



SEPTEMBER 2020



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 & 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



Fire Safety Tips for Fall

When the weather turns cold most people spend more time inside their homes using fireplaces, furnaces, and heaters to keep warm. There's nothing quite as cozy as a fire, but it presents some safety hazards. Keep these tips in mind.

Service Your Furnace

Before the cold autumn and winter weather sets in, be sure to call your heating and cooling company to service your furnace. A specialist should inspect the furnace to make sure everything is in working order and that there are no leaks.

Use Fireplaces Safely

Keep that fire in its proper place by using a fireplace screen to keep sparks from flying out of the fireplace. Never leave a burning fire unattended and make sure a fire in a fireplace is completely out before going to bed.

Use Caution with Space Heaters

A space heater can be an effective way to warm up a chilly room, but it's essential that you read the instructions on the unit before you use it. If your space heater requires venting, make sure you have vented it to the outdoors. Never use your stove or oven to heat your home; only use space heaters that are approved for this purpose. Always allow at least three feet of empty area around space heaters.

Reconsider Leaf Burning

According to information from the Environmental Protection Agency, burning leaves produces dangerous and cancer-causing chemicals. For this reason, homeowners should avoid disposing of leaves this way. If you decide to burn leaves, wear a protective mask. Burning leaves should only be attempted far away from a house or other structures on a homeowner's property. Always check the weather forecast before starting to burn leaves. This activity should not be attempted in windy conditions.

Exercise Candle Caution

Candles are a great way to give a room that warm glow, but they can also cause fires. According to the National Candle Association, almost 10,000 home fires start with improper candle use. Never leave candles burning if you go out or go to sleep and keep your candles away from pets and kids.

Change Smoke Alarm Batteries

Change the batteries in your smoke alarms and carbon monoxide detectors when you turn back your clocks for Daylight Saving Time. Make sure to check the alarms with the new batteries installed. Check and replace any home fire extinguishers that have expired.

Use Caution with Baseboard Heaters

A baseboard heater can be an effective way to heat your home, but it's essential that before you use it you make sure nothing is up against the heater or hanging close by. Ensure you remove any electrical cords that are in close proximity to the baseboard heater.





**You CAN
prevent falls!**

The facts

- Falls are the leading cause of injury among older Canadians.
- 20-30% of seniors experience one or more falls each year.
- Falls are the cause of 85% of seniors' injury-related hospitalizations.
- Falls are the cause of 95% of all hip-fractures.
- 50% of all falls causing hospitalization happen at home.

Protect yourself

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself.

You **can** prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Take action!



Your home

Bathroom

- ☒ Ensure that you have non-slip surfaces in the tub and shower.
- ☒ Install grab bars by the toilet and bath to help you sit and stand. Make sure they are well anchored.
- ☒ Use a raised toilet seat, and a bath seat in the shower, if you need them.
- ☒ Wipe up moisture or spills immediately.



Living room and bedroom

- ☒ Reduce clutter! Get rid of loose wires and cords as well as any other obstacles.
- ☒ Consider using a cordless phone to avoid rushing to answer.
- ☒ Have good lighting throughout the house and install night lights.
- ☒ Make sure the path is clear between the bedroom and bathroom.
- ☒ Scatter mats are tripping hazards. Get rid of them or make sure they are non-slip.
- ☒ Move slowly out of your bed or chair. Getting up suddenly can make you dizzy.

Kitchen

- ☒ Store kitchen supplies and pots and pans in easy-to-reach locations.
- ☒ Store heavy items in lower cupboards.
- ☒ Use a stable step stool with a safety rail for reaching high places.
- ☒ Always wipe up any spills immediately to prevent slipping.
- ☒ If you use floor wax, use the non-skid kind.
- ☒ Ask for help with tasks that you feel you can't do safely.

Your health



Stairs

- Make sure your stairs are well lit.
- Have solid handrails on both sides of the stairway.
- Remove your reading glasses when you go up or down the stairs.
- Never rush up or down the stairs. It's a major cause of falls.

Exterior

- Keep front steps and walkway in good repair and free of snow, ice and leaves.
- Keep front entrance well lit.
- Put gardening implements such as hoses and rakes away when not using them.



Eat healthy meals

- Nutritious meals keep up strength, resistance and balance. Eat lots of vegetables and fruits.
- Don't skip meals. It can cause weakness and dizziness.



Keep fit

- Engage in physical activity every day. It's your best defence against falls.
- Walk. Try Tai Chi. Do what you can to maintain your flexibility and balance.
- Build your muscle and bone strength by doing "resistance" activities or exercises (such as weight lifting). Consult your doctor before you embark on an exercise program.
- Have your hearing and vision checked regularly.

Use medication wisely

- Ask your doctor or pharmacist about possible side effects of prescription or over-the-counter medication.
- Read directions carefully so you're aware of potential reactions with other medications.
- If your medication causes dizziness or sleepiness, adjust your activities so you aren't at risk of falling.
- Don't mix alcohol and medications. Alone or in combination with drugs, alcohol can cause falls.

Use safety aids

- Don't be embarrassed to use aids to daily living—they can keep you safe and active.
- Wear your glasses and hearing aid.
- Consider using a walker or cane. If you use a cane, make sure that it's the correct height and that it's rubber-tipped for safety.
- Appropriate footwear is important. Comfortable shoes that provide good support can help to prevent falls.
- Find out about other gadgets that can make your life safer: reachers, anti-skid soles, hip protectors, etc.
- Use them!



Take action!
You CAN prevent falls!

If you fall...

- Try to land on your buttocks to prevent more serious injuries.
- Don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up.
- Don't let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.

For more information

Division of Children, Seniors and Healthy Development
Public Health Agency of Canada

Telephone: 1 800 O-Canada
(1-800-622-6232)

TDD/TTY: 1-800-926-9105

Web site: www.publichealth.gc.ca/seniors

Cette publication est disponible en français sous le titre : *Vous POUVEZ éviter les chutes!*

Other publications

- *Seniors' Falls in Canada: Second Report*
- *The Safe Living Guide—A guide to home safety for seniors*
- *Bruno and Alice—A love story in twelve parts about seniors and safety*
- *12 steps to stair safety at home*
- *Stay safe! (poster)*
- *If you fall or witness a fall, do you know what to do?*
- *What to do after a fall... (poster)*

© Her Majesty the Queen in Right of Canada, 2005. Revised 2015.

Print: Cat. No. HP25-3/2015E PDF: Cat. No. HP25-3/2015E-PDF
ISBN 978-1-100-25781-5 ISBN 978-1-100-25780-8

Pub.: 140471

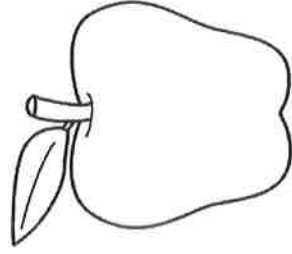
Autumn Word Scramble

Instructions: Unscramble the letters to find the Autumn/Fall words from the list below.

l e o r f n s u w _ _ _ _ _
s d o i d c u e _ _ _ _ _
e r o c b o t _ _ _ _ _
t h s v r e a _ _ _ _ _
o n o l d g d e r _ _ _ _ _
p n k p u m i _ _ _ _ _
a w r t s e e _ _ _ _ _
e i l a o g f _ _ _ _ _
s r a o c r w c e _ _ _ _ _
b e s e e t r p m _ _ _ _ _
b e r i o f n _ _ _ _ _
i n r i a m o g t _ _ _ _ _

Word List

bonfire harvest scarecrow
deciduous migration september
foliage october sunflower
goldenrod pumpkin sweater



SEPTEMBER

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

Acorn	Color	Nuts
Apples	Fire	Raincoat
Autumn	Football	Rake
Bus	Gloves	Scarf
Chilly	Hat	School
Cider	Holiday	September
Coat	Leaves	Windy

Virtual Alzheimer's Coffee Break

Trefry Centre September Diners Club

Tuesday September 29th, 2020

Every year The Trefry Centre hosts the "Alzheimer's Coffee Break" at our September Diners Club. Due to Covid-19 changes The Alzheimer's Society has decided to switch to virtual "Coffee Breaks".

We have always supported the Alzheimer's Society and the amazing work they do in the community and the support and training they have provided to The Centre and our clients.

Please consider donating to this great organization, you are helping to transform the lives of individuals and families living with Alzheimer's disease and other dementias.

We have created a link to donate or you can also drop donations off to the Trefry Centre.

Here is the link: <http://on.alz.to/goto/TrefryCentre>

Your support is greatly appreciated.





THE KENSINGTON CONSERVANCY
69 BOYER DRIVE
DESBARATS, ON P0R 1E0
705-782-2200

FALL MIGRATION BIRDING BIG DAY



SEPTEMBER 12, 2020



HOW MANY SPECIES WILL YOU BE ABLE TO
FIND IN A DAY? TEST YOUR BIRDING SKILLS IN
THIS FRIENDLY COMPETITION

VISIT KENSINGTONCONSERVANCY.ORG/BIRDING-BIG-DAY
FOR MORE INFORMATION OR TO REGISTER

PARTICIPATION BY DONATION
ALL PROCEEDS WILL GO TOWARDS A BIRD
RELATED PROJECT IN THE ST. JOSEPH CHANNEL AREA

WHY WE LOVE OUR GRANDKIDS

A grandfather was telling his little grandson what his own childhood was like. *"We used to skate outside on the pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild blackberries in the woods."* The little boy was wide-eyed, taking this all in. At last he said, *"I sure wish I'd gotten to know you a little sooner!"*.

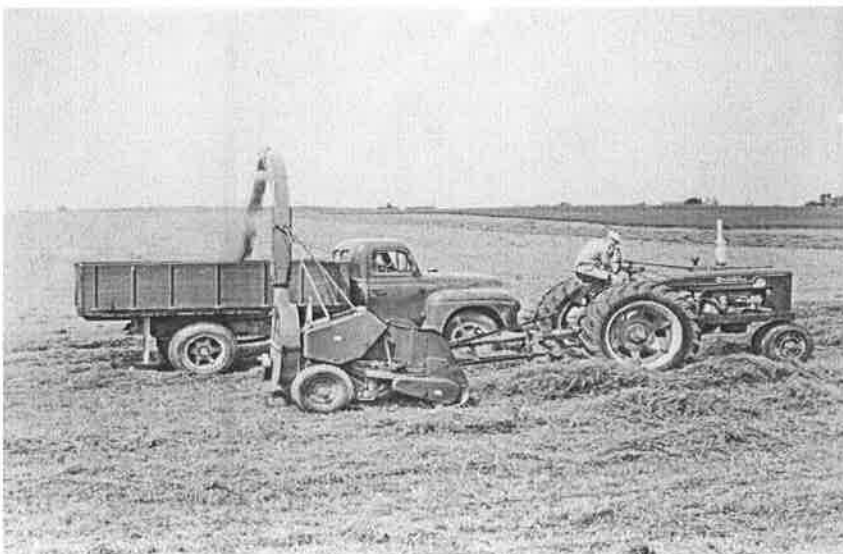


SEPTEMBER FULL MOON

NAMES: HARVEST MOON, CORN MOON,
BARLEY MOON

THE PUMPKINS, SQUASH AND BEANS ARE READY FOR HARVEST AND THE BRIGHT LIGHT OF THE HARVEST MOON ALLOWS US THE EXTRA TIME NEEDED TO FINISH THE HARVEST. THE LEAVES ON THE TREES BEGIN TO TURN COLOR. THE SUMMER'S SUNSHINE GIVES WAY TO THE FALL'S DARKENING EVENINGS.

THE SEPTEMBER FULL MOON IS A TIME TO FIND BALANCE IN OUR LIVES, OF SETTLING INTO A SLOWER RHYTHM AFTER THE SUMMER'S ADVENTURES. IT IS A TIME OF GIVING THANKS AND ENJOYING THE ABUNDANCE IN OUR LIVES.





Happy September



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

Bridge

Lose track of time...



Exercise your mind...

Mondays, Wednesdays & Fridays

1 – 4 PM

Beginners welcome!

POT LUCK

Tuesday September 1st, 2020 @ Noon



Diner's Club

Tuesday September 1st, 2020

Held at the Royal Canadian Legion, Richards Landing

11:30 AM Guest Speaker

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



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

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

Hens 'N' Stitches

Knitting, Crochet, Embroidery,
& Other Needle Crafts

Fridays from 10 AM until NOON



QUILTERS



Tuesday September 1st, 2020 from 1-3 pm!

DAY OUT Programs

Bruce Station Tuesdays from 9AM - 3PM

109 Station Rd (Bruce Station Community Hall)

Echo Bay Wednesdays from 9AM 3PM

9 Church Street (Elk's Lodge)

Richards Landing Thursdays from

9AM - 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.

Seniors / Adult



Coffee Connections 9am-10am coffee & a muffin

Landing Feet First

Marcy Clark RPN



FOOT CARE

Dates to be determined,

by appointment 705-971-9698

LifeLabs

Mobile Laboratory Service

Wednesdays 9:30 – 10:30 AM

By Appointment 705-946-5543

OHIP Requisitions can be faxed to 705-246-0249