

# WHAT'S UP DOC



**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**

**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**



 Merry Christmas 

from the Senior's & Persons with a Disability  
Advisory Committee & Staff of the  
Dr. Harold S. Trefry Memorial Centre

We wish a safe and happy Christmas  
season to our valued program  
participants and generous  
volunteers.

Thank you and best wishes to the  
local businesses and friends that  
have helped us throughout the year.

May everyone have a joyful and  
prosperous New Year!

Sincerely, Committee Members & Staff

*Barry Elliott*

*Angela [unclear]*

*Jean [unclear]*

*Christy [unclear]*

*Bonnie  
Cardinal*

*Wendy Whitley*

*Jan Robinson*

*Barb Jackson*

*Mary Clark*

*Angela [unclear]*

*Beth Bruce*

*[unclear]*

*Christy [unclear]*

*Anne Cranston*





**What do you get when you cross a snowman a vampire? Frostbite.**

**Why did the gingerbread man go to the He was feeling crummy.**

**How do you make a snowman's bed? With sheets of ice and a thick blanket of snow.**



**What currency does Santa use in the North Pole? Cold, hard cash.**

**Do you know Santa has karate moves? He has a black belt.**

**What did the beaver say to the Christmas tree? "Nice gnawing you."**

**Who's a Christmas tree's favorite rock singer? Spruce Springsteen.**

**What do you get when you cross a Christmas tree with an iPad? A pine-apple!**



# Steps to Prevent a Fall

**MOVE  
IMPROVE  
REMOVE®**

## Most Falls are Preventable

Follow these steps to help prevent slips, trips and falls so you can keep enjoying the fun things in life.

### 1 MOVE your body

- ▶ Build your balance, strength and flexibility with regular physical activity
- ▶ Enhance your stability and co-ordination with activities such as walking, swimming or Tai Chi
- ▶ Increase the intensity of your physical activity over time to build stronger muscles

### 2 IMPROVE your health

- ▶ Review medications regularly with your healthcare provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy
- ▶ Keep up your social activities
- ▶ Routinely clean your teeth and gums so you can eat a nutritious diet
- ▶ Check your eyesight and hearing regularly

### 3 REMOVE hazards

- ▶ Keep your floors clutter free
- ▶ Install grab bars in the bathroom
- ▶ Use handrails and turn on lights on all staircases
- ▶ Wear well-fitting and supportive footwear inside and outside



## Some Tips for Coping with Grief at the Holidays

**Set realistic expectations for yourself.** Remind yourself that this year is different. Decide if you can still handle past responsibilities and expectations. Examine the tasks and events of celebrating and ask yourself if you want to continue them. Accept others' offers to cook, shop, decorate, etc. Consider shopping by phone, Internet or catalog this year if you feel a need to avoid crowds or memories.

**Surround yourself with people who love and support you.** Share your plans with family and friends and let them know of changes in holiday routines. Memories can sometimes be a source of comfort to the bereaved, so share them by telling stories and looking at photo albums.

**Despite the temptation, try to avoid “canceling” the holiday.** It is OK to avoid some circumstances that you don't feel ready to handle, but don't isolate yourself. Make some time for solitude, remembering and grieving, but balance it with planned social activities.

**Allow yourself to feel joy, sadness, anger – allow yourself to grieve.** It is important to recognize that every family member has his/her own unique grief experience. No one way is right or wrong. Experiencing joy and laughter during a time of grief does not mean you have forgotten your loved one.

**Draw comfort from doing for others.** Consider giving a donation or gift in memory of your loved one. Invite a guest who might otherwise be alone for the holidays. Adopt a needy family during the holiday season.

**Take care of yourself.** Avoid using alcohol to self-medicate your mood. Try to avoid the hustle and bustle of the holiday season. Physical exercise is often an antidote for depression. Writing in a journal can be a good outlet for your grief. Give yourself permission to buy something frivolous and indulgent, just because.

**Create a new tradition or ritual that accommodates your current situation.** Some people find comfort by honoring traditions, while others find them unbearably painful. Discuss with your family the activities you want to include or exclude this year. Some examples of new rituals and traditions include:

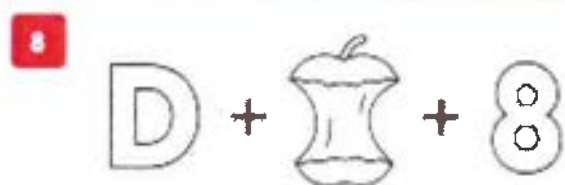
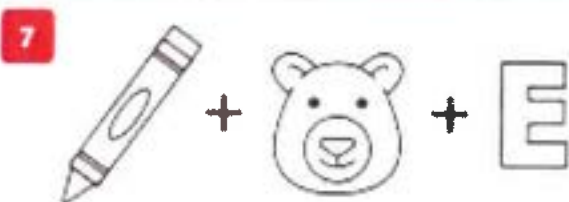
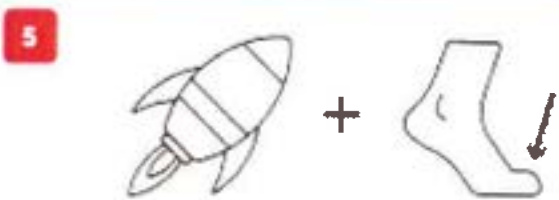
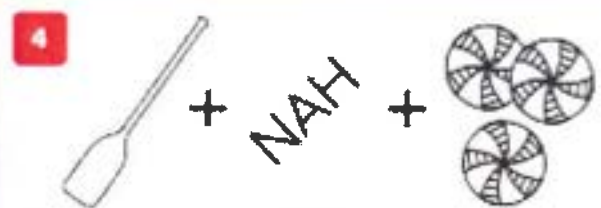
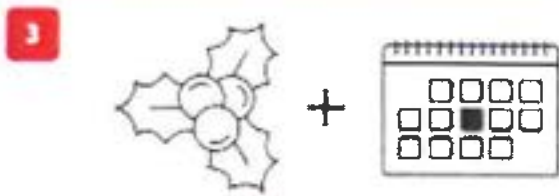
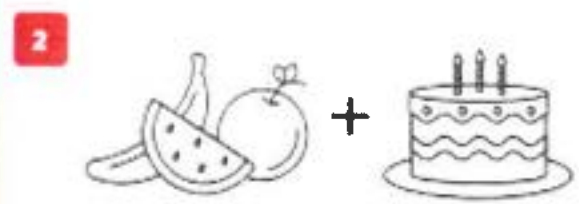
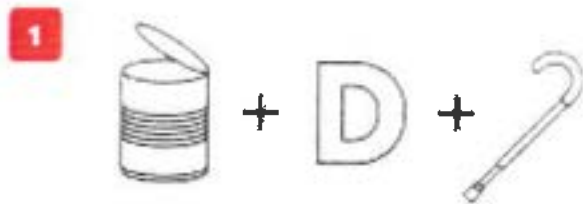
- Announce beforehand that someone different will carve the turkey.
- Create a memory box. Fill it with photos of your loved one or memory notes from family members and friends. Ask young children to contribute drawings in the memory box.
- Light a candle in honor of your loved one.
- Put a bouquet of flowers on your holiday table in memory of your loved one.
- Visit the cemetery and decorate the memorial site.
- Have a moment of silence during a holiday toast to honor your loved one.
- Place a commemorative ornament on the Christmas tree.
- Write a poem about your loved one and read it during a holiday ritual.
- Play your loved one's favorite music or favorite game.
- Plan a meal with your loved ones' favorite foods.

The most important thing to remember is there is no right or wrong way to celebrate the holiday season after the death of a loved one. The best coping mechanism for the first holiday season is to plan ahead, get support from others and take it easy.

# CHRISTMAS VOCABULARY

## PICTURE PUZZLE

- 1 \_\_\_\_\_ 4 \_\_\_\_\_ 7 \_\_\_\_\_  
2 \_\_\_\_\_ 5 \_\_\_\_\_ 8 \_\_\_\_\_  
3 \_\_\_\_\_ 6 \_\_\_\_\_ 9 \_\_\_\_\_





DOCTOR HS TREFRY MEMORIAL  
CENTRE

# Notice



Trefry Centre office will be closed December 24 @  
noon reopening January 2nd @ 8:30am

**No Meals on Wheels delivered Christmas Day**

**TOWN OF THESSALON**  
*Moonlight Madness*  
FRIDAY DECEMBER 6, 2024  
BUSINESSES WILL BE OPEN LATE! (9:00PM)  
PLEASE NOTE STORE HOURS MAY VARY  
VENDOR & ARTISAN SHOW - 175 MAIN ST & 18 ALGOMA ST  
4:00PM - 9:00PM  
N.S.I.H. THESSALON AUXILIARY TREE LIGHTING @ 5:30PM - MAIN  
ST, BY THE COMMUNITY GARDENS  
THESSALON FIRE DEPARTMENT WARMING STATION @  
6:30PM-8:30PM, WITH CHRISTMAS MUSIC BY J.C.  
THESSALON MEMORIAL ARENA - PUBLIC SKATE 6-7:30PM

Echo Bay Parade of Lights  
December 14th 7pm Theme  
"Christmas in Candyland"



**Cup of Tea Christmas Lunch**  
Sat. Dec 21st  
Harmony St. Marks Hall RL  
\$10 RSVP only  
705-246-2634

*Community  
Christmas  
Dinner & Dance*  
hosted at The Echo Bay Elks Lodge  
Friday, December 6, 2024  
5:30pm - Doors Open  
6:30pm - Dinner  
8pm-12am - Music & Dancing  
Music by: *Kevin Tallon Trio*  
**\$25 a person** Space is limited  
so get your  
tickets today!!

Tickets can be purchased at the Municipal Office of  
**The Township of Macdonald,  
Meredith & Aberdeen Additional**

Must pre-register  Call 705-785-9911

**LIONS CLUB**  
*SENIORS CHRISTMAS LUNCHEON*  
SATURDAY, DECEMBER 14, 2024  
BRUCE STATION HALL  
SOUP, SANDWICH, COFFEE/TEA, PUNCH, DESSERT  
TWO SEATINGS: 11:00AM AND 1:00PM



## Rose Merry Mocktail

It's the season for cranberries, and we want to help you make sure you make the most out of this season.

### Ingredients

- 1 cup Sugar
- 1 cup Water
- ¼ tsp Cloves
- 1 Star Aniseed
- 8 Rosemary Sprigs
- 4 oz Cranberry Juice
- 2 oz Ginger Beer
- Optional: Rosemary, Cranberries, and Crab Apple slice 1 cup Water

### Directions

For the rosemary-infused simple syrup: Add the sugar, water, and spices to a medium-sized saucepan and bring to a boil. Simmer for 1-2 minutes. Strain and let cool.

For the mocktail: Mix cranberry juice and 1.5 oz simple syrup. Pour over a glass filled with crushed ice. Top with ginger beer and garnish.



THE  
**WORD SEARCH BATTLE**

## Christmas

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/christmas>

BELLY  
BLITZEN  
CHIMNEY  
CRACKERS  
CUPID  
DANCER

DECORATIONS  
DONNER  
ELVES  
FAMILY  
FROSTY  
GIFTS

GRINCH  
JOY  
MANGER  
MARRY  
MILK  
NATIVITY

PRANGER  
REINDEER  
RUDOLPH  
SACK  
SANTACLAUS  
SCROOGE

# Trefry Centre Program Info

To register for a program call 705-246-0036  
or visit [www.trefrycentre.ca](http://www.trefrycentre.ca) or follow us on Facebook



## Meals on Wheels

Freshly prepared meals delivered hot to your door, every Monday, Wednesday and Friday. Reduced rates may be offered, based on household income.

## Adult Day Out

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

Tues-Bruce Station, Wed- Echo Bay,  
& Thurs-Trefry Centre 9:30am -3pm



## 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 get a link for the Zoom class.



## Friendly Visiting

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