

# WHAT'S UP DOC

April Issue 2022

Programs Serving : Macdonald, Meredith & Aberdeen Add'l, Laird, Tarbutt, Village of Hilton Beach, Township of Hilton, Jocelyn, St. Joseph, Plummer Add'l, Town of Bruce Mines, Town of Thessalon & part of Huron Shores.

Serving Seniors 65+  
& Persons with a  
Disability

## **Programs:**

Adult Day Out  
Transportation  
Meals on Wheels  
Diner's Club  
Exercise  
Friendly Visiting  
Home Maintenance



**Ontario** 

OCSA **30**  
Ontario Community  
Support Association 1992-2022

Trefry Centre 705-246-0036  
manager@trefrycentre.ca

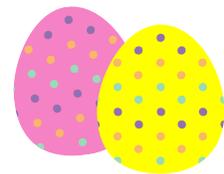
Name: \_\_\_\_\_

Date: \_\_\_\_\_



# EASTER

## Word Search Puzzle



g u c a n d y a p d e c o r a t e b  
a b c h o c o l a t e f e m p o g e  
t r f r i d a y q f x w f c b i r g  
h r m u h o p k j i q j z a l u e g  
e a d y e f o f c n m m l r o b e s  
r b s o m a s b p d f x c r o h n g  
i b b a s k e t s v l g i o m t u j  
n i g f e a r s l a o q h t s t d r  
g t d a u z s h a p w b n i b p i m  
v s c n d q i p k z e t f f d g n o  
a a c i d f b t r x r h v a p e n t  
x k q h u n t u a i s c n m w o e s  
b n p i g x q c n b n e r i e b r u  
a t r a d i t i o n c g e l i a d n  
i p u r p l e n v l y b q y a v i d  
b r t p i n k t j n w c h i c k s a  
e t b e w y e l l o w z s a n k m y  
v a o z l i l y p a s t e l n a d r

Find these Easter words

lily

tradition

chicks

pastel

candy

Sunday

find

bunny

blooms

spring

eggs

flowers

hop

family

green

ears

rabbits

purple

chocolate

carrot

yellow

hunt

dinner

Friday

basket

dye

hide

decorate

pink

gathering



(The words may be hidden vertically, horizontally or diagonally.)

## OUR ISLAND MUSEUM COMPLEX

There's a quaint little museum village  
On the corner of the "20<sup>th</sup>" and the "T",  
Should you be travelling in the area,  
It's a "must", so please stop by.

There's a barn of 1890, with a fire engine,  
A first tractor, a wasps nest and model "T".  
Implements, sleds, buggies, plows and separators,  
And lots of other gadgets for all to see.

Across the road stands a church of 1900  
It houses ornate chairs, pictures and a potash pot  
Hanging lamps, piano, organ, millstones and ships bell,  
So come by and see what else it's got.

A 1933 school constructed of modern brick.  
It houses a switch-board, and roll top desk,  
Along with silver, china, pewter, papers and books,  
Guns, clothing, photos, uniforms and the rest.

There is also an 1870 log cabin,  
With hand made cupboards and a spool bed.  
A spinning wheel, a plank cradle and pictures,  
And hand made quilts and a spread.

Kentvale Merchants Limited donated  
The Kent owned 1912 retail store.  
With it's small post-office corner,  
A custom-built show case and a whole lot more.

And there's a building of about 1877  
It was a little log, one roomed school  
Complete with benches, a stove and a table,  
Where children learned the Golden Rule.

All in all the grounds are a place of learning  
Showing how our pioneers made a living,  
If you have loonies, burning a hole in your pocket  
Then this is the place to do our giving.

There are so many things still needed here,  
Like running water and a privy to boot,  
Usually you will find there's a wish list  
And the museum is the place for your loot.

It's hats off to all the dedicated people  
Who tend to all the artifacts placed here,  
To see that they're cleaned and labeled,  
For everyone to enjoy each year.

*By RUBY DONAGHUE*

*July 9, 1995 Museum Tea*



# Act to Prevent Falls at Home



## Did You Know?

- Falls are **not** a normal part of aging: they are predictable and preventable
- Your home, furnishings and lifestyle all affect your risk of falling
- Removing hazards can reduce the risk of falling and help you stay independent!

# What can I do to reduce my fall risk at home?

## Get involved in local programs

**Stay On Your Feet** program provides tools for healthy active older adults, focused on staying active and independent

Go online to [www.stayonyourfeet.ca](http://www.stayonyourfeet.ca)

**Stand Up! Exercise classes:** for older adults living independently

Call Algoma Public Health: 705-942-4646 or 1-866-892-0172

## Manage your health

- Have yearly vision tests
- See your doctor at least once a year for a check
- Let your doctor know if you have a fall

## Eat a variety of healthy foods

Eating well is important to maintain muscle and bone strength. Poor diet can lead to weakness and fatigue, increasing your risk of falls. We recommend:

- Eating plenty of fruits and vegetables
- Including protein foods like eggs, meat/poultry, fish, tofu, nuts and seeds at each meal or snack
- Making water or milk your drink of choice (avoid dehydration)
- Including sources of calcium and vitamin D for bone health

## **Manage your medications**

- Learn how your medications may affect you (side effects)
- Keep an up-to-date medication record with you
- Review all medications with your pharmacist or health care provider (include herbal, vitamins and over-the-counter medicines)
- Alcohol can change the way medications work in your body; even without the effect of medication, alcohol can increase your risk of having a fall

## **Wear proper clothing and footwear**

- Wear clothes that fit well, do not drag, are easy to take on/off and have simple closures
- Wear a supportive shoe with slip-resistant tread

## **Engage in regular physical activity**

- 150 minutes a week
- Strength and balance exercises 2 hours a week

## **Manage hazards around your home**

- Ask your occupational therapist about assistive devices such as grab bars and raised toilet seats to lessen your risk for falls
- Do not rush on stairs; ensure handrails are secure, steps are in good condition, your path is well lit and clutter is removed
- Avoid walking on ice; if there is no other path, walk slow, take small steps and point toes outward. Spread de-icing salt or sand on icy walkways.

## If you fall and are not injured:

### Try not to panic, rest a moment

If you can, **get up**

- 1) Roll onto your side, push up into a sitting position
- 2) Turn onto your hands and knees, crawl to the nearest stable furniture
- 3) Place your hands on the seat
- 4) Place one foot flat on the floor
- 5) Lean forward and push up with your other foot
- 6) Sit then tell someone you have fallen



## If you fall and are injured:

### Try not to panic, rest a moment

If you are injured **do not get up**

**Get help** - drag yourself to a phone. Call 9-1-1 and stay on the line.

**Keep warm** - use anything that is near: bedding, a coat, even a tablecloth

**If you are wet** - if your bladder lets go during the fall, move away from the wet area

**Move your limbs** - move your arms and legs to help circulation and reduce pressure areas

### Be prepared:

- Practice getting up before a fall occurs
- Activate your personal alarm call system
- Keep your phone at table level
- Find a daily call buddy

## Prevent falls before they happen!

Complete the **Home Safety Checklist** at: [preventfalls.ca/older-adults/home-safety-checklist/](http://preventfalls.ca/older-adults/home-safety-checklist/)

# Best Baked Pastel Donuts – For Easter!



Easter is just a few weeks away. How about some freshly baked, not-fried donuts?! These are so easy to prepare that you will want to make them all year round. Depending on the time of year, you can color and decorate these baked goodies to fit any occasion or holiday. No hot oil to worry about around the kiddies, and they're even better when made together in the kitchen. These pretty treats taste just as good– or better!– than any fried donut. Fewer calories and less fat, too!

Makes 12 donuts

## INGREDIENTS

### Donuts:

- 2 cups cake flour
- $\frac{2}{3}$  cup granulated sugar
- 2 tsp baking powder
- $\frac{1}{4}$  tsp ground nutmeg, this ingredient is very important for the authentic taste of a donut
- $\frac{3}{4}$  tsp ground sea salt, if you don't have sea salt, regular table salt is fine
- $\frac{3}{4}$  cup low fat buttermilk
- 2 large eggs lightly beaten
- 2 tbsp. butter, melted and cooled

### Icing:

- 1 cup powdered sugar, sifted
- 1Tbsp milk, start with  $\frac{1}{2}$  Tbsp, add more as needed
- $\frac{1}{2}$  tsp vanilla extract
- Food coloring, optional
- colored sprinkles, optional

## DIRECTIONS

1. Preheat oven to 425 degrees, mist a donut pan with cooking spray and set aside.
2. In a large mixing bowl, sift together flour, sugar, baking powder, nutmeg and salt.
3. In a medium mixing bowl, combine all the wet ingredients, add to dry mixture. Using a rubber spatula, mix well making sure you dig deep down to get any dry mixture on the bottom. You can switch to a wire whisk to quickly whisk together. Let the batter rest for 3 minutes.
4. Fill each donut cavity with a small spoon about  $\frac{2}{3}$  to  $\frac{3}{4}$  full.
5. Bake 6 to 9 minutes or until the tops spring back when lightly touched. The tops will be lightly golden. Cool in pan for about 10 minutes. Flip out onto a cooling rack and let cool for another 10 to 15 minutes.
6. For the icing, in a small to medium mixing bowl, whisk the sifted powdered sugar with milk and vanilla until you have a nice smooth glaze.
7. Pour, drizzle anyway you want to cover the donuts is the right way. Happy Easter!

Makes 12 donuts. calories 215, fat 2.9 grams

**COOK'S NOTE** As with any donut, these are best eaten the same day. YUM!



## APPS: WHAT ARE THEY & HOW TO INSTALL THEM ON YOUR iPhone or iPad

Even though your Apple devices comes pre-installed with dozens of useful apps, when you want to maximize the capabilities of your iPhone or iPad, you will likely look to install new apps. These apps are usually developed by third party developers to provide specific functions to your device. The range of capabilities of the third party apps is very wide and includes games, audio, video, navigation, education, productivity apps and more

### WHAT ARE THE MOST POPULAR APPS.

Annually Apple publishes a list of the most popular apps. The list is too much for this recipe but a list of the most popular free apps for 2018 would include many household names including YouTube, Instagram, Snapchat, Messenger, Facebook, Netflix, Google Maps, Amazon and Uber.

**APPLE ID REQUIRED** To download and buy apps from the App Store, you need an Apple ID. Your Apple ID is the account that you use to access Apple services. Even FREE apps require you to supply your Apple ID. You can learn more about your Apple ID in Senior Tech Recipe #11 – [Your Apple ID](#). In this recipe you will learn how create and change your Apple ID.

### CREDIT CARD IS REQUIRED TO PURCHASE

Although many apps are FREE, the purchase of an app will require you to use your credit card. You can also redeem Apple gift cards in order to add funds to your Apple ID. Your payment methods are managed in the Settings app. Tap Settings, tap your name at the top of the Setting list and tap Payment and Shipping. In this settings you can update your payment method (usually a credit card.)

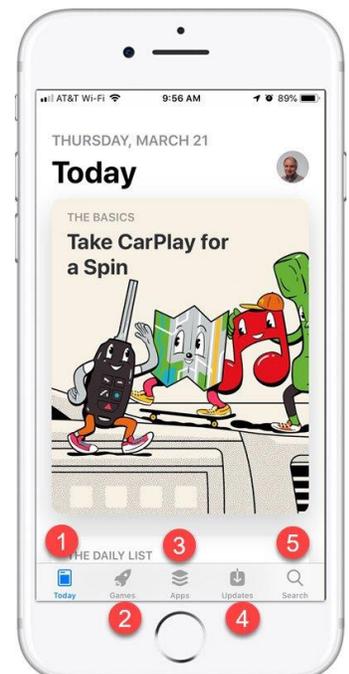
### HOW TO LAUNCH THE APP STORE



Find the App store icon on your Home screen to launch the App Store. Open the App Store to begin the download process.

Here are the functions available on the App Store screen.

- 1 Today – Tap to see featured apps and app stories
- 2 Games – Browse to see top games and browse by category
- 3 Apps – Tap to see new apps and browse by category
- 4 Updates – See apps that have been updated and launch the app updates.
- 5 Search – Tap search to find a specific app. Most useful when you know the app you want to download.



## SEARCH FOR AN APP

Tap Search at the bottom of the App Store screen.

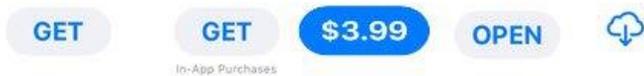


Enter the name of the app that you want to download. Current popular trending apps are displayed. If you type YouTube, you will be presented a list of YouTube apps. Tap the one that you are seeking to display the app's product page. On this product page, you can read about the app, see ratings and number of downloads. This information is important to help you confirm that this is the app you are seeking.

Tap **GET** to start the download process.

## APP STORE ACTIONS

The labels that you will see on the product page include:



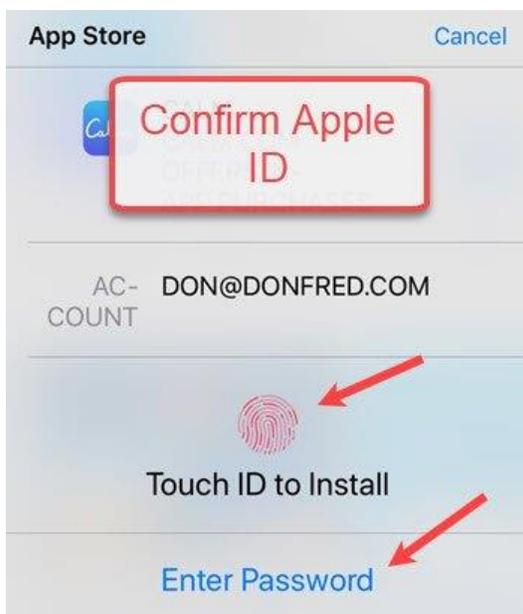
**GET** – This app is free to download and install

**GET (In-App Purchases)** – This app is free to download and install but additional purchases will be offered in the app. A good example is the Amazon app. Free to install but purchases are extra.

**Price (\$3.99)** – This app will require payment to install.

**OPEN** – This app is already installed on your device

**Download** – This app has already been purchased and can now be downloaded. This will occur if you delete an app from you device. You can download again without another purchase.



After tapping the desired action you will be asked to confirm your Apple ID. This can be done with Face ID or Touch ID if those functions are setup. Or you can enter your Apple ID password. After your Apple ID is confirmed, the download and install process will proceed. The circular indicator ring will show the status.

After the installation is complete, the Action label will change to OPEN.

Additionally, the app icon will be placed onto the home screen, typically in the first available location.

From this point you can begin to use the app. With some apps, login or other setup will be required.

**Knock, knock!**  
Who's there?  
**Wendy.**  
Wendy who?  
**Wendy Easter egg  
hunt gonna start?**

GH



**How does  
the Easter Bunny  
keep his fur  
looking so nice?**

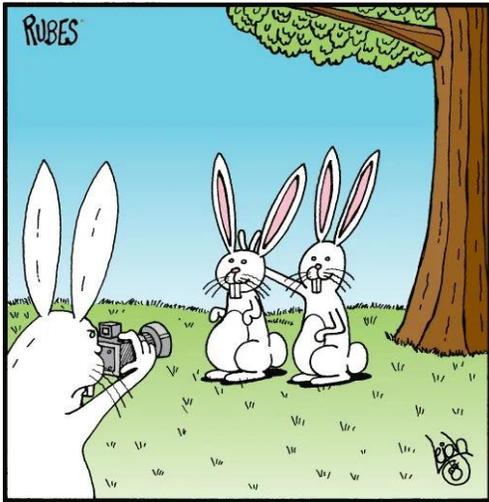
**He uses hare spray!**

GH

**What kind  
of jewelry do  
rabbits wear?**

**14 carrot gold.**

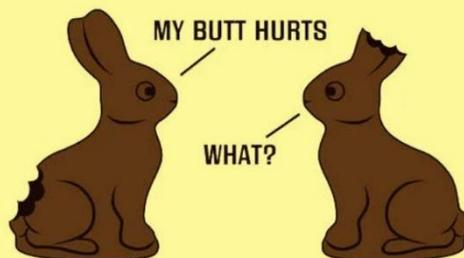
GH



**Why did the  
Easter egg hide?**

**He was a little chicken!**

GH



**HAPPY EASTER**

Crabby Road

4-24-11

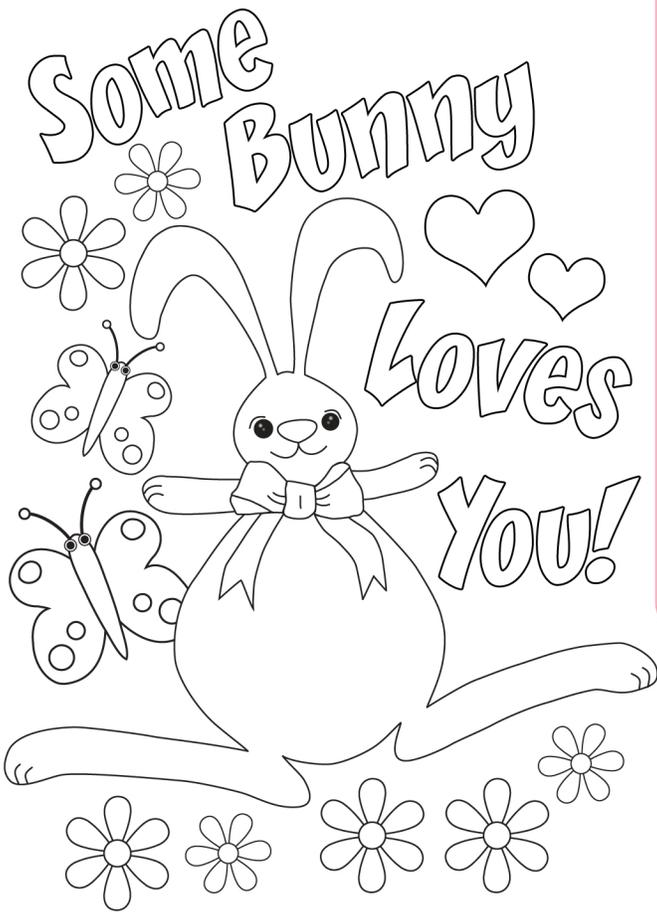


©Hallmark Licensing, Inc.

Maxine.com



## Color Me



### Fill in the Vowels

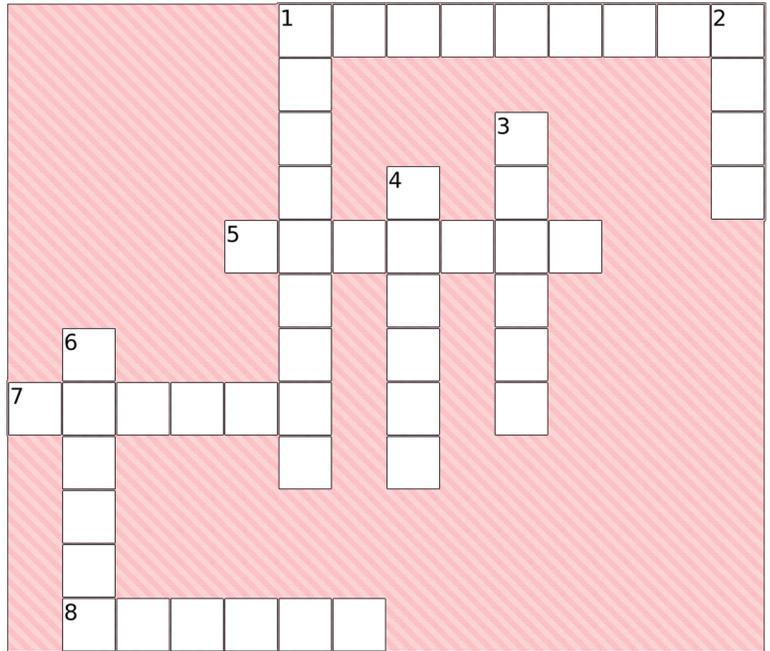
B \_ N N \_ \_ S \_ R \_ B R \_ W N

B \_ N N \_ \_ S \_ R \_ W H \_ T \_

B \_ N N \_ \_ S \_ R \_ \_ L W \_ Y S

\_ N \_ \_ S T \_ R D \_ L \_ G H T

## Easter Crossword Puzzle



### ACROSS

- 1 WHAT PEOPLE DO ON EASTER
- 5 RHYMES WITH SHOPPING
- 7 A WOVEN CONTAINER TO HOLD OR CARRY THINGS
- 8 A LONG EARED ANIMAL THAT HOPS

### DOWN

- 1 A FAVORITE EASTER TREAT
- 2 THESE ARE DECORATED FOR EASTER
- 3 EASTER IS ON THIS DAY OF THE WEEK
- 4 ONE OF THE FOUR SEASONS OF THE YEAR
- 6 A HOLIDAY IN THE SPRING

## Easter Word Search Puzzle

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

BASKET BUNNY CANDY CELEBRATION CHICKS CHOCOLATE  
 DAFFODIL EASTER EGGS FAITH FAMILY FLOWERS  
 HOLIDAY HUNT RABBIT SPRING SUNDAY TULIPS

DOCTOR HS TREFRY MEMORIAL  
CENTRE

# Notice

Exercise classes will remain on Zoom for April.  
Give us a call if you'd like to join.

**Congrats to our prize winners for March exercise:  
Beth Bruce, Arthena Hecker, Alice Bishop,  
Angela Davison & Nancy Ryan**

**Fraud Prevention presentation  
by East Algoma OPP. Tues April  
5th 1:30pm Thessalon Municipal  
Office, Old Town Hall, Richards  
Landing Thurs April 7th @ 1pm.  
The presentation will be on  
Social Media/Online/Internet  
Safety & Frauds & Scams.  
Free for all to attend.**



**Follow us on Facebook to stay up to  
date on programs available in your  
community.**

**[www.facebook.com/Trefrycentre](http://www.facebook.com/Trefrycentre)**

**Please remember that proof of vaccination  
and masks are still required for all in-person  
programs and to enter the Trefry Centre.**

# APRIL 2022



SUN	MON	TUE	WED	THU	FRI	SAT
		<b>Bruce Mines Adult Day Out every Tues. 9:30am -3pm</b>	<b>Echo Bay Adult Day Out every Wed. 9:30am -3pm</b>	<b>Richards Landing 1 Adult Day Out every Thurs. 9:30am -3pm</b>	1 Hen's & Stitches 10-12	2 <b>MAPLE SYRUP FESTIVAL LEGION 374 RICHARDS LANDING</b>
3 <b>MAPLE SYRUP FESTIVAL LEGION 374 RICHARDS LANDING</b>	4 Exercise with Anne 10am on Zoom	5 Internet Fraud Prevention Presentation Thessalon Municipal office 1:30pm	6 Exercise with Margo 10am on Zoom	7 Internet Fraud Prevention Presentation RL Town Hall 1pm	8 Hen's & Stitches 10-12	9 <b>MAPLE SYRUP FESTIVAL LEGION 374 RICHARDS LANDING</b>
10 <b>MAPLE SYRUP FESTIVAL LEGION 374 RICHARDS LANDING</b>	11 Exercise with Anne 10am on Zoom	12	13 Exercise with Margo 10am on Zoom	14	15 <b>MOW delivery Centre CLOSED</b>	16
17	18 <b>MOW delivery Centre CLOSED</b>	19 Quilters 1-3pm	20 Exercise with Margo 10am on Zoom	21	22 Hen's & Stitches 10-12	23
<b>Easter</b>	25 Exercise with Anne 10am on Zoom	26 <b>Diner's Club cancelled</b>	27 Exercise with Margo 10am on Zoom	28	29 Hen's & Stitches 10-12	30 <b>SWING INTO SPRING Craft Show Bruce Mines Hall 10-3</b>

# Trefry Centre Program Info



Meal, soup, dessert or any combination available delivered HOT to your door!

**Monday-Wednesday-Friday at NOON**



Exercise Classes on Zoom

**10am Mondays with Anne**

**10am Wednesdays with Margo**

Call us for a link to join in the fun!

Tech support available for Zoom.



Hen's & Stitches

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

**Friday's 10am-12pm**

Quilters

**Monthly 1-3pm on 3rd Tuesday**

Everyone welcome!



Adult Day Out

A fun filled day of activities to sharpen the mind and enliven the spirit! Providing respite for caregivers.

**Tues-Bruce Station, Wed- Echo Bay, Thurs-Trefry Centre**