

WHAT'S UP DOC



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



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

SPRING WORDSEARCH

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

WORD LIST

APRIL
 BUNNY
 BUTTERFLY
 BUZZING
 CALF
 CATERPILLAR
 CHICK
 CLOVER

COLORFUL
 DRAGONFLY
 DUCKLING
 EASTER
 EGG
 FLOWERS
 FOAL
 HATCHLING

HONEYBEE
 LADYBUG
 LAMB
 MARCH
 MAY
 MEADOW
 NEST

NEW LIFE
 PIGLET
 RAINBOW
 SHOWERS
 SPRING BREAK
 SUNSHINE
 UMBRELLA

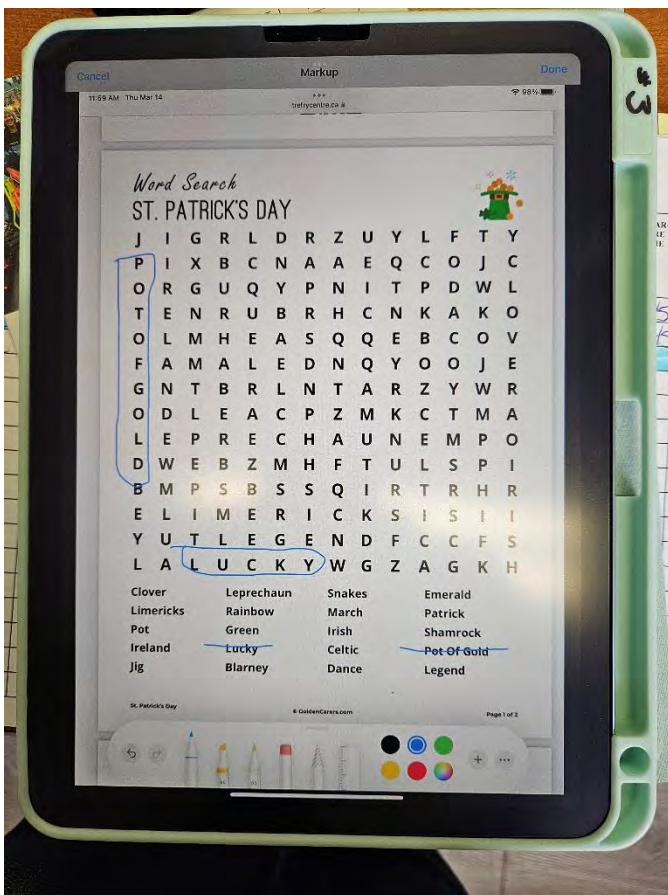
Taking a Screenshot & Marking it Up

A screenshot is just that, a picture of what is currently on the screen of your device. Taking a screenshot is a quick and easy way to keep something you'll have a hard time finding again on your device (like a Facebook post, a recipe, instructions, or info you will need later). Once you take a screenshot, it is saved as a photo and can be edited or marked up.

We've had many people say they cannot do the wordsearch and crossword puzzles in our What's Up Doc when they download it online. But you actually can and here is how to do it.


How to capture the screen, will depend on your device, but there are a few basic methods on most devices. Usually, it's done by pushing two buttons at the same time. Try your on/off button and one of your volume buttons on the side. On an older iPad it might be the home button and volume button.

Listen for the camera sound and watch the screen for a photo being taken. If successful, you should see a small version of the screenshot flash on the bottom of the screen.



Open your photo gallery and look in the "recent" folder, or "screenshot" folder. Open the screenshot photo you took and select the edit button. Use the tool palette at the bottom of the screen to change drawing tools. Select the one that looks like a pencil in a circle. You can select the colour and size of your pencil. Select the 3 dots ... to find more drawing tools.

Try to draw on your photo with your finger as if it were a pencil. When you're finished, tap Done, then choose an option.

To send the marked up screenshot to others (such as in a message), or to save it in a document (such as in a note), tap , then choose an option.

No trees died for us to do this word search 😊



Your



Free & Confidential

Safety Net

The VPR ensures you get the right help when you need it most. Once registered, 911 dispatchers and first responders can quickly tailor emergency responses to your specific needs.

FOR THOSE



Living at Home with Challenges

in Sault Ste. Marie, Algoma or Manitoulin-Sudbury

- Mobility Issues
- Vision Impairment
- Hearing Impairment
- Developmental Disabilities
- Cognitive Impairment
- Mental Health Conditions

FOR THOSE



Dependent on Electrical Equipment

in Sault Ste. Marie, Prince Township, Dennis Township or Rankin Reserve

Including oxygen, dialysis, ventilator, or other electric-powered medical equipment.

Register Today



Trefry Centre
Diner's Club

Tuesday, April 30th
RC Legion Richards Landing
Doors open 11am
\$16/person
ticket online @ www.trefrycentre.ca
or at Trefry Centre office

Roasted Pork Tenderloin
Mashed Potatoes and Gravy
Cheesy Biscuit
Maple Roasted Carrots
Salad

Date Squares with Vanilla Ice Cream
Coffee/Tea and Water

SERVICES

For You



- ◆ Toll-free information & referral line at **1-800-565-3000**
- ◆ Support one-on-one or in a group setting via local community support groups
- ◆ Customized information packages



- ◆ Webinars, workshops and conferences for individuals, caregivers and families
- ◆ Informational resources online and in print via **parkinson.ca**
- ◆ In-services and presentations for health care professionals
- ◆ Continuing education and resources for health professionals at:
 - ◆ **www.parkinson.ca** and **www.ParkinsonClinicalGuidelines.ca**



- ◆ Advocacy: involvement in the Parkinson's community: federal and provincial advocacy on important issues, including, genetic fairness, access to therapies, caregiver support, income security and brain health



- ◆ Funding innovative research leading to better treatments & improved quality of life
- ◆ Contributing globally to the collective understanding of Parkinson's and the quest for a cure

About **PARKINSON CANADA**

Since 1965, Parkinson Canada has been providing support and education to individuals with Parkinson's disease and the health care professionals that treat them. The organization advocates on issues that concern the Parkinson's community in Canada, and funds innovative research for better treatments and a cure.

We are Here for You:

TEL: 1 . 800 . 565 . 3000 | FAX: 1 . 844 . 440 . 8963

www.parkinson.ca

info@parkinson.ca



CHEESY HOT PEPPER JELLY BITES

Beautiful and delicious, these savory but sweet little thumbprint appetizer "cookies" are easy to make and are sure to be a huge hit at your next party!

Prep Time: 15 mins

Cook Time: 10 mins

Additional Time: 30 mins

Total Time: 55 mins

Servings: 20

Ingredients

2 cups shredded Cheddar cheese

1 cup all-purpose flour

6 tablespoons chilled butter, chopped

½ cup hot pepper jelly



Directions

Step 1

Blend Cheddar cheese, flour, and butter in a food processor until dough is a coarse-meal texture and forms into a ball. Wrap dough in plastic wrap and refrigerate for 30 minutes.

Step 2

Preheat oven to 400 degrees F (200 degrees C).

Step 3

Shape dough into 1 1/2-inch balls and place 1-inch apart on a baking sheet.

Step 4

Bake in the preheated oven for 5 minutes. Remove from the oven; press thumb into top of each ball, creating an indentation. Spoon about 1 teaspoon pepper jelly into indentation. Bake until edges are golden brown, about 5 minutes.

Nutrition Facts

Per serving: 119 calories; total fat 7g; saturated fat 5g; cholesterol 21mg; sodium 97mg; total carbohydrate 10g; dietary fiber 0g; total sugars 4g; protein 4g; vitamin c 0mg; calcium 84mg; iron 0mg; potassium 23mg



NORTH SHORE COMMUNITY
SUPPORT SERVICES, INC.
SERVICE DE SOUTIEN COMMUNAUTAIRE
DE LA RIVE NORD, INC.

Take care of your

MENTAL HEALTH

Are you experiencing any of the following?


- Stress, anxiety, grief, depression, abuse, domestic violence, sudden loss of interest, loneliness, constant worry, setbacks, family struggles and/or more


If so, do not feel alone. We are here to help.

For support, simply call or email the North Shore Community Support Services' Mental Health Social Worker and book an appointment.

Your wellness is worth it!!

➡ Fike Njini, MSW RSW ⬅

 249-356-7011

 MH-Social-Worker@nscss.com

FREE service provided to those in and around Richards Landing, Bruce Mines and Thessalon



Easter Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S				T
		O		S
	T	R	P	
	P			U
				O

BASKET

	B	T		S
	A			B
			T	K
K		A		
	T	E		

SPRING

		N		
I			R	
				S
	R		G	I
		I	N	
				G

DUCKLINGS

	C			U	G	L	
		K	S	L		U	
U		N				I	
						K	C
L					K	I	
K		U					S
					C	L	I
C	U	I	K		L	S	
			G		N		U

TULIPS

			U		T
	T	I		S	
	L				
		T	L		
I				L	S



Notice

Trefry Centre Closed

Good Friday March 29th & Monday April 1st
Meals will be delivered as usual

If you've subscribed to get our What's Up Doc and are not receiving it to your inbox, please read this helpful info:

When subscribers don't see an email campaign in their inboxes, it's because of spam filters. Look in your spam or junk folders and if you still don't see the What's Up Doc email from transportation@trefrycentre.ca, there are a few other things to investigate.

Try adding transportation@trefrycentre.ca to your contact list or address book.

If you're using a webmail provider such as AOL, Yahoo, or Hotmail? These providers throttle delivery, which can sometimes result in emails taking about 24 hours to be delivered to a specific email account.

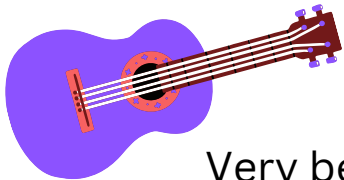
If these things do not help, you can always go directly to our website www.trefrycentre.ca and download the latest newsletter there.

Beginner Ukulele Workshops

Trefry Centre Richards Landing

Friday April 5th & 19th

Very beginner friendly. For those new to music/ukulele




Call us to sign up 705-246-0036

Ukuleles available to borrow from the St. Joseph Township
Public Library To reserve an instrument call 705-246-2353

Name: _____ Date: _____

REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. FACE	2. EGG EGG HAM
3. BUR	4 THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY  SHEEP
7. po FISH nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK



55th Annual
MAPLE SYRUP FESTIVAL

APRIL 6 & 7  APRIL 13 & 14





ROYAL CANADIAN LEGION BR. 374, RICHARDS LANDING, ON

ADULTS \$12

SENIORS \$11

KIDS \$7
10 AND UNDER

EXPERIENCE THE TRADITION!

-  All you can eat pancakes, sausages , and St. Joseph Island maple syrup
-  Maple syrup producers will be on site with their products
-  Craft tables, maple candy and maple syrup for sale
-  \$1000 raffle ticket available (Licence #M778769)



FOR MORE INFORMATION CONTACT (705) 246-2494

FUN EASTER TRIVIA

- After [Halloween](#), Easter is the top-selling candy holiday.
- Easter always occurs between March 22 and April 25.
- Easter is a “movable feast” – one that is set according to the phases of the moon – so the dates are different each year.
- It is believed by some that Easter was named after the Anglo-Saxon goddess, Eastre, whose symbols were the egg and the hare (rabbit).
- More than 90 million chocolate Easter bunnies are manufactured each year.
- The most famous Easter parade is held in New York.
- The first Easter eggs were colored red, in memory of the blood Jesus shed during his crucifixion.
- As of the writing of this article, the largest chocolate Easter Egg was created in Tosca (Italy). It weighed 15,873 lbs., 4.48 oz., and had a circumference of 64 ft., 3.65 in. at its widest point.
- In the 13th century, the church prohibited the eating of eggs during Holy Week. Marking the eggs laid during the week began the custom of decorating eggs.
- In Britain, certain foods are associated with the celebration of Easter:
- Hot Cross Buns, a Good Friday treat, contain raisins or currants and then topped by a glazed icing cross.
- Roast lamb, the main dish at Jewish Passover, is the traditional meat for the main meal on Easter Day.
- Simnel, a fruit cake with marzipan (sugared almond paste) on top and 11 marzipan balls representing the 11 apostles (not Judas, who betrayed Christ), served at tea time.
- Easter biscuits or cakes, eaten on Easter Sunday, containing spices, currants, and grated lemon rind.
- In the United States, traditional Easter foods include ham, chicken, and lamb.
- It is believed that an Italian baker made the pretzel to look like arms crossed in prayer during the Passover season sometime between the 300s and the 600s.
- Americans consume over 16 million jellybeans on Easter, enough to circle the globe more than three times.
- In some European countries, other animals—in Switzerland the cuckoo, in Westphalia the fox—brought the Easter eggs.
- Households spend on average \$131 on Easter each year, with \$14.7 billion spent totally.





PRESS RELEASE

For immediate release March 26, 2024

NSHN Expanding Medical Imaging Services at Thessalon & Richards Landing – Matthews Sites

The North Shore Health Network Medical Imaging department is excited to announce that services are expanding at the Thessalon and Richards Landing – Matthews sites in April.

Effective Tuesday April 2, 2024 ultrasound services will be available at the Thessalon Site once a week. Ultrasound appointments at the Thessalon Site will be booked between 9:00 am – 5:00 pm, one day per week. All requisitions should be sent to the Blind River Site by providers for triaging – including any specialists or non-local providers. At this time, there are some ultrasound types that are unable to be completed in Thessalon, these appointments will remain in Blind River. Instructions will be provided to patients in advance of their appointment.

Effective April 2, 2024 there will be an increase in available appointments for X-Ray at the Richards Landing-Matthews Site to 3 days per week. Appointments will now be available on Mondays 9am – 1 pm, Wednesdays 1pm – 5pm, and Fridays 9am – 1pm. The schedule will be updated for weeks with Statutory holidays.

“We are so pleased to support more communities along the western part of our catchment area by offering more diagnostic services closer to home.” – Tim Vine, NSHN President & CEO



Attached Photo Details: With the help of Tatjana Johnston, the very first Ultrasound patient at the Thessalon Site, Sonographer Melanie Grimard test runs the equipment ahead of launching the new service on April 2, 2024.

Media Contact:

Melanie Kubatlija, Chief Risk and Communications Officer, NSHN
mkubatlija@nshn.care



New Meals on Wheel Menu starting April 2024

Meals are delivered on Mondays, Wednesdays, and Fridays. The full price for a meal, soup, and dessert is \$11.50, but can be reduced based on income.

Please call the centre at 705-246-0036 if you have questions or would like to register.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	MONDAY	MONDAY	MONDAY
Chicken Noodle Soup Hot Chicken Sandwich Scalloped Potatoes Carrots Pumpkin Swirl Cake	Pea Soup Beef Stew Mashed potatoes w/ gravy Peas Carrot cake	Loaded potato soup Chicken Stew (Dumpling Topping) Rice Creamed Corn Chocolate Chip Oatmeal Cookies	Beet soup Sweet and sour pork Rice Vegetable medley Apple Oatmeal Cookies
	WEDNESDAY	WEDNESDAY	WEDNESDAY
Cream of Mushroom Soup Sausages Penne tomato sauce veg medley Cinnamon Pin Wheels	Tomato Rice Soup Roasted Chicken Mashed potatoes w/ gravy Roasted carrot Apple crisp	Minestrone Pork Cutlet with Mushroom gravy Carrots Mashed Potatoes Seasonal Cheesecake	Tomato Soup Cottage pie Creamed corn Broccoli Lemon Snow
FRIDAY	FRIDAY	FRIDAY	FRIDAY
Creamy sausage and rice soup Pulled Pork Macaroni and Cheese Peas Banana Cake	Broccoli Cheddar Soup Chili Cheesy herbed biscuit Yellow wax beans Raisin Date Squares	Carrot Soup Beef Stroganoff Peas Braised Cabbage Chocolate Mayo Cake	Onion Soup Battered Haddock Roasted Potatoes Coleslaw Berry Cobbler
<i>Diabetic desserts, gluten free and dairy free options available as needed. If you have questions, email: mealsonwheels@trefrycentre.ca</i>			

Trefry Centre Program Info

Adult Day Out

Providing respite for caregivers. A safe, fun environment for loved ones to spend with our staff & volunteers.

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



Friendly Visiting

Seniors living alone, or lonely can be matched up with a volunteer for weekly in home visits.

Meals on Wheels

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

Monday-Wednesday-Friday at NOON

*all income levels eligible

New Menu!



Transportation Services providing rides to medical appointments, programs, shopping and community outings.

Exercise Classes

10am Monday & Thursday with Anne at Bruce Station Hall

10am Friday with Margo at Laird Hall

10am Wed with Margo at Trefry
Wed classes are also on Zoom. Call us to register or to get a link for the Zoom class.