



DECEMBER 2018



JANUARY 2019

WHAT'S UP DOC



Seniors 65+ & Disabled Persons Programs:

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

Serving eight 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 the Township of Plummer Additional.

Dr. Harold S. Trefry Memorial Centre

1209 Catherine Street, 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/Dr.Harold.S.Trefry.Memorial.Centre)

Tel: 705.246.0036

Fax: 705.246.0249

We are very grateful to the NE LHIN for providing funding for our programs.



Supported by:



Ontario

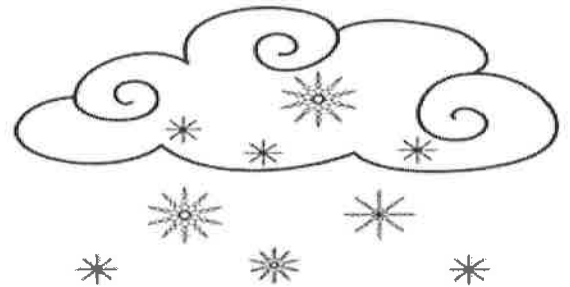
North East Local Health
Integration Network

Prepare for Winter! *Prevent Falls!*

Yes I said it, winter, there is no stopping it, and so we might as well be prepared ☺

Car Preparation:

- ☑ Snow brush/ scraper
- ☑ Water/ snacks
- ☑ Shovel, sand/cat litter, booster cables
- ☑ Extra warm clothing, flashlight/ batteries, candle/matches, blanket
- ☑ Chains/ rope
- ☑ Winter tires installed!
- ☑ First aid kit



House Preparation: (enough for 7 days)

- ☑ Get chimneys cleaned/ inspected – check smoke alarms
- ☑ Sufficient heating sources (wood/ gas/ propane etc)
- ☑ Check weather stripping around doors/windows & replace if necessary
- ☑ Check hand rails/ stairs for sturdiness
- ☑ Replace/clean furnace/air filters
- ☑ Check roof/ gutters etc
- ☑ Clean humidifiers and replace filters
- ☑ Flashlight/ batteries, candles/matches
- ☑ Salt/sand for sidewalks/ stairs/ steps
- ☑ Shovel/ snow blower etc
- ☑ Drinking water, food/ non electric can opener
- ☑ Prescription drugs
- ☑ Open cupboard doors to allow heat to water pipes



If you can think of more, write them down and share with others.



Meals on Wheels Brings You...



About The Dr. Harold S. Trefry Memorial

Dr. Harold S. Trefry came to the island in 1936 as a full-time physician. The philosophy of this Nova Scotia born doctor was that no one should be denied medical care because of cost. Dr. Trefry valued individuals. At the Dr. Trefry Centre, valuing an individual and their specific needs is a core part of what we do.

We get excited about helping individuals stay in their homes as long as possible and uphold an interesting, healthy and diverse life. If you're not sure what we offer that might interest you or one of your loved ones, come in or call for a brief interview.

One thing that we have learned is that those who use our services early on are able to stay in their homes longer than those who wait until later. For that reason, we encourage people to explore how our services can help early on before a need becomes more serious. The Dr. Harold S. Trefry Memorial Centre also offers a variety of programs for seniors and those with a disability.

Our programs could not operate without the involvement and dedication of many of our volunteers and dedicated Advisory Committee members. They are a living testament to the philosophy of Dr. Harold S. Trefry and we thank each of them for their continued involvement. If you would like to volunteer, please contact us at our phone number listed below or email us at dr.trefrycentre@one-mail.on.ca or visit us on our Facebook page; Dr. Harold S. Trefry Memorial Centre. Enhance your life by joining one of our programs today!

Dr. Trefry Memorial Centre
1209 Catherine Street
Richards Landing, Ontario
Phone: 705-246-0036

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North East Local Health
Integration Network

Home-Style Meals



Invigorate your life with
good hearty food
delivered to your door!

What's in a Meal?

Meals on Wheels fits your needs...

Each meal features a home-style entrée and two sides, a hearty homemade soup made fresh the morning of the delivery and a delicious dessert, with diabetic options also available. Meals on Wheels takes into account special needs.

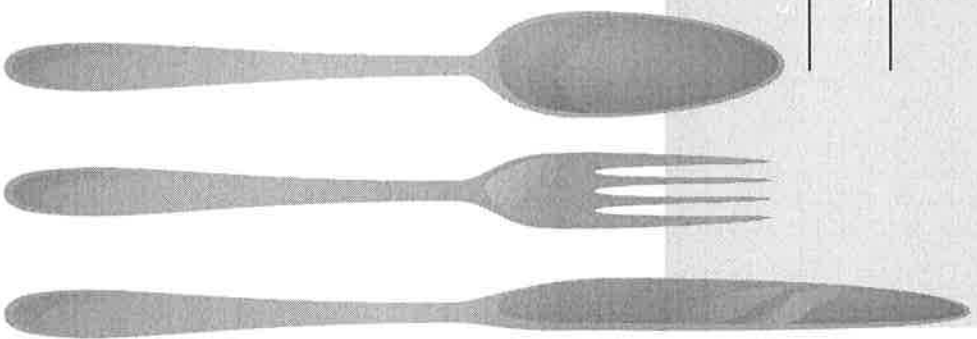
Delivered by one of our friendly volunteers three times a week. (Monday, Wednesday and Friday) These meals are sure to strengthen the body and warm the heart!

Client Portion of the Cost

Meals	Cost
1 Meal	\$8.95
3 Meals	\$26.85

Direct Cost for Meal (Includes: recipe, labor, transport)

Unit Certificates Available



You can always expect a timely delivery by a friendly



Meals delivered in reusable trays
OR
disposable option available

Lower rates available based on household income
(see chart below)

\$0-9,999	75%	\$10,000-13,999	50%	\$14,999-19,999	40%	\$20,000-23,999	30%	\$24,000-28,999	20%	\$29,000+	0%
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CHICKEN FINGER SUBSTITUTE
AVAILABLE FOR MEAT

MIX AND MATCH COMBINATION
SOUP/DESSERT ONLY
ENTRÉE ONLY
OKAY!



Who is Meals on Wheels for?
We provide meals for anyone recuperating on a short or long-term basis, those 65 or over and people with a disability. Our delivery area includes all St. Joseph Island as well as our catchment area (the western border of Bruce Mines to Echo Bay east).



FIRST MEAL IS COMPLIMENTARY
TRY ONE TODAY!



The Dr. Harold S. Trefry Memorial Centre 705-246-0036

10 AMAZING FACTS ABOUT GUT HEALTH

Ancient Greek physician Hippocrates was on to something when in, 400 BC, he smartly stated, “All disease begins in the gut.” Here’s what you need to know about caring for and feeding one of your body’s most important organs.

1 Our gut can carry more than 1,000 different species of bacteria (collectively known as our microbiome). These are beneficial bacteria that aid digestion, help boost our metabolism and break down food so our bodies can absorb the nutrients we need to function.

2 The large intestine is the most highly colonized by bacteria that help us digest foods we otherwise couldn’t, such as complex carbohydrates.

3 Research has shown that poor gut health may be connected to conditions like allergies, arthritis, autoimmune diseases and mood disorders.

4 A healthy gut equals a strong immune system. The gut’s microbiome functions as a bouncer, deciding what’s allowed to pass through into the bloodstream. The patrons awaiting entry range from essential nutrients to dangerous pathogens and toxins. A diverse group of healthy microorganisms in the gut makes it better able to protect itself from potentially harmful invaders.

5 The consumption of more processed foods and less fibre has negatively influenced the makeup and diversity of good bacteria in our gut. To keep things running smoothly, eat an abundance of fresh produce, avoid high-fat and high-sugar diets, and increase your fibre intake.

6 Aim for 25 grams of fibre a day. Look for a combination of soluble (in fruits, vegetables and grains, including psyllium) and insoluble fibre (in beans and leafy green vegetables like spinach, kale and chard), which helps move waste out of the body.

7 Try fermented foods such as kimchi, miso, sauerkraut, kefir and certain yogurts; they’re packed with natural microbes that nourish the gut and populate it with good bacteria.

8 Antibiotics kill all forms of bacteria—both good and bad. Even if you eat a wholesome diet, taking antibiotics can adversely alter the composition of your gut and contribute to a host of chronic disease by eliminating the good bacteria in the digestive tract.

9 Replenishing your gut with healthy bacteria can restore balance. Probiotics may help repopulate our gut with healthy microorganisms, while also helping you digest your food.

10 A healthy gut may also positively affect your mood since it’s responsible for making your body’s mood-boosting neurotransmitters. In fact, research has shown the bulk of the body’s serotonin and around half of its dopamine is produced in the gut. Similarly, stress, anxiety and depression are also linked to poor digestive health and common disorders such as irritable bowel syndrome.



TROPICAL SMOOTHIE

MAKES 2 SERVINGS

There’s no cutting board required for this smoothie—just blend four simple ingredients for a breakfast on the go.

INGREDIENTS

- 1 banana
- 2 cups pineapple chunks
- 2 cups orange juice
- 2 cups frozen mixed tropical fruit

METHOD

Peel banana and break up into chunks; place in blender. Add pineapple, orange juice and mixed tropical fruit; purée until smooth.

PER SERVING about 284 cal, 2 g pro, 1 g total fat (trace sat. fat), 71 g carb, 0 mg chol, 5 mg sodium, 0 mg potassium. % RD: 5% calcium, 9% iron, 33% vit A, 167% vit C, 40% folate.



Thieves can be smart

1. LONG - TERM PARKING

Some people left their car in the long-term parking at San Jose while away, and someone broke into the car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home in Pebble Beach and robbed it. So I guess if we are going to leave the car in long-term parking, we should NOT leave the registration/insurance cards in it, nor your remote garage door opener. This gives us something to think about with all our new electronic technology.

2. GPS:

Someone had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents. Something to consider if you have a GPS - don't put your home address in it. Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

3. CELL PHONES:

This lady has now changed her habit of how she lists her names on her cell phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet, etc., was stolen. Twenty minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says, "I received your text asking about our Pin number and I've replied a little while ago." When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text "hubby" in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

Moral lessons:

- a. Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc.
- b. Very importantly, when sensitive info is being asked through texts, CONFIRM by calling back.
- c. Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet "family and friends" who text you.

4. PURSE IN THE GROCERY CART SCAM:

A lady went grocery-shopping at a local mall and left her purse sitting in the children's seat of the cart while she reached something off a shelf - wait until you read the WHOLE story! Her wallet was stolen, and she reported it to the store personnel. After returning home, she received a phone call from the Mall Security to say that they had her wallet and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by Mall Security that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were Mall Security, they could lure her out of her house long enough for them to burglarize it.

*PLEASE SHARE THIS INFORMATION

Even if this does not pertain to you, please let your family and friends know so they don't get caught in a scam.

The 5 Health Dangers of a Messy Home

Declutter your home for a happier, healthier life.
LISA MURPHY



Clutter Can Make You Gain Weight

Cluttered closets, stacks of mail, overflowing basements and cupboards don't just cramp your decor style—they can also have a serious impact on your health and well-being. “If your kitchen looks like a bomb went off, you'll end up running over to Starbucks and buying some pastry thing,” says Dr. Pamela Peeke, senior medical correspondent for Discovery Health, host of the Discovery TV series *Could You Survive* and author of *Fit To Live*.

Clutter Stresses You Out

Constant disorganization and mess can contribute to feelings of helplessness, hopelessness and defeat, not to mention to higher levels of cortisol, a stress hormone, says Dr. Peeke. “Toxic stress rapidly ages you; it affects almost every single tissue and organ in your body,” she says. Whether you're dealing with minor clutter or a major mess and depression, you need to develop a clutter-preventing maintenance system, she adds.

Clutter prevention can help keep toxic stress at bay.



Clutter May Hamper Your Workout...Or Even Cause An Injury

Who wants to work out if you have so much cleaning to do beforehand?

“If your treadmill has turned into a storage rack and you haven't seen your weights for months—but you think you know what pile they're under—the only exercise you'll be getting is rolling your eyes when you think about digging all that stuff out,” says Ellen Phillips, author of *Kick The Clutter: Clear Out Excess Stuff: Without Losing What You Love*. “You can start and finish a decluttering task in a few minutes. And that's a good feeling!” she says.

Clutter Can Contribute To Allergies and Asthma

According to the Mayo Clinic, newspapers, knickknacks and other clutter collect dust, which contains dust mites, microscopic organisms that can trigger allergy and asthma attacks. Dust can also contain harmful contaminants such as pesticides and lead, according to the U.S. Environmental Protection Agency. In addition to getting organized, regularly use a damp rag to pick up surface dust, and vacuum floors, carpets and furniture with a HEPA-filter vacuum.

Clutter Can Hurt Your Intimate Life

The master bedroom should be preserved as a haven and sanctuary for a couple. That means no kids' toys, no computer, and no piles of dirty clothes, says Peter Walsh, an expert on TLC's *Clean Sweep* and *New York Times* bestselling author. “Without exception, when clutter is cleared and harmony is restored to a home, the sparks start flying.

Clutter May Signal That You're Not Conscientious

How you're perceived can affect everything from getting hired to getting hitched. Whether it's your workspace, your home or even your website, people will judge your clutter and disorganization. “Many of these perceptions are automatic, so people generally don't even realize they're doing it,” says Sam Gosling, an associate professor of psychology at the University of Texas at Austin and author of *Snoop: What Your Stuff Says About You*. According to Gosling's research, people with cluttered spaces are thought to be rated lower on conscientiousness (which is often true). So tackle that messy desk once and for all.



December

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

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

ANGELS
BREAKFAST
CANDLES
CHOIRS
CHRISTMAS
CHURCH

DECEMBER
DECORATIONS
DONATIONS
FEAST
GATHERINGS
GIFTS

JOY
PEACE
SPECIAL
STUDENTS
WRAPPING

A huge thank-you to the artistic and delightful group – *Nostalgia Live* for donating their time and talent to entertain us at the 2018 Annual Christmas Diner's Club Luncheon



Bravo!



Do you have multiple prescriptions you are currently taking?
 Do you get your prescriptions filled at different pharmacy's?
 Or do you just want a peace of mind about your prescriptions?

Med-Check Available
McKay's Island Pharmacy
Contact Justin at 705-246-0650

STUCK FOR A CHRISTMAS GIFT IDEA?

Consider a Meals on Wheels GIFT CERTIFICATE. It's the perfect, practical present for the person who has everything or could use a respite from the kitchen this holiday season!
 Please call 705-246-0036 for more information.

- Aging: Eventually you will reach a point when you stop lying about it and start bragging about it.
- Tact is the art of making guests feel at home when that's where you wish they were!
- Retirement; the pay sucks but the hours are great!
- My mind says I'm in my twenties, my body says "you wish!"

- Courtesy of Bob Wismer

What do you call a singing elf?
 A Wrapper.



A holiday miracle would be still fitting into my clothes after the holidays.

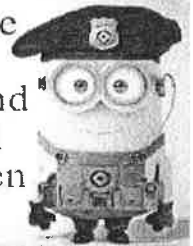


someecards



How snowflakes are really made

A police officer came to my house and asked me where I was between 5 and 6 He seemed irritated when I answered 'kindergarten!'



img4up.com



SORRY, SON... THERE'S NO APP FOR THAT



STOP MESSIN' WITH MY HEAD!



WHAT DO YOU CALL PEOPLE WHO ARE AFRAID OF SANTA CLAUS?
 CLAUS-TROPHOBIC!

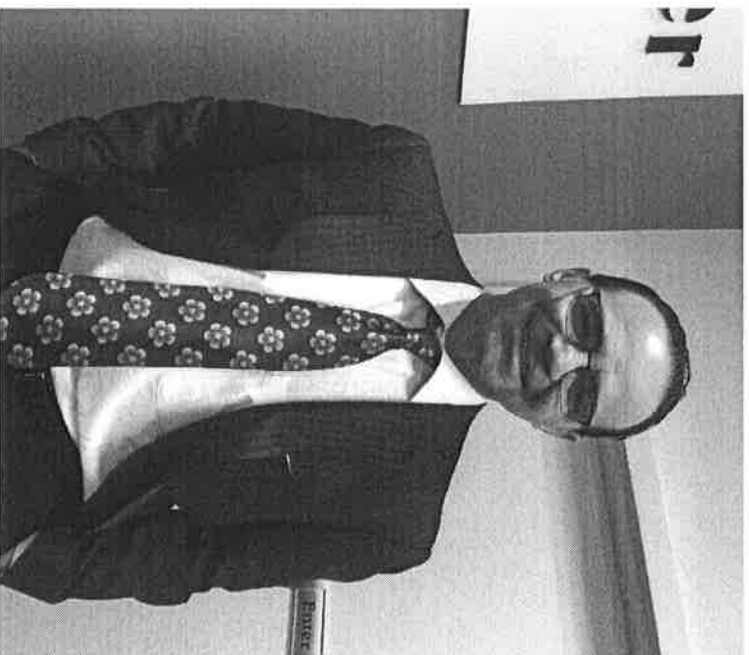
© 2015

SCHULZ



Forget-Me-Not

Ties: \$25.00



Forget-Me-Not

**Scarves (100% Silk):
\$35.00**



Please contact the Alzheimer Society of Sault Ste. Marie and Algoma District at 705-942-2195

or info@alzheimeralgoma.org



The Golden Hour 290 Club
For Seniors 55+

Do you enjoy good food and a good time shared with good company? Then this may be the group for you. Come join us once a month for a couple of hours. We meet at different locations on St. Joseph's Island for a full noon time meal at a cost of \$15 per person, and a short meeting to discuss issues concerning Seniors.

Meals usually include: meat, potato, veggies, salad, roll, desert and coffee or tea.

First come as a guest to see if you like it.
Small fee of \$5 for the year for those wishing to join the club.
We meet from September to June with summers months off.

Contact Events Co-ordinator: Linda Peslalz at 705-971-1105
to have your name put on the list by December 14, 2018.

Cold & Flu

Home Remedies;



- 1) Blow your nose often! Get rid of that mucus and clear your passage ways.
- 2) Gargle with warm-salt water 3-4 times a day
- 3) Drink lots of fluids – soup, tea, water etc. (clear is best)
- 4) Take a steamy shower/bath
- 5) Use Vicks under your nose and on your feet with socks
- 6) Sleep with an extra pillow to elevate your head – helps clear passage ways



Foods to eat;



- 1) Banana's and rice – help to soothe upset stomach
- 2) Vitamin C rich foods – Orange juice & bell peppers
- 3) Blueberries
- 4) Onions & Garlic
- 5) Black & green tea – Ginger tea and/or add honey/lemon/cinnamon
- 6) Cranberries - help keep away bacteria causing bladder infections
- 7) Take Echinacea 3 times a day



Prevent by;

- 1) Get lots of vitamin C & D
- 2) Get enough sleep and rest – Do NOT push your body.
- 3) *Regular exercise*

There are many more remedies but always see your doctor just in case!

Wash your hands FREQUENTLY!!





DECEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	LAIRD Exercise every Monday 10-11 AM Walking at Legion 9am-12pm	Echo Bay DAY OUT every Wednesday Coffee Connections 9AM Nordic Pole Walking at Legion 9am-12pm	LAIRD Exercise every Thursday 10-11 AM	Walking at Legion 9am-12pm		
2	3 Exercise 10 AM Bridge 1-4 PM	4 Potluck	5 LifeLabs 9:30-10:30 AM Bridge 1-4 PM	6 Coffee Connections Day Out 9AM-3PM Exercise 1:30-2:30 PM	7 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	8
9	10 Exercise 10 AM Bridge 1-4 PM	11	12 LifeLabs 9:30-10:30 AM Bridge 1-4 PM	13 Coffee Connections Christmas Diner's	14 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	15 MMHA Christmas Tree Lighting
16	17 Exercise 10 AM Bridge 1-4 PM	18 Quilters 1-3PM	19 LifeLabs 9:30-10:30 AM Bridge 1-4 PM	20 Coffee Connections Day Out 9AM-3PM Exercise 1:30-2:30 PM	21 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	22
23	24 Office Closed Meals delivered	25 Office Closed <i>Merry Christmas!</i>	26 Office Closed NO delivery	27 Office Closed	28 Office Closed Meals delivered	29 Desbarats Bird Count
30	31 Office Closed Meals delivered	<p>For social, health, community & government services visit: www.northeastcss.ca or call 705-310-2222 also available North211.ca or call 2-1-1</p>				



DR. HAROLD S. TREFRY MEMORIAL CENTRE

Find us at: NorthEasthealthline.ca

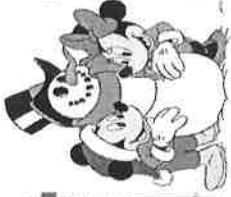
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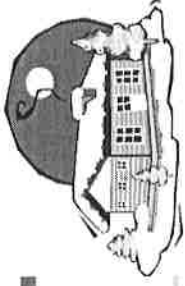
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JANUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7 Exercise 10-11AM Bridge 1-4PM	8 Potluck	9 LifeLabs 9:30-10:30 AM Bridge 1 - 4 PM	10 Coffee Connections Day Out 9AM-3PM Exercise 1:30-2:30 PM	11 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	12 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM
13	14 Exercise 10-11AM Bridge 1-4PM	15 Quilters 1-3pm Potluck today	16 LifeLabs 9:30-10:30 AM Bridge 1 - 4 PM	17 Coffee Connections Day Out 9AM-3PM Exercise 1:30-2:30 PM	18 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	19 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM
20	21 Exercise 10-11AM Bridge 1-4PM	22	23 LifeLabs 9:30-10:30 AM Bridge 1 - 4 PM	24 Coffee Connections Day Out 9AM-3PM Exercise 1:30-2:30 PM	25 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM	26 Hen's & Stitches 10 AM-Noon Bridge 1-4 PM
27	28 Exercise 10-11AM Bridge 1-4PM	29 Diner's	30 LifeLabs 9:30-10:30 AM Bridge 1 - 4 PM	31		

LAIRD Exercise every Monday 10 - 11 AM
Walking at Legion 9am-12pm

Echo Bay DAY OUT every Wednesday Coffee Connections 9AM
Nordic Pole Walking at Legion 9am-12pm

LAIRD Exercise every Thursday 10 - 11 AM

Walking at Legion 9am-12pm



DR. HAROLD S. TREFRY MEMORIAL CENTRE

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Phone: 705-246-0036
Fax: 705-246-0249
E-mail: dr.trefrycentre@one-mail.on.ca

For social, health, community & government services visit:
www.northeastcss.ca or call 705-310-2222 also available
<http://search.211north.ca> or dial 2-1-1

Supported by:



Find us at: NorthEasthealthline.ca



EXERCISE CLASSES

Free!



- 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



Hens 'N' Stitches

Knitting, Crochet, Embroidery,
& Other Needle Crafts

Fridays from 10 AM until NOON



QUILTERS



Tuesday, January 15th, 2019 from 1-3 pm!

Everyone is welcome!

Lose track of
time...

Bridge



Exercise
your mind...

Mondays, Wednesdays & Fridays 1 – 4 PM
Beginners welcome!

POT LUCK

Tuesday, Jan. 8th, 2019

at NOON



Diner's Club

Tuesday, January 29th, 2019

Held at the Royal Canadian Legion, Richards Landing

11:30 AM Guest Speaker: Jerry Shields
Emergency Preparedness

12:30 PM Ham Family Style Dinner
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.

ECHO BAY DAY OUT Program

Wednesdays from 9^{AM} – 3^{PM}

Community Hall, 208 Church Street

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.

Senior / Adult



Supported by:



Coffee Connections 9-10:30am
Complimentary coffee & 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

Closed Dec. 26th, 2018

OHIP Requisitions can be faxed to 705-246-0249

Office will be closed from Friday, December 23rd, 2018 at 4pm until Tuesday, January 1st, 2019
Return to regular hours on Wednesday, January 2nd, 2019 – *Happy New Year!*

We Wish You a Very Merry Christmas

From the



Dr. Harold S. Trefry Memorial Centre's

Seniors & Disabled Persons Advisory Committee,

Staff & Volunteers

Barb Jackson, Jim Robinson, Lorraine Aelick, Girlie Collings,
Nicolette Dingman, Janet Coutu, Sandy Palandra, Sally Wismer, Bryon Hall,

Jim Waycik, Nancy MacNeill, Marlene Ward

Melinda Thomas, Jess La Combe, Asa Chong,

Mary Bujold, Terry See, Sally Kennedy,

Margo Gibson & Marcie Jones

May peace, love & happiness
fill your Holiday Season &
throughout the new year!

Holiday Office Hours

December 2018.	Friday, 21 st	Open 8:30 AM – 4PM
	Monday, 24 th	Closed – <u>MEALS on Wheels</u> delivered today
	Tuesday, 25 th	Closed – Merry Christmas!
	Wednesday, 26 th	Closed – <u>NO Meals on wheels delivered</u>
	Thursday, 27 th	Closed – No Day Out
	Friday, 28 th	Closed – <u>MEALS on Wheels</u> delivered today
	Mon, 31 st	Closed – <u>MEALS on Wheels</u> delivered today
January 2019 .	Tues. 1 st	Closed – Potluck next week, Jan 8 th
	Wed. 2 nd	Open 8:30 AM – 4PM (Return to regular hours)

