

WHAT'S UP DOC

September Issue 2023

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

Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Please Join Dementia Learning Series FOR CAREGIVERS



Sessions from 7:00-8:30pm in person
at 61 Great Northern Road in the Board Room

Tuesday September 12th, 2023

- What is Dementia: How Does Dementia Affect Behaviour?
- How Dementia Affects the Person & the Family.

Tuesday September 19th, 2023

- Effective Communication: Tips & Strategies
- Coping with Emotional Conflicts.

Tuesday September 26th, 2023

- Responsive Behaviours: Causes and Strategies

Tuesday October 3rd, 2023

- What Do You Do When Care Needs Are Increasing?
- Making and Living with the Long Term Care Decision

There is no fee for this program however **pre-registration is required.**

Please call **705-942-2195** to register





FALL WORD SEARCH

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

© WindupTeacher



acorns	cobweb	harvest	October	seasons
apples	corn	hayride	orange	September
autumn	Fall	jackets	pumpkin	squash
bonfire	festivals	leaves	quilt	squirrel
brown	foliage	maize	rake	sweaters
chestnuts	football	migrate	red	Thanksgiving
chilly	gourds	November	scarecrow	wagons
cider	green	nuts	scenic	yellow

Seniors

Cooking

Club

hydro
one

ENERGIZING LIFE. COMMUNITY FUND

Operation
Actively Aging

**PRESERVING
THE HARVEST
"MAKE & TAKE"**

ECHO BAY HALL

STARTS AT 10:00AM (ESTIMATED 3 HRS.)

WEDNESDAY, SEPTEMBER, 13TH

AND

WEDNESDAY, SEPTEMBER 20TH

Join Trisha for this social cooking experience!
TOGETHER WE WILL MAKE PRESERVES FOR EACH
PARTICIPANT TO ENJOY AT HOME!!

DIFFERENT RECIPIES EACH WEEK!!

Please contact Trisha if you plan on attending.
We want to make sure there is enough for everyone
to have a sample to take home that we prepare!!

Maximum participants per session will be 16.

Notice



Hello everyone, my name is Marcy Clark, and I am the new Manager for Seniors and Persons with a Disability at the Dr. Harold S. Trefry Memorial Centre.

I am originally from the north shore, but I have lived in Richards Landing for 26 years. I am a Registered Practical Nurse and during my career I have worked at Algoma Manor, the Group Health Centre & my own business called Landing Feet First – doing in home nursing footcare.

I also worked part time at the NCU and for the last 2 years I have been working at the Township of St. Joseph Municipal Office as the office assistant, then Deputy Clerk Treasurer. With all of these positions as past experiences, I am confident and very excited to be in my new role.

Please feel free to email, call or stop in at the Dr. Trefry Centre to learn about any programs that are running or to catch up.

PSW Outreach Program Update:

The PSW Outreach program is pleased to announce two new staff members. Stacie Koch RN will be providing case management as well as clinical assessment services. Beth Lane is our newest PSW. Both new staff members are residents of St Joseph Island.

The Algoma District Services and Administration Board has given extended and expanded our funding which will allow us to stretch our services further along the north shore. We are making a continued effort to acquire permanent funding for this very valuable and innovative program.



SENIOR'S SEPTEMBER HARVEST LUNCH SOCIAL

Wednesday, September 27th

Echo Bay Hall

Doors open at 11am for social hour

Lunch will be at 12pm

hydro
one

ENERGIZING LIFE COMMUNITY FUND

Operation
Actively Aging

LUNCH MENU:

CABBAGE ROLLS, PEROGIES, MIXED GREEN HARVEST SALAD
& APPLE CRISP FOR DESSERT

Please contact Trisha if you are interested in attending
so we have an idea of numbers for lunch!

706-297-4024 or email tdaynard@ontara.net

PLEASE RSVP BY FRIDAY, SEPTEMBER 15TH





**STARTING
SEPTEMBER
22ND**

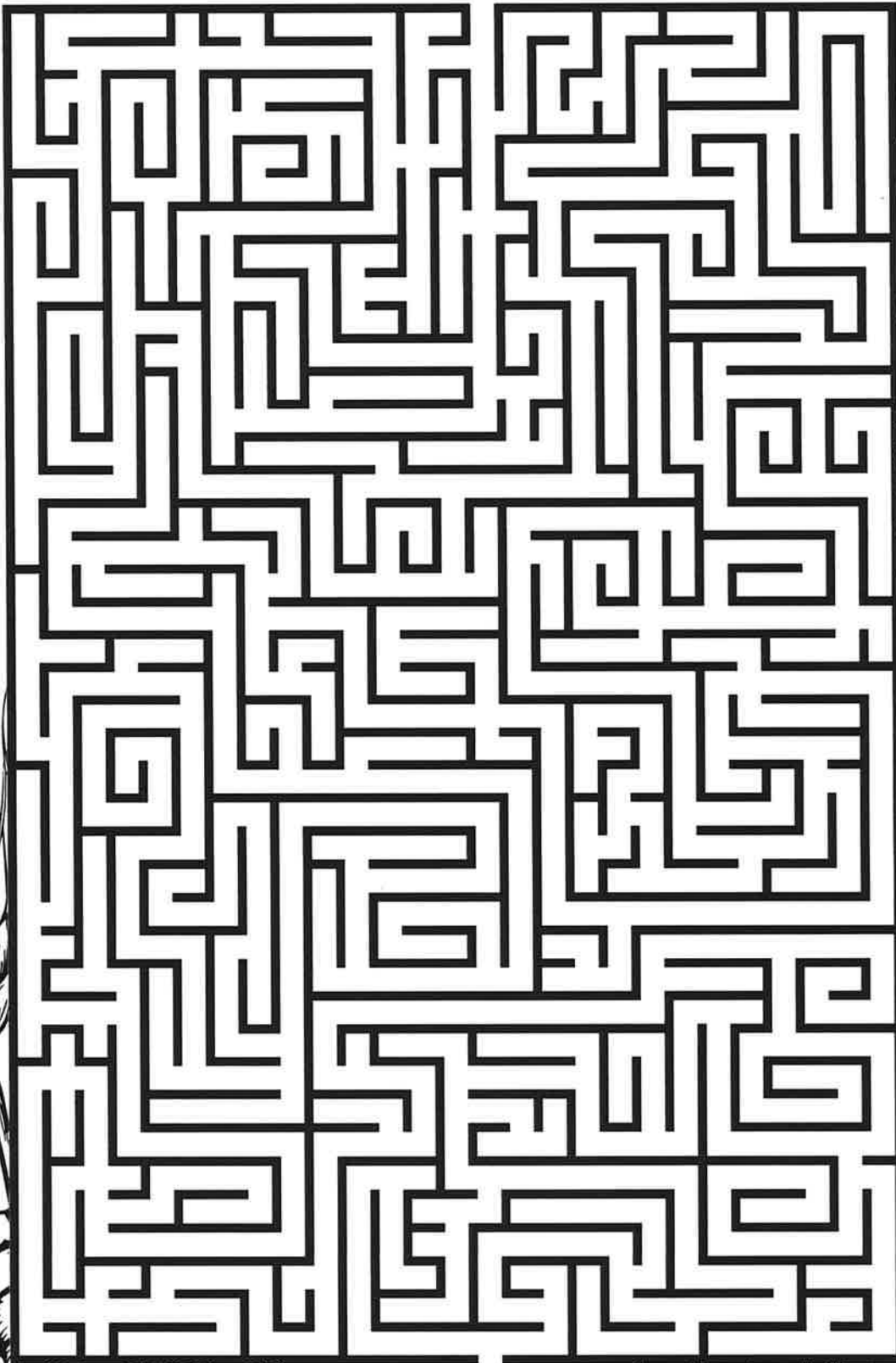


**EXERCISE CLASS
LAIRD HALL
FRIDAYS 10-11AM**

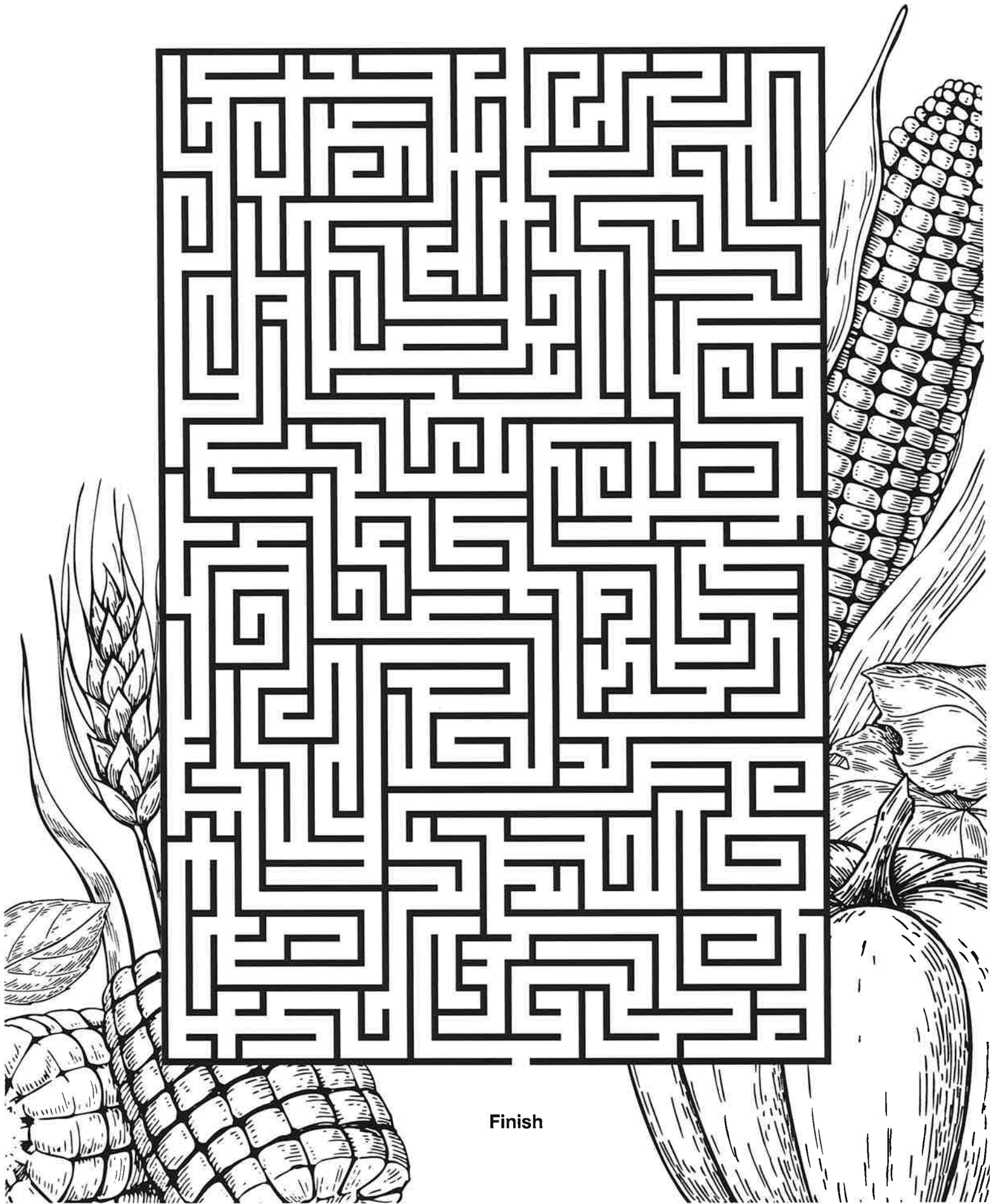
FREE OF CHARGE

Instructor
Margo Gibson

Call
705-246-0036
to register for a class



Finish



Carmel Gingerbread Cupcake's

Ingredients:

- 1 ½ cups all-purpose flour
- ¾ cup sugar
- ¼ cup packed brown sugar
- 2 tsp baking powder
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground cloves
- ¼ tsp salt
- 1 large egg, room temp
- ½ cup 2% milk
- 1/3 cup canola oil
- ¼ cup molasses
- 1 tsp vanilla extract



Frosting Ingredients:

- 3 cups confectioner's sugar
- 6 tbsp butter, softened
- 1 tsp Carmel extract
- 3 to 4 tbsp 2% milk
- Carmel sundae syrup

Directions:

1. Preheat oven to 350°. Line 12 muffin cups with paper liners.
2. Whisk together the first nine ingredients. In a separate bowl, whisk together the egg, milk, oil, molasses, and vanilla extract. Then Add your flour mixture and stir just until moistened.
3. Fill prepared cups two-thirds full. Bake until a toothpick inserted in center comes out clean, 15-18 minutes. Cool in pans for 10 minutes before removing to wire racks; cool completely.
4. For frosting, beat confectioners' sugar, butter, extract, and enough milk to reach desired consistency. Spread over cupcakes. Drizzle with caramel syrup before serving.

Total time = prep 25 min, bake 15 minutes. **Makes** = 1 dozen (12)

ST. JOSEPH ISLAND
Country Road Open House



Enjoy this colourful fall agricultural tour as you visit farms, shops and artists throughout St. Joseph Island !

September 30 and October 1 *10 am - 5 pm* *705-246-2683*



*28th Annual
Country Road Open House*



-Saturday and Sunday the weekend before Canadian Thanksgiving-

Enjoy fall colours on scenic country roads as you drive from place to place on this self guided agritourism event and help us celebrate the harvest !

Visit farms, rural studios and village shops.

Witness demos and/or participate in activities as you shop from a wide selection of fall produce, preserves, baking, quilting, woodworking, knitting, artwork and much more!

*Look for updates on Facebook at
St. Joseph Island Country Road Open House*

Fall Blessings



Trefry Centre Program Info

Adult Day Out

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

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



Need help with or have questions about your cell phone or iPad?

Senior Friendly Tech Support

Every Tuesday

9:30-10:30am @ Trefry Centre

Meals on Wheels

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

Monday-Wednesday-Friday at NOON



Transportation

Drivers are available to bring clients to our programs, to medical appointments, or other outings.

Exercise Classes

**10am Tuesday with Anne at
Bruce Mines 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.