

WHAT'S UP DOC

February 2025



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



**Serving Seniors
65+**

**& Persons with a
Disability**

Programs:

**Adult Day Out
Transportation**

Meals on Wheels

Diner's Club

Exercise

Friendly Visiting

Home

Maintenance

DOCTOR HS TREFRY
MEMORIAL CENTRE

Notice

Family Day February 17 - Centre is closed



Floor Curling at Laird Hall Fridays 1-4 pm

The rules are the same as regular curling but there's no sweeping. The hardwood rocks slide over the floor on wax. We have "pushers" available for anyone unable to bend over. We finish off with a bit of socializing - tea and treats. Please bring indoor shoes. Beginners welcome.



Pancake Breakfast - February 23

Hilton Beach Community Hall

10 am - 1 pm

\$ 12



**FAMILY DAY
FUN DAY**
FEBRUARY 17TH, 2025

1:00 PM - 4:00 PM

ACTIVITIES
LOG SAWING, NAIL DRIVING,
2X4 RACES, BUM SLIDES,
FACE PAINTING AND MORE!

1 Cameron Drive, Desbarats, ON Johnson Township Community Center

Keeping Connected Monthly Social

Thessalon Marina,
Harbour View Building
3rd Tuesday every month

- Free tea, coffee and snacks.
- Opportunities for cards (cuchre, crowns, crib, etc.) board games, socialize, craft, or just sit and enjoy the view of Lake Huron amongst friends.
- Learn about services in your community.
- Stay connected and engaged. All those 65+ are welcome to attend.

• Canadian Hearing Services are available for consultation or to fix hearing aids.
For more information contact Susan at 705-842-2217 or susan@thessalon.ca

FEBRUARY 19TH
ECHO BAY HALL

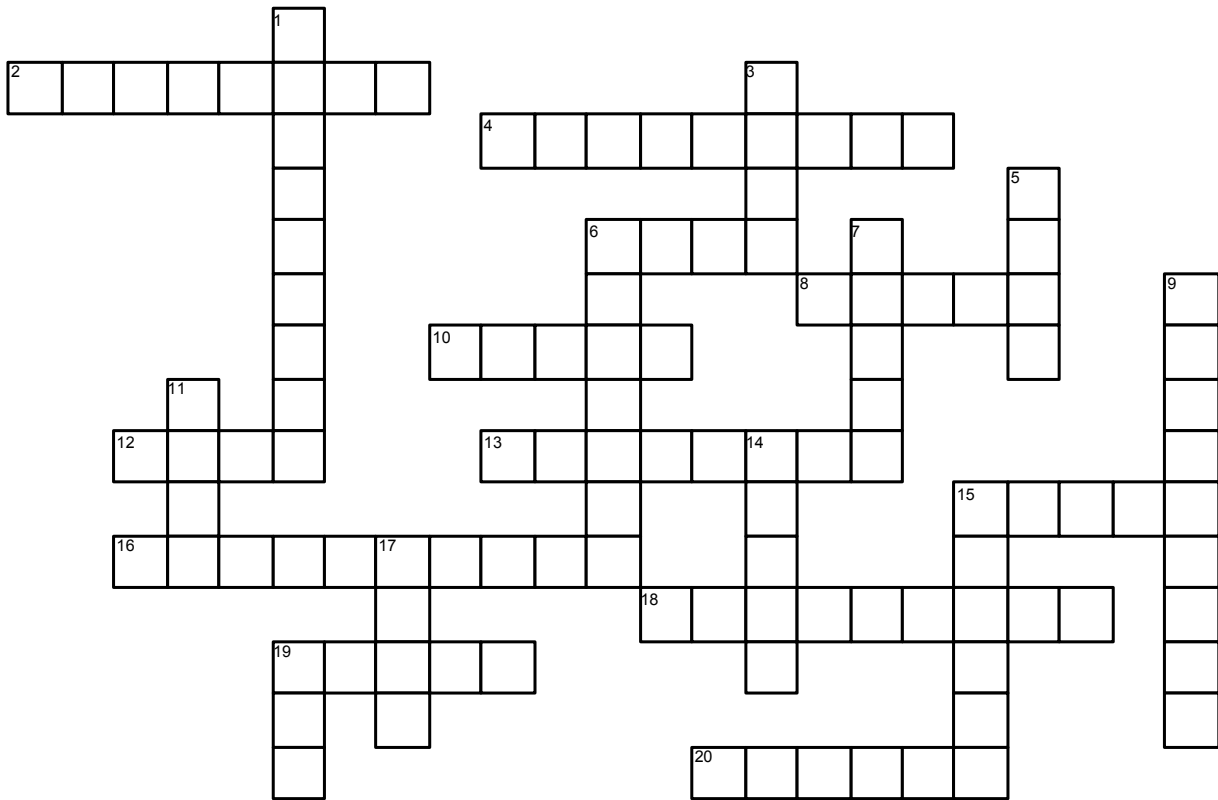
DOORS OPEN AT 12:30PM

SENIORS PRIZE BINGO

BINGO STARTS AT 1PM

PARTICIPANTS ARE ASKED TO BRING A SMALL PRIZE TO ADD TO THE PRIZE TABLE

Valentine's Day Crossword Fun



ACROSS

- 2 A piece of jewelry worn around one's neck.
- 4 _____ and girlfriend.
- 6 "Be _____."
- 8 School children often exchange these on Valentine's Day.
- 10 He shoots invisible arrows to make people fall in love.
- 12 The most popular flower for Valentine's Day.
- 13 Valentine's Day falls on _____ 14.
- 15 "_____ Valentine's Day!"
- 16 A safe place to store jewelry. (Two words.)
- 18 My friend gave me heart-shaped box full of _____.
- 19 Bees make this substance, which is also a nickname for someone who is loved.
- 20 St. Valentine is known as the patron saint of _____.

DOWN

- 1 "Will you be my _____?"
- 3 Husband and _____.
- 5 In "XOXOXOX," an X represents this action.
- 6 Did the mail carrier leave any Valentines in your _____?
- 7 School children sometimes celebrate with a Valentine's Day _____.
- 9 A stuffed animal often given as a Valentine's gift. (Two words.)
- 11 "I _____ you."
- 14 Bow and _____.
- 15 Children may read and eat candy _____.
- 17 A man usually gives a woman a _____ when he asks her to marry him.
- 19 In "XOXOXOX," an O represents this action.

Seniors 65+ or persons with a disability,
living between Echo Bay and Desbarats, including St Joseph Island,
all income levels are eligible for

Meals on Wheels

Hot meals, cooked fresh & delivered to your door .

\$13.80/DAY FOR SOUP, MEAL AND DESSERT
(AS LOW AS \$9.60 WITH SLIDING SCALE BASED ON HOUSEHOLD INCOME)

4 week rotating menu with
diabetic dessert option

CALL 705-246-0036 OR VISIT
TREFRYCENTRE.CA
FOR MORE DETAILS



Dr HS Trefry Memorial Centre
1601 C Line Richards Landing ON P0R 1J0



Meals on Wheels Menu - Trefry Centre			
WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	MONDAY	MONDAY	MONDAY
Chicken Noodle Soup Hot Chicken Sandwich Scalloped Potatoes Carrots Pumpkin Swirl Cake	Root veg soup Beef Stew Scalloped Potatoes Peas Carrot cake	Broccoli Soup Chicken Stew (Dumpling Topping) Rice Creamed Corn Chocolate Chip Oatmeal Cookies	Beet soup Meat loaf Mashed Potatoes and gravy Vegetable medley Rhubarb cake
WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
Creamy Beef and mushroom soup Beef meatballs Penne tomato sauce veg medley Cinnamon Pin Wheels	Tomato Rice Soup Roasted Chicken Mashed potatoes w/ gravy Roasted carrot Apple crisp	Minestrone Hamburger with a bun Tomato, pickle, onion for burger Roasted Potatoes Seasonal Cheesecake	Tortellini Soup Toupee Ham Scalloped Potatoes Vegetable Medley Lemon Snow
FRIDAY	FRIDAY	FRIDAY	FRIDAY
Creamy sausage and rice soup Sausages Macaroni and Cheese Peas Apple Coffee Cake	Loaded Potato Soup Vegetarian Chili Cheesy herbed biscuit Yellow wax beans Raisin Date Squares	Carrot Soup Beef Stroganoff Peas Braised Cabbage Chocolate Mayo Cake	Tomato Soup Battered Haddock Roasted Potatoes Coleslaw Cinnamon Sugar Blondie

Spots Available!

ADULT DAY OUT

\$16

Bruce Station (Tuesday) 3 openings
Echo Bay (Wednesday) 2 openings
Richards Landing (Thursday) wait list



Includes:

coffee, muffin, lunch, fun games, crafts, social interaction with other clients, as well as our trained staff and caring volunteers

Call 705-246-0036 for more information



Ontario Tax Credits and Programs

More information at www.ontario.ca or by asking your income tax preparer.

Seniors

[Ontario Seniors Care at Home Tax Credit](#)

If you are 70 years or older, find out if you are eligible for a tax credit to help with eligible medical expenses, including those that support aging at home.

[Reduced Co-payment for Lower Income Seniors](#)

Depending on your annual income, you may be able to have the ODB \$100 annual deductible waived and have your co-payment reduced to \$2 per prescription.

[ODB: Ontario Drug Benefit Program](#)

Find out if the cost of your prescription drugs are covered by the province.

[Ontario Seniors' Public Transit Tax Credit](#)

If you're 65 years or older, find out if you could get a tax credit to help with public transit costs.

[GAINS: Ontario Guaranteed Annual Income System](#)

If you are 65+ years old and receive the federal Old Age Security pension and the Guaranteed Income Supplement payments, you could get up to \$87 per month to ensure your income stays above a certain amount.

[Ontario Senior Homeowners' Property Tax Grant](#)

If you are 64+ years old and own a home, you could get up to \$500 to help with the cost of property taxes.

[Home and Vehicle Modification Program](#)

You could get money to help with the cost of making your home and vehicle more accessible if you or your child has a disability that restricts mobility.

[Trillium Drug Program](#)

If you have high prescription drug costs and a low household income, you may be able to pay \$2 or less for every prescription.

[Dental care for low-income seniors](#)

Learn how to access free, routine dental care for eligible seniors 65 years or older.

Housing

[Seniors' Home Safety Tax Credit](#)

Find out if you're eligible for a tax credit to help you make your home safer and more accessible.

[Ontario Electricity Support Program](#)

This credit lowers electricity bills for lower-income households by providing a credit directly to your monthly bill. [OESP](#) eligibility is based on household income and household size.

[Affordable Housing and Homelessness Prevention Programs](#)

Low to moderate income households may be eligible for housing assistance. Please contact your local Service Manager to see if you're eligible.

[Home and Vehicle Modification Program](#)

You could get money to help with the cost of making your home and vehicle more accessible if you or your child has a disability that restricts mobility.

[Ontario Energy and Property Tax Credit](#)

This credit helps low- to moderate-income individuals and families with property taxes and the sales tax on energy. The credit is part of the Ontario Trillium Benefit.

[Northern Ontario Energy Credit](#)

This credit helps Northern Ontario residents with the higher energy costs they face living in the north. The credit is part of the Ontario Trillium Benefit.

[Ontario Senior Homeowners' Property Tax Grant](#)

If you are 64+ years old and own a home, you could get up to \$500 to help with the cost of property taxes.

FIND THE HIDDEN OBJECTS

Can you find all 10?



Trefry Centre
Diner's Club

Tuesday February 25th
RC Legion Richards Landing

Doors open 11am

\$16/person

ticket online @ www.trefrycentre.ca
or at Trefry Centre office

**Chicken Parmesan,
roasted potatoes, mixed veggies,
cheesy biscuits, dessert,
coffee & tea**

**GUEST SPEAKER JODY LEMIEUX
NORTH SHORE FAMILY HEALTH TEAM**



STAND UP! PROGRAM FREE 12 WEEK EXERCISE PROGRAM

This Free 12 Week Program

Is designed to improve balance in people aged 65+ who live at home, and are afraid of falling or have fallen.

- Includes:
 - ✓ Group Exercises
 - ✓ Education & Tips to Prevent Falls
 - ✓ Home Exercise Program



**February 10th – May 1st
(12 Weeks)**

**Mondays from
1:00pm – 2:00pm**

**Thursdays from
1:00 – 2:30pm**

Location:

**Township of St. Joseph
Municipal Office,
Council Chambers,
1669 Arthur Street,
Richards Landing, ON**



**TO PRE-REGISTER,
PLEASE CALL:**

Huron Shores
Family Health Team -
Richards Landing Site
(705) 246-2477

*Drop-Ins are Not-
Permitted.



ALGOMATRAD
 BUILDING COMMUNITY THROUGH MUSIC, DANCE,
 ART, AND HERITAGE CRAFT TRADITIONS



50+
Community
Program 2025
 All ages welcome!

Join us for dances,
 music, inspiring
 presentations and
 hands-on workshops!



February Workshops & Events
 stay tuned for upcoming programs in March!



Wool Felting*

w/ Mireille Gagnon-Moes, Feb 11
 1pm-4:30pm @ Desbarats United Church

Beginner Basketweaving*

w/ Heather Pepper, Feb 13
 10am-1:30pm @ Desbarats United Church

Mixed Media Art*

w/ Isabelle Michaud, Feb 23
 10am-1:30pm @ Blind River Curling Club

aussi en français!

Song Sharing Circle

w/ Les Anges, Feb 23
 2-5pm @ Blind River Curling Club

aussi en français!

Irish Tune Sessions

Feb 5 @ Ije's in Desbarats
 6:30pm Slow session
 8:00pm Irish session w/ Raymond Schryer

Dance Basics: Squares, Waltz & More!

Feb 6 @ Old Town Hall,
 Richards Landing, 2-4:00pm
 Feb 13 @ Johnson Twp Community Centre,
 2-4:00pm

Old-Time Dance

w/ Don & Lyn Duo & dance caller Donna Bisson
 Feb 20 @ Desbarats Arena, 2-4:30pm

*Register at algotmatrad.ca

Or contact us! 705-943-9127
tori@algotmatrad.ca

Communicating effectively

Effective communication can be difficult at the best of times, but if the person you care for has reduced mental capabilities, communication can be even more challenging. Good communication skills are important for caregiving, and can help prevent accidents, avoid other health problems, increase quality of life, and maintain a healthy relationship between you and the person you care for.

Types of communication

There are various types of communication that caregivers can use to share or receive information. Three of these types are verbal, non-verbal, and visual communication. If you are having trouble communicating with the person you care for, try using a different type of communication. Learn about each so you have a strategy for every situation.



Communicate verbally

Talk to the person you care for and engage them in conversation. For those who may become easily confused, try using short, simple sentences and speak slowly. Ask simple questions to better understand their requests or feelings. This will help prevent frustration and misunderstandings.

Communicate non-verbally

Body language, gestures, and facial expressions all carry meaning. Those with cognitive impairments may find this kind of communication easier to understand. Practice non-verbal by nodding and shaking your head clearly, smiling, using hand gestures, and pointing to the things you are speaking about.



Communicate visually

Visual communication involves the use of graphics, pictures, and colours to communicate. Writing or drawing instructions can be helpful for those with memory impairments. Similarly, colour-coding can help to identify important objects around the house.

INCOME TAX CLINIC

Trefry Memorial Center

Wednesday March 26, 2025

1:00PM – 3:00PM

CALL **TREFRY MEMORIAL CENTER** FOR REGISTRATION

705-246-0036



PLEASE BRING WITH YOU:

- T4's and/or T5's
- Charity/Medical Receipts
- Rent Receipts
- Monthly Bus Pass Receipts
- Any other documents you would like to claim



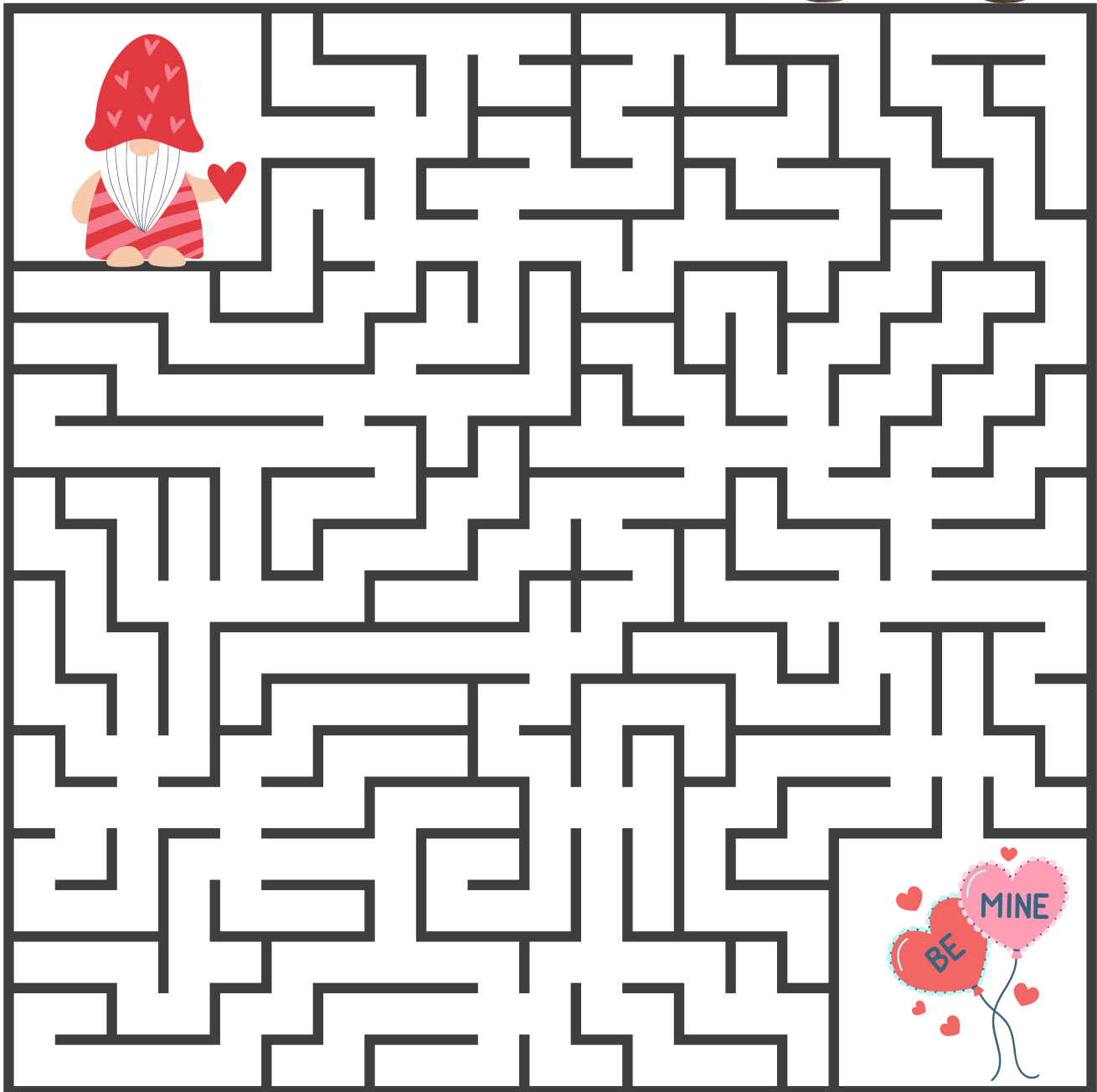
Canada Revenue
Agency

Agence du revenu
du Canada



United Way
Sault Ste. Marie &
Algoma District

A-MAZING LOVE



You gnome how to make me smile!

THE 3 WORDS GAME

Think of 3 words
which start with ST-

1

Think of 3 words
which end in -ER

7

Think of 3 words
which rhyme with
DAY

13

Think of 3 words
which start with TR-

2

Think of 3 words
which end in -FUL

8

Think of 3 words
which rhyme with
CLOWN

14

Think of 3 words
which start with IN-

3

Think of 3 words
which end in -ION

9

Think of 3 words
which rhyme with
SPOON

15

Think of 3 words
which start with RE-

4

Think of 3 words
which end in -ING

10

Think of 3 words
which rhyme with
BUY

16

Think of 3 words
which start with
COM-

5

Think of 3 words
which end in -ED

11

Think of 3 words
which rhyme with
FOOD

17

Think of 3 words
which start with DE-

6

Think of 3 words
which end in -MENT

12

Think of 3 words
which rhyme with
BLUE

18

Molten Double Chocolate Mug Cake

By Jessie Sheehan

Total Time 3 minutes

Yield: 1 mug cake

Ingredients

3 Tbsp. vegetable oil

¼ cup (50 g) granulated sugar

1 large egg yolk

½ tsp. vanilla extract

3 Tbsp. sour cream

½ tsp. baking powder

½ tsp. kosher salt

3 Tbsp. all-purpose flour

2 Tbsp. Dutch-processed cocoa powder

3 Tbsp. semisweet chocolate chips

Vanilla ice cream, for serving

Step 1: Stir together the oil and sugar in a 12- to 14-ounce ceramic, microwave-safe mug, using a fork. Stir in the egg yolk and vanilla, and then the sour cream. Stir in the baking powder and salt, and then the flour and cocoa powder.

Step 2: Stir in the chocolate chips and microwave on high for 1 to 2 minutes, depending on your microwave (in my microwave, 1½ minutes is just about golden). The cake is done when it rises above the edge of the mug (or close to it) and its top looks glossy and set, but not wet.

Step 3: Let cool briefly—it will collapse—sorry, but true. The center will be more molten-like than cake-like, very soft, and very hot—be careful! Enjoy ASAP with vanilla ice cream.

Finally, a word to the mug-cake-making wise: The size of your mug and the strength of your microwave will both impact the success of your cake. Using a 12- to 14- ounce ceramic mug guarantees no overflowing of cake in my microwave, but if yours is all-powerful, consider preparing and microwaving yours in a cereal bowl for assurance. If you are into sharing, this makes two servings. If you are not (that'd be me), consider it one serving.

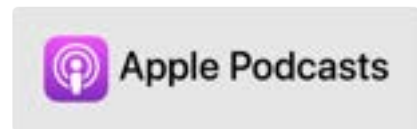


PODCASTS – IT'S RADIO BUT ON THE INTERNET

Podcasts are audio programs that are made available on the internet. They are downloaded to your computer or phone for playing anywhere or

anytime. They are great for learning and staying engaged with all kinds of topics. The Apple Podcasts app is the built-in tool

for managing your search, subscription and playback of the podcasts that you choose.



THE PODCASTS APP

The Podcasts app on your iPhone or iPad provides easy access to podcasts. Although you can explore other podcast apps, the Apple Podcast app is built in and provides search, subscription and playback tools that will serve most people's needs. Quick tour of the tabs at the bottom of the screen and review the functions of the Podcasts app.



1 Player Bar

The Player Bar will display once you start listening to podcasts. It will provide a basic control for the podcast that is currently playing. Tap on the Player Bar to display a complete control of the playback function. See [Listen to Podcasts](#) below.

2 Listen Now

Here you'll see new and unplayed episodes from your subscribed shows, recently added episodes and recently played episodes. Browse the list by swiping up. Tap any show to listen. Your subscriptions will control which episodes are displayed under Listen Now. **3 Library** Your Library will display all of the shows and episodes that you have either subscribed to or have

manually added to your library. You can click **Episodes** to see individual episodes.

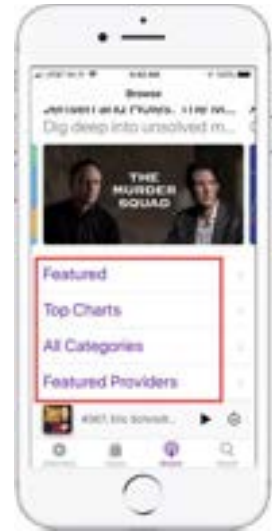
Tap **Downloaded Episodes** to display episodes that have been downloaded to your device.

4 Browse One way to find new podcasts is to Tap browse to see what's new and chart topping. The podcasts are broken into categories including: **Featured** podcasts are podcasts that Apple editors have deemed to be newsworthy. **Top Charts** are popular podcasts. After tapping Top Charts, tap **All Categories** on the upper right in order to get popular podcasts in topic categories.

From the Browse Tab, Tap on any episode to start listening or tap + to add it to your Library so that you can listen to it later.

5 Search

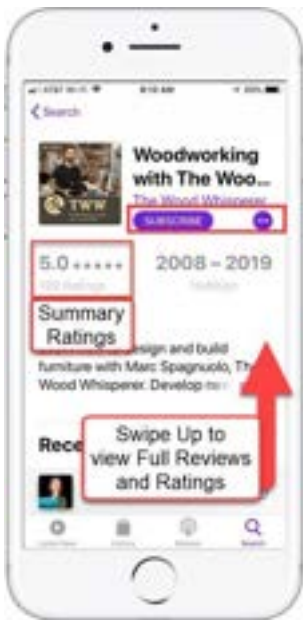
Tap Search to access a search bar where you can either search in **Your Library** or **All Podcasts** if you are searching the vast Apple library for a specific podcast or specific category. For example, if you want to find a podcast on Woodworking, type woodworking into the search bar to display the results.



FINDING PODCASTS We recommend two approaches for finding new podcasts on topics that interest you:

1. Tap **Browse, Top Charts, All Categories** (upper right) and select a specific category to browse.
2. Tap **Search, All Podcasts** and type a topic into the search bar and tap
3. **Search** on your Keyboard.

SUBSCRIBING TO PODCASTS An option when you find a podcast that you like is to subscribe to the podcast. If you tap on the podcast to display the show's info page.



On the info page you will see a **SUBSCRIBE** button. When you subscribe to a podcast, new episodes will be automatically downloaded to your library. This is a great way to stay current with new episodes of your favorite podcasts. When an episode is downloaded onto your device, it will not use cellular data in the playback.

Unsubscribe by tapping **UNSUBSCRIBE**, then tap Unsubscribe from the podcast's info page.

There are a range of settings in the settings app for controlling the data and download process for the Podcasts app. Here are some of these setting

Turn off Automatic Downloads – If you are running short on storage on your device, you can turn off automatic downloads. Go to **Settings > Podcasts > Download Episodes** and choose Off.

Do Not Use Cellular Data – If you want to ensure that you do not use cellular data on your phone, you can turn off Cellular Data. Go to **Settings > Podcasts > Cellular Data** and choose Off.

Go to **Settings > Podcasts > Only Download on Wi-Fi** and turn On (green).

Only Download on WiFi – If you want to only download when you are connected to WiFi.

Trefry Centre Program Info

To register for a program call 705-246-0036
or visit 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



Home Maintenance Program

Reimbursing low income seniors for costs like snow removal, housekeeping, and yard work to help keep them living at home.



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.

