WHAT'S UP DOC

August 2025

Serving Seniors 65+ & Persons with a Disability

Programs:

- Adult Day Out
- Transportation
- Meals on Wheels
- Diner's Club
- Exercise
- Friendly Visiting
- Home Maintenance

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

Trefry Centre 705-246-0036

manager@trefrycentre.ca

Supporting Wellness at Home
Dr. H.S. Trefry Memorial Centre
Est. 1994

Ontario

OCSA
Ontario Community Support Association

Trefry Centre

Diner's Club

Chicken Kebabs
with
Roasted Potatoes
Salad, Dessert,
coffee & tea

Tuesday August 26

RC Legion Richards Landing

Doors open 11am

$16/person

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

THE

WORD SEARCH BATTLE

Cakes and pies

Difficulty: Hard

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

Play this puzzle online at: https://www.wordsearchbattle.io/topic/cakes-and-pies

ALMONDCAKE
APPLECAKE
APPLEPIE
BANANACAKE
BUNDTCAKE
CHEESECAKE
COCONUTPIE
COFFEECAKE
CREAMPIE
EGGNOGCAKE
LIMEPIE
PECANPIE

Feeling depressed as a caregiver

There are many demands placed on caregivers. They often put the needs of the person they care for ahead of their own needs. Many caregivers don't get enough sleep and exercise, some feel lonely and isolated and some face money problems. These factors can put caregivers at a high risk of feeling depressed. About 22% of caregivers have a depressive disorder and 70% have some symptoms of depression. Talk to your health care provider if you are frequently feeling depressed.

Treatment options: Treatments for depression may include talk therapy, caregiver support groups and antidepressant medications. Your care provider may refer you to a therapist. Therapy can help you overcome negative thinking patterns and develop positive coping skills. Antidepressant medications also help many people.

#1 Try to get more sleep

Getting enough sleep is crucial in maintaining your physical and mental health. Look for services like respite in your community so you can take a break, get a good night's sleep while ensuring the person you care for is safe.

#2 Take part in social activities

Having regular time each week to get together with friends and family can boost your mood. Think about joining a caregiver support group in person or online.

#3 Practice self-care

Make time for daily self-care, such as going out with a friend, watching TV, and exercising. Exercising for 30-45 minutes at least 3 times a week can help reduce feelings of depression. Even small amounts of activity are helpful.

#4 Some things take time

Antidepressant medication may help with depression, but it can take time to find the best balance of medication and the appropriate dose.

Need Assistance? The Ontario Caregiver Helpline is here to help

Maybe it is time to hear about how others manage the complexities of their caregiving. Have you ever thought about connecting with others to learn about their experiences?

Register for OCO's online support groups here

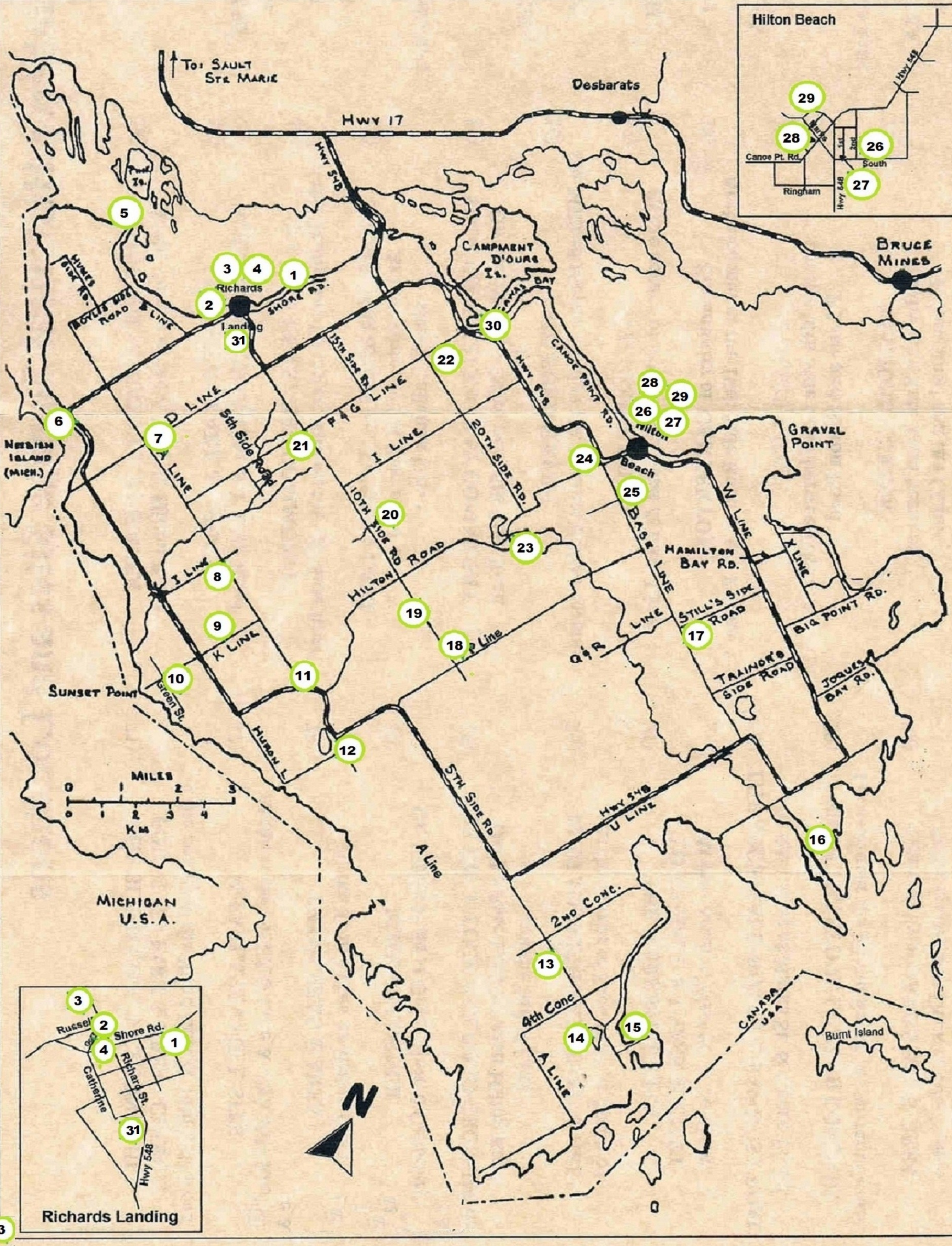
There are two openings for this trail system.

1. 10th Side Rd, Centennial Grounds behind the fire hall.

Parking in the marked areas and the trailhead is off to the right. Look for the signage.

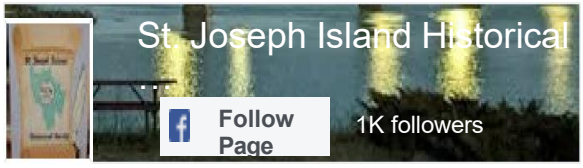
2. Enter the trail from the Women's Institute Park, up the hill at the Twin Rocks housing complex

Respite Care Provider
Kylie Singleton
705-989-6111
*fully insured
*experienced
*flex schedule


To Sault Ste Marie
Desbarats
Hwy 17
Hwy 548
Bruce Mines
Campment D'Ours Is.
Thomas Bay
Richards Landing
Shore Rd.
Boyles Side Road
Line
Hwy 548
Landing
31
22
30
Canoe Point Rd.
Hilton Beach
28
29
26
27
Gravel Point
24
25
Base Line
W Line
X Line
Hamilton Bay Rd.
Still's Side Road
Big Point Rd.
17
Trainor's Side Road
Joques Bay Rd.
16
Neebish Island (Mich.)
6
7
D Line
A Line
5th Side Road
21
F & G Line
I Line
20th Side Rd.
10th Side Rd
20
Hilton Road
23
8
H Line
9
K Line
19
18
Q & R Line
10
11
Sunset Point
Huron Line
12
5th Side Rd
Hwy 548
U Line
A Line
2nd Conc.
13
4th Conc
14
15
A Line
Canada
USA
Burnt Island
Michigan
U.S.A.
Miles
Km
N
Ringham
Cance Pt. Rd.
South
Richards Landing
Shore Rd.
Richard St.
Catherine
Hwy 548

Historical Signage Project

(1) SAWMILLS Sites located along Shore Rd in Richards Landing Area. 46° 17.567N 084* 01.756W	(11) JOCELYN SCHOOL S.S. #I & AREA At the comer of the A line & Hilton Road 46* 11.541N 084* 00.808W	(21) THE BLIND LINE, DICKSON'S MILL, FOUNTAIN PARK & AREA SCHOOLS At the comer of the Blind Line and the 10th Side Road. 46° 15.180N 084° 00.389W
(2) RICHARDS LANDING TOWN CENTRE At corner of Russell St. & Richards St. 46° 17.566N 084* 02.1 ISW	(12) AXWORTHY LAKE & AREA At the comer of the A Line & Otter Lake Road 46*10.739N 084* 00.069 W	(22) McFARLANE'S MILL, SITE At the comer of F & G Line & the 20th Side Rd. 46° 16.772N 083° 58.125W
(3) JOHN RICHARDS HOMESTEAD 1183 Richards St. Richards Landing 46* 17.601N 084* 02.145W	(13) Site of the TENBY BAY COMMUNITY At the Tenby Bay Cemetery site on the 5th Side Road. 46* 07.348N 083* 55.149W	(23) TWIN LAKES & AREA At the Twin Lakes on the Hilton Rd. 46* 13.771N 083° 56.183W
(4) RICHARDS LANDING CORNER On Gore St. between Richards and Catherine St. 46* 17.537N 084° 02.129W	(14) Site of LOCH RAINS or ADCOCK'S LAKE At the corner of the 5th Side Road & Orrell Callahan Drive 46* 06.240N 083° 54.098W	(24) BISHOP'S CORNER On the Hilton Road at the Grace United Cemetery. 46* 15.133N 083 54.218W
(5) PINE ISLAND FERRY SITE & SURROUNDING AREA Off the B Line at the Pine Island Ferry site. 46° 18.733N 084* 04.716W	(15) Site of the STERLING BAY COMMUNITY On Stirling Bay Drive & the 5th Side Road 46˚ 05.873N 083˚ 53.478W	(25) THE NIP & TUCK RAILROAD CROSSING On the Base Line between the Hilton Rd, and the M & N Line. 46* 14.846N 083* 53.934W
(6) SAILOR'S ENCAMPMENT & AREA At the C Line Dock Turnout 46* 15.885N 084* 06.132W	(16) MILFORD HAVEN On Millord haven Rd. at the Custom's Shed turn out. 46* 09.433N 083* 49.833W	(26) JOHN MARKS' HOMESTEAD & AREA At the comer of Second St.& South St 46* 15.278N 083* 53,421 W
(7) OLD FREE METHODIST CHURCH & CHEESE FACTORY At the corner of the A Line & the D Line. 46* 15.373N 084° 04.311 W	(17) STILL'S SIDE ROAD At the comer of Still's Side Rd.& the Base Line. 46° 12.527N 083° S2.418W	(27) THE MARKSVILLE JAIL, TOWN HALL & UPPER MAIN ST. At the corner of First St. & South St. 46° 15.336N 083° 53.462 W
(8) Community of HARMONY & AREA At the corner of the Blane the A Line 46* 13.538N 084* 02.639 W	(18) Community of CARTERTON At the comer of the 10th Side Rd.& the P Line. 46* 11.923N 083* 57.427W	(28) THE ARCHIBALD HOTEL & SAWDUST ROAD At the comer of Marks St.& Canoe Point Rd 46* 15.44IN 083* 53.409 W
(9) Community of KENTVALE On the K Line between the A Line & the Huron Line 46* 12.470N 084* 02.071 W	(19) POVERTY HILL On the 10th Side Rd. between the P Line and the Hilton Rd. 46° 13.075N 083° 58.464W	(29) Site of THE STONE LUMBER CO. Located at the East End of The Hilton Beach Marina 46 15.475N 083* 53.310W
(10) DEW DROP INN & K LINE DOCK AREA At the end of the K Line on the shore 46 11.516N 084° 04.164W	(20) BAMFORD'S CREEK On the 10th Side Rd. between the Milton Rd, & the I Line 46 14.187N 083° 59.476W	(30) Community of GAWAS BAY & AREA At the Gawas Bay Dock & Boat Launch 46° 17.249N 083° 56.687W
(31) ST. JOSEPH ISLAND DISTRICT HIGH SCHOOL At the corner of Arthur St. & Catherine St., Richards Landing 46˚ 28.672N 084˚ 03.373W		



DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

Trefry Centre office will be closed Monday August 4th
Meals on Wheels as usual. All other programs cancelled.

RETRO REVIVAL

Thessalon Community Days
July 31 - Aug 4 th

Heritage Park Country Fair & Silent
Mon Aug 4th

Local music, food, baking, tractor show, children's activities, vendors, historical displays, and demonstrations of blacksmith skills.

11am-3pm

August 15-17th

Laird Fair

Evening concerts, indoor exhibits, horse shows, tractor displays and shows and much more.

Summerfest Classic Car & Bike Show

11:00 am – 3:00 pm at Peace Park, Thessalon, Ontario.

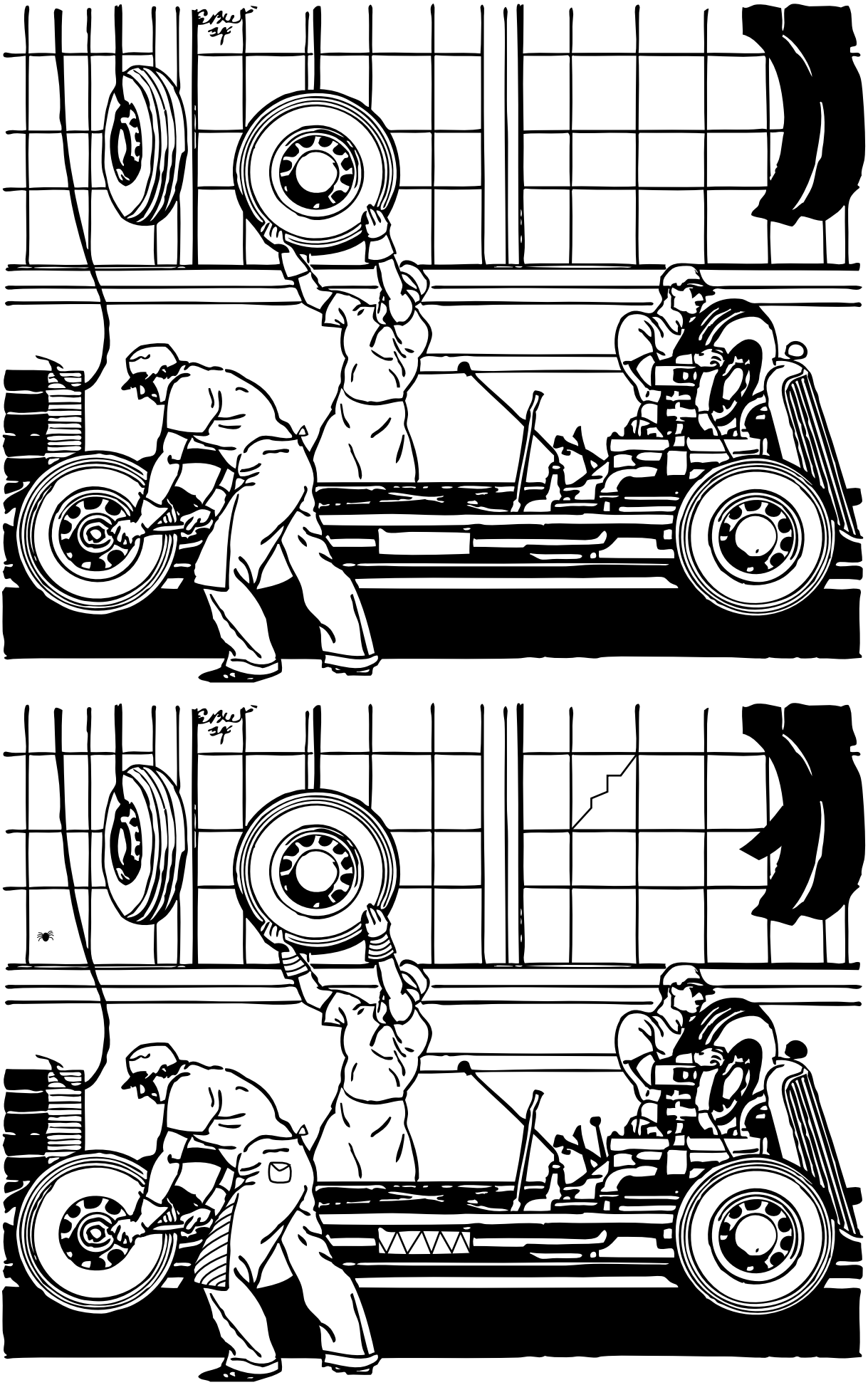
Harvest of Artists

Aug 23rd Centennial Grounds
Richards Landing

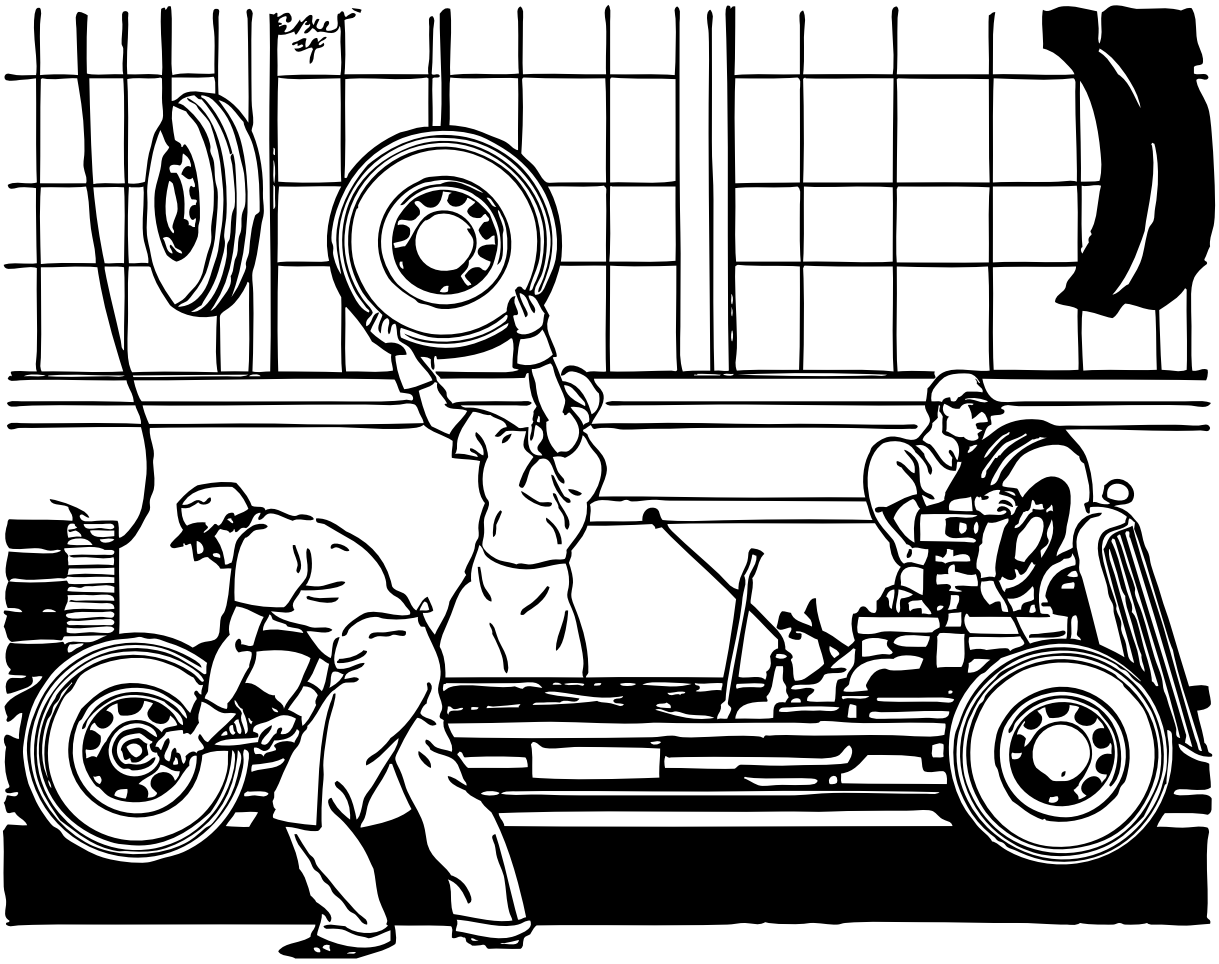
ALGOMA Fibre to Fabric FESTIVAL

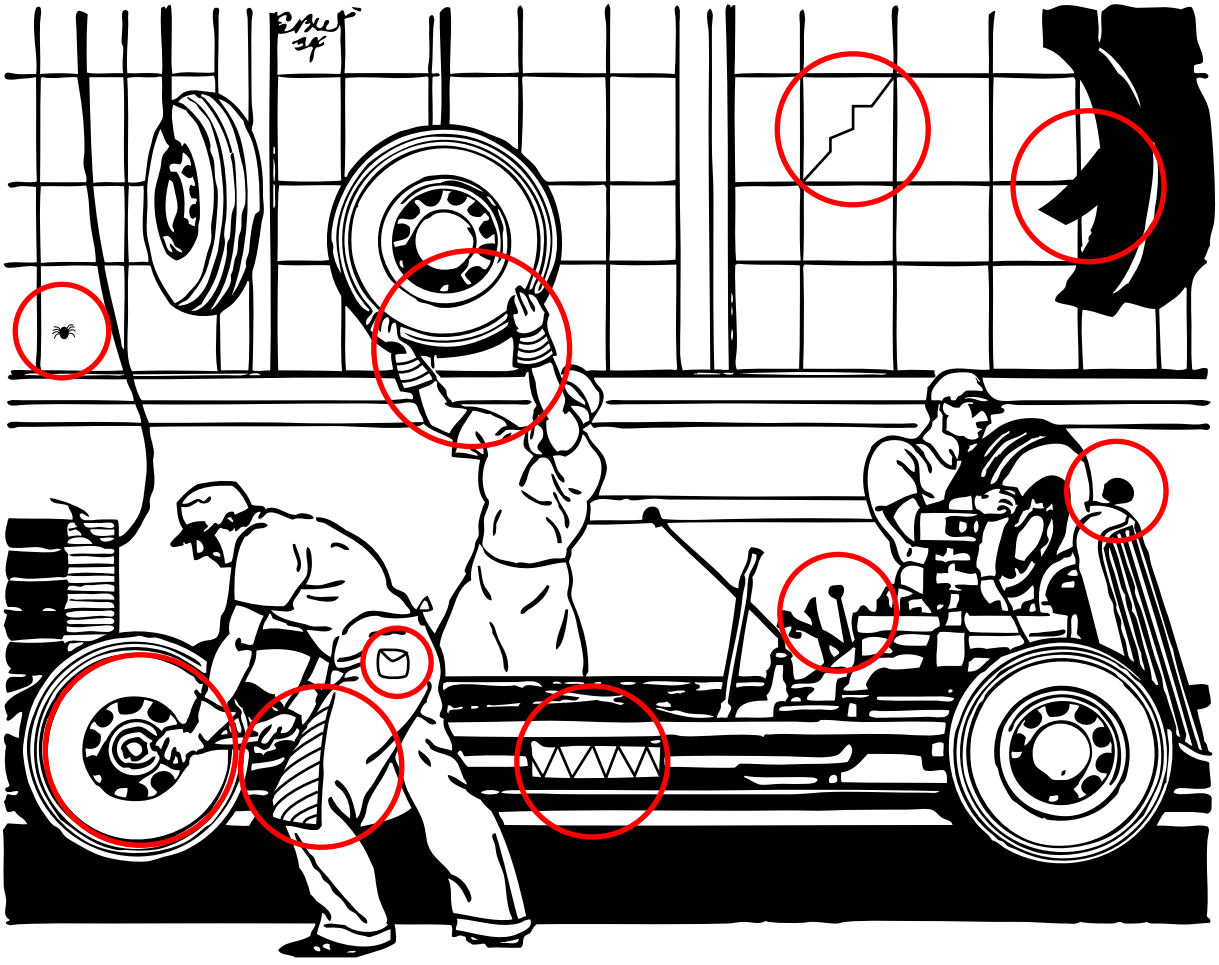
August 9th
Johnson Township Community Centre in Desbarats, Ontario.
Time: 9:00 am to 2:00 pm

Spot The Differences 10 to find!



Spot The Differences 10 to find!





SUPPORTING WELLNESS AT HOME

DR. HS TREFRY

EST. 1994

MEMORIAL CENTRE

Home Maintenance Program

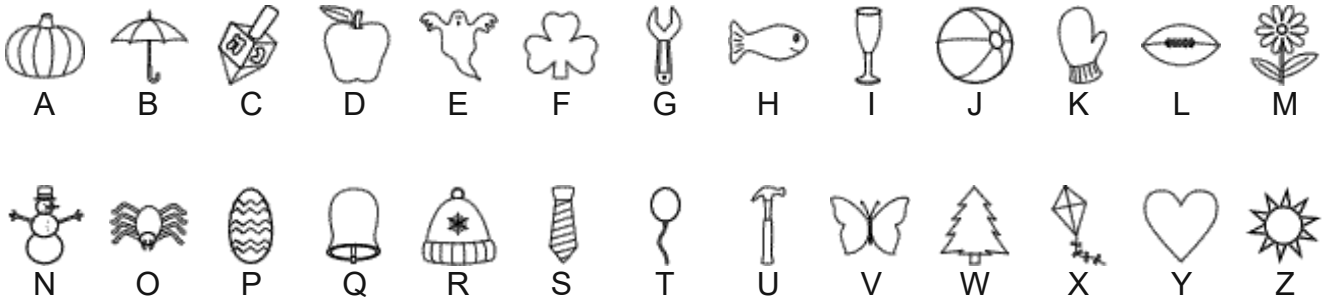
Persons 65+ and persons with a disability can receive a subsidy when hiring help for chores such as yard work, snow removal, and/or house keeping. The subsidy amount is based on the taxable income of the household . Contact us for more information and for available service providers in our area.

705-246-0036

Word Decoder Puzzle

***Instructions**: Match the picture in the Word Puzzle with the same picture in the Alphabet Key. On the Word Puzzle, write the letter that appears below the matching picture in the Alphabet Key to solve the word decoder puzzle.*

Alphabet Key



Word Decoder Puzzle

***Instructions:** Unscramble the letters to find the Summer words from the list below.*

nett - - - -
brid - - - -
obmlo - - - - -
rowg - - - -
mraw - - - -
ndeagr - - - - - -
ohssrt - - - - - -
dprise - - - - - -
estn - - - -

Salmon Tacos

They're stuffed with creamy dill slaw and avocado

Ingredients:

2 Tbsp. olive oil, plus more for the baking sheet
2 tsp. chipotle chile powder
2 tsp. honey
1 garlic clove, grated
Grated zest and juice of 2 limes, plus wedges for serving
1 1/2 tsp. kosher salt
1/2 tsp. black pepper
1 1/2 lb. center-cut salmon (in one piece), skin removed
1/3 cup plain Greek yogurt
1/4 cup fresh dill
4 scallions, roughly chopped
1 (10-ounce) bag of shredded slaw mix
12 fajita-sized flour tortillas, warmed
Sliced avocado and thinly sliced radishes, for topping

Directions:

1. Preheat the oven to 425˚F. Brush a baking sheet with olive oil. Combine the chile powder, honey, garlic, the zest and juice of 1 lime, 1 tablespoon olive oil, 1 teaspoon salt, and 1/4 teaspoon pepper in a small bowl.
2. Place the salmon on the prepared baking sheet and rub both sides with the chile powder mixture.
3. Bake the salmon until the thickest part flakes easily with a fork and the flesh is opaque, 10 to 12 minutes.
4. Meanwhile, combine the yogurt, dill, scallions, and the remaining 1 tablespoon olive oil, 1/2 teaspoon kosher salt, and 1/4 teaspoon pepper in a blender or food processor and process until smooth.
5. Toss the slaw mix with the yogurt dressing in a large bowl.
6. To build the tacos, flake the salmon into large pieces. Add a couple pieces of salmon and some slaw to each tortilla and top with avocado and radishes. Serve with lime wedges.

Algoma Manor & Algoma Villa
Medical Services Department

Community Focused Healthcare

MEDICAL CARE CLINIC

OUR SERVICES:

- episodic care
- prescription refills
- referrals
- forms
- lab and diagnostic orders
- system navigation

SPECIALTY CLINICS

minor skin procedures
joint injections
asthma/COPD screening
pap screening
pessary maintenance
bone density screening

BOOK NOW

CONTACT US:

249-889-8812

135 Dawson St.
Thessalon ON
2nd floor

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.

Transportation ; Trefry Centre volunteers provide rides to and from medical appointments, shopping, banking, Trefry programs and other outings. Reduced rates 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.

Coffee Connections/Tech Support/Internet Cafe

Join us at the centre every Tuesday 9:30am for a social hour, coffee, & muffin. Bring your device and connect to our guest internet. Ask questions and get tech support help from our volunteer.