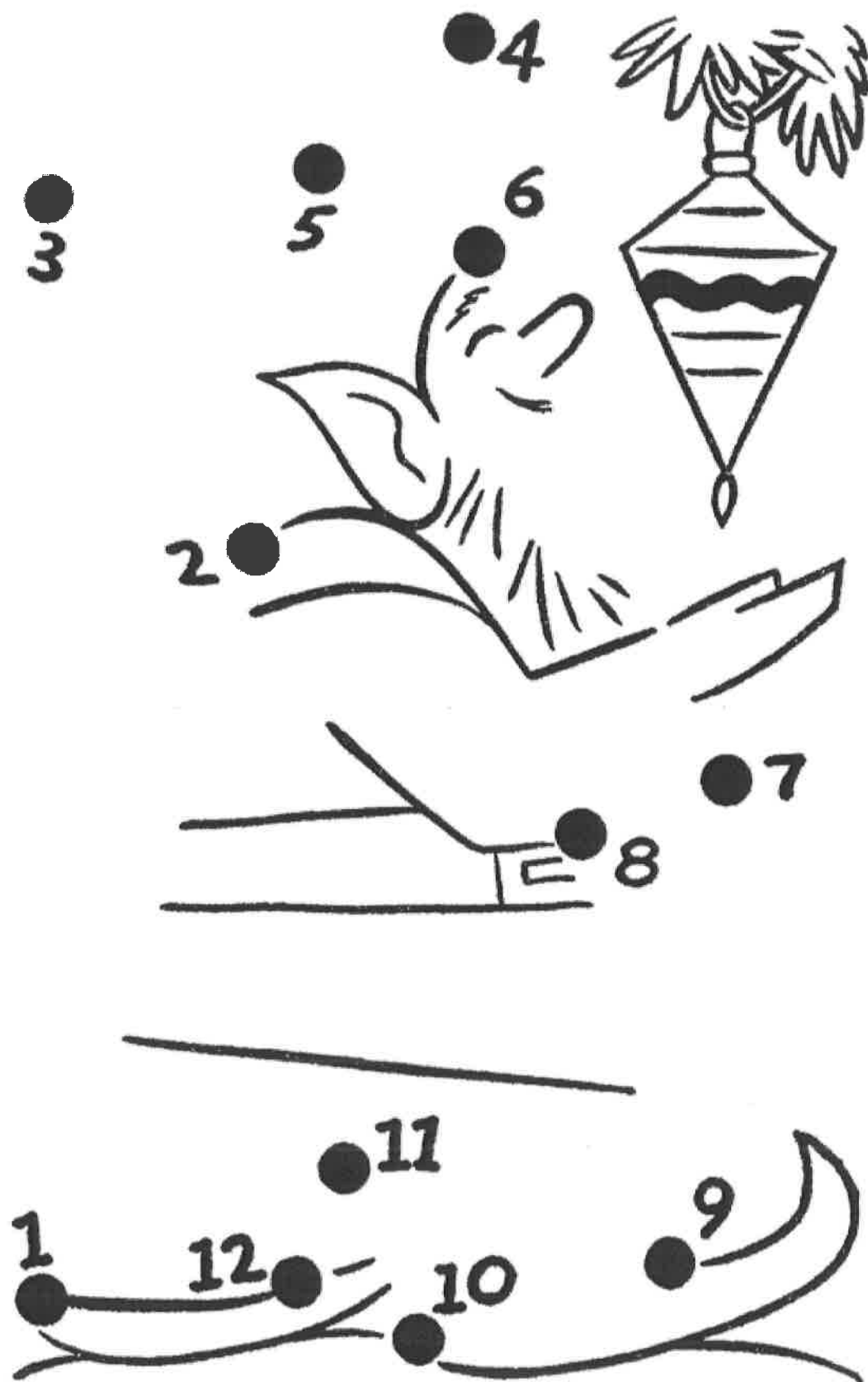
ElderAbuseOntario

To find help call from anywhere in Ontario:

ElderAbuseOnt

1.866.299.1011

Seniors Safety Line





Factory Direct Medical is a leading Canadian online dealer of home medical equipment. In business for 28 years, we have the experience and knowledge to ensure our customers get the product best suited for their needs.



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Neptune Lift Chair



CH4070 Wheelchair

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& Supports

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✉ info@factorydirectmedical.com



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*International & remote orders excluded

GET AIR MILES REWARD MILES

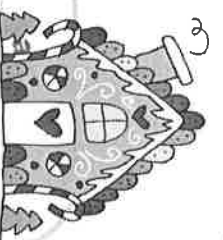
9:00AM - 5:00PM (EST)

Monday - Friday (Except Holidays)

www.factorydirectmedical.com



DECEMBER 2021



Sun	Mon	Tue	Wed	Thu	Fri
			1 Exercise 2-3 PM	2 Day Out 9.30 AM—3PM	3 Hen's & Stitches 10 AM—Noon Bridge 1-5 PM
5	6 Exercise 10-11AM Bridge 1-5PM	7	8 Exercise 2-3 PM	9 Day Out 9.30AM—3PM	10 Hen's & Stitches 10 AM—Noon Bridge 1-5 PM
12	13 Exercise 10-11AM Bridge 1-5PM	14	15 Exercise 2-3 PM	16 Day Out 9.30AM—3PM	17 Hen's & Stitches 10 AM—Noon Bridge 1-5 PM
19	20 Exercise 10-11AM Bridge 1-5PM	21	22 Exercise 2-3 PM	23	24 Hen's & Stitches 10 AM—Noon Office closed at 12, noon.
26	27	28	29	30	31
	Bruce Station Exercise every Monday 10 - 11 AM	Bruce Station Day Out every Tuesday 9.30 AM—3 PM (Closed on Dec 21)	Echo Bay DAY OUT every Wednesday 9.30 AM—3 PM (Closed on Dec. 22)	Bruce Station Exercise every Thursday 10 - 11 AM	

Happy Holiday



DR. HAROLD S. TREFRY MEMORIAL CENTRE

Find us at: NorthEasthealthline.ca

1601 C Line Road
P. O. Box 158
Richards Landing, ON
P0R 1J0

Phone: 705-246-0036
Fax: 705-246-0249
E-mail: manager@trefrycentre.ca



Ontario



JANUARY 2022

HAPPY NEW YEAR 2022!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Bruce Station Exercise every Monday 10-11 AM	Bruce Station DAY OUT Every Tuesday 9.30 AM-3 PM	Echo Bay DAY OUT every Wednesday 9.30AM-3 PM	Bruce Station Exercise every Thursday 10 -11 AM	Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	1
2	3 Office Closed	4	5	6 Day Out 9.30AM-3PM	7 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	8
9	10 Exercise 10 AM Bridge 1-4 PM	11	12	13 Day Out 9.30AM-3PM	14 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	15
16	17 Exercise 10 AM Bridge 1-4 PM	18 Coffee Connections 9.30 AM-10.30 AM Quilters 1-3PM	19	20 Day Out 9.30AM-3PM	21 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	22
23	24 Exercise 10 AM Bridge 1-4 PM	25 Diner's	26	27 Day Out 9.30AM-3PM	28 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	29
30	31 Exercise 10 AM Bridge 1-4 PM					



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P. O. Box 158
Richards Landing, ON
P0R 1J0

Phone: 705-246-0036
Fax: 705-246-0249
E-mail: manager@trefrycentre.ca



Ontario



Exercise Classes

Trefry Centre- Richards Landing

Mondays 10 -11 AM

Wednesdays 2-3 PM

Bruce Station Hall-Plummer Twp

Mondays 10 -11 AM

Thursdays 10-11AM

Call 705-246-0036 to pre-register

TOONIE TUESDAY

Coffee Connections

Cancelled for December

\$2 donation for coffee & a muffin

*3rd Tuesday of each month.

Meet friends,
Have fun.



Exercise
your mind...

Mondays & Fridays 1 – 4 PM

Trefry Centre

Beginners welcome!

Call 705-246-0036 to sign -up



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

Bring your knitting,
crochet, or needle point
project and work on it
in a social setting.

Trefry Centre

Fridays

10-12



QUILTERS

3rd Tuesday of each month
1-3pm

Trefry Centre
Everyone Welcome!



Monthly Diner's Club

Christmas Diner's postponed until
January 25th, 2022

SOLD OUT

705-246-0036

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. HS Trefry Memorial Centre)

**A fun-filled day of activities to sharpen the
mind and enliven the spirit!**

Please contact the office to pre-register.

Ontario

