

The North East LHIN and Dr. Trefry Centre Help Bring People Together on St. Joseph Island



Above: Girlie Collings (front right) and her tablemates are regulars at the Dr. H.S. Trefry Memorial Centre's monthly Diner's Club program.

March 2, 2018 — Once a month, between 120 to 130 older adults from several small communities gather at the Royal Canadian Legion in Richards Landing to enjoy good food and good company. What draws this diverse group together is Diner's Club — a congregate dining program funded by the North East Local Health Integration Network (NE LHIN) and put on by staff and volunteers of the Dr. H.S. Trefry Memorial Centre in Richards Landing.

Girlie Collings lives in Laird Township and has been attending Diner's Club for the past five-to-six years with a group of friends. She particularly enjoys the social aspect of the lunches.

"It's nice to get out with your friends and visit. They have excellent entertainment and the food is really good. It's always a well-organized event," said Girlie, who is also the North Shore representative on the Trefry Centre's Seniors and Disabled Persons Advisory Committee.

Operated by the Township of St. Joseph, with support from the NE LHIN, the Dr. H.S. Trefry Memorial Centre serves adults 65 years and older and those with disabilities in eight municipalities stretching from Echo Bay to the western border of Bruce Mines and St. Joseph Island. The Centre provides community services to help older adults stay in their homes. The North East LHIN provides annual financial support to the Centre so that it can offer Diner's Club and six other programs. Additional funding for the Centre is also provided by the eight municipalities in its service area.

"The Dr. Trefry Centre is a great system partner that is really focused on meeting the needs of its clients and helping them stay independent," said Jennifer McKenzie, Outreach Officer – Algoma, with the North East LHIN. "Programs like Diner's Club are especially nice because they provide the opportunity for residents from a number of small communities in Algoma to socialize and get to know each other."

Along with an excellent meal, Diner's Club patrons also get to enjoy entertainment and guest speakers who present on topics of interest to older adults.

Diner's Club takes place on the last Tuesday of the month at the Royal Canadian Legion Branch 374 in Richards Landing. There is a set fee of \$10 for the meal. Special meals include the December Christmas luncheon, which draws around 200 guests, as well as a June barbecue to celebrate Seniors Month. Lunches take place every month with the exception of November.

In addition to Diner's Club, the Dr. H.S. Trefry Memorial Centre also offers Meals on Wheels, Transportation Services, Adult Day programs, Fitness Classes, Friendly Visiting and Telephone Reassurance, and a Home Maintenance Subsidy program.

For more information on the Dr. H.S. Trefry Memorial Centre, please visit northeasthealthline.ca

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For more information, please contact: Communications Officer Michael Ward at Michael.ward@lhins.on.ca or 705-256-3002.