

WHAT'S UP DOC

September 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

Ontario



OCSA
Ontario Community
Support Association

Butternut Squash Casserole

It's full of savory goodness.

BY GEORGIA GOODE Updated: Nov 4, 2024

RECIPE BY SLOANE LAYTON

YIELDS:	PREP TIME:	TOTAL TIME:
8 - 10 serving(s)	25 mins	1 hr 20 mins



Ingredients

- ☐ 2 1/2 lb. peeled and chopped butternut squash
- ☐ 3 medium parsnips, peeled and chopped
- ☐ 3 Tbsp. olive oil
- ☐ 1 Tbsp. chopped fresh sage leaves, plus leaves for garnish
- ☐ 2 1/2 tsp. kosher salt, divided
- ☐ 1 1/2 tsp. black pepper, divided
- ☐ 1 1/2 tsp. chopped fresh thyme, plus leaves for garnish
- ☐ 6 slices bacon
- ☐ 2 onions, thinly sliced
- ☐ 1 medium bunch kale, stemmed and chopped
- ☐ 2 Tbsp. salted butter
- ☐ 1 Tbsp. apple cider vinegar
- ☐ 1 cup shredded gruyère (or swiss) cheese
- ☐ 1/4 cup smoked (or plain roasted) almonds, chopped



Directions

- 1 | Preheat the oven to 400°F. In a 13-by-9-inch baking dish, toss together the butternut squash, parsnips, olive oil, sage, 2 teaspoons salt, 1 teaspoon pepper, and thyme. Bake until the squash and parsnips are tender, 1 hour to 1 hour 20 minutes, stirring every 20 minutes.
- 2 | Meanwhile, cook the bacon in a large skillet over medium heat, turning occasionally, until crisp, 10 to 12 minutes. Transfer the bacon to a paper towel-lined plate. Let stand until cool enough to handle, then crumble into large pieces.
- 3 | Add the onion to the bacon drippings and cook over medium, stirring, until softened and golden, 25 to 35 minutes. Add the kale, butter, vinegar, remaining ½ teaspoon salt, and remaining 1/2 teaspoon pepper. Cover the skillet and cook until the kale is wilted, 1 to 2 minutes, stirring once. Remove from heat.
- 4 | Add the kale mixture and bacon to the butternut squash mixture in the baking dish. Gently mix together and spread into an even layer. Sprinkle with the cheese.
- 5 | Bake until the cheese is melted, about 5 minutes. Sprinkle with almonds and garnish with sage and thyme leaves.

Healthy Aging & Wellness Fair

September 16, 2025

RC Legion (Richards Landing)

11 am - 3 pm

Free Admission



Please join us at our Healthy Aging & Wellness Fair!

Learn about health services, social groups, and local clubs.

Caregivers, please bring a friend, shut-in, or older relative out for a fun afternoon.

If you are new to the community, this is a perfect way to learn about the available services and talk face-to-face with providers.

All ages are welcome.



CHECK OUT



Local Services



Caregiver Resources



Safety Tips



Local Activities



Light Lunch Provided



Resources & Support

PROUDLY HOSTED BY:



North Shore
Health Network



Réseau Santé
Rive Nord



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|-------------|---------------|--------------|-----------|
| Petting Zoo | Pretzel | Balloons | Popcorn |
| Fairy Floss | Bumper Cars | Ticket Booth | Ring Toss |
| Carnival | Ferris Wheel | Hotdogs | Fun |
| People | Clowns | Colour | Fireworks |
| Parade | Music | Banners | Prizes |
| Show Games | Bounce Castle | Dart Toss | Coasters |
| Family | | | |

ASKING FOR HELP

It takes courage

As a caregiver, there will be moments when you feel overwhelmed and need support from friends or family. Many caregivers are afraid to ask for help because it might burden others or make them seem weak or incapable. This is not true. Asking for help takes courage and strength. Many people want to help.

What if they say no?

Some people will be unwilling or unable to help. If this is the case, that's okay. Ask for help from someone else.

Make a list

Create a list of all the things you need help with. Then, when asked, you can provide others with specific tasks and instructions

Assign tasks

We all enjoy feeling useful. Some people enjoy cooking, some enjoy working with finances, while others enjoy manual labour. Ask people to help with tasks that they would enjoy doing. You are more likely to get help when you ask for small things.

Create a circle of care

Having a circle of care means that you won't have to ask the same people for help too often. Share the responsibilities as much as possible so that no one feels burdened. Ask for more help from friends, family members, or professional services to expand your support system.

[The Ontario Caregiver Helpline is here to help](#)



Personal story

When I first became a caregiver for my daughter, the responsibilities seemed manageable. As her condition worsened, I needed to take more responsibility to keep her safe and healthy. Even after I switched from full-time to part-time work, the demands of caregiving continued to build until I felt burned out.

One day, my best friend asked if she could do anything to help me. It felt like such a relief to be offered help. I was not one to ask for help, but I was feeling tired and burnt out. I told her I appreciated her offer. We agreed that it would be helpful if she cooked some weekly meals, because that is what she enjoyed doing.

Since my friend's offer, I have realized that people enjoy helping and feeling like they are making a difference. I am now more comfortable accepting and even asking for help. Recently I asked the boy next door if he could walk the dog on Mondays. Now, he is really enjoying taking the dog for a walk and playing with him. It truly feels wonderful to have these supports in place.



Add email attachments in Mail on iPhone


You can attach photos, videos, and documents to an email message. You can also scan a paper document and send it as a PDF attachment, to your message.

Attach a photo, video, or document to an email


You can attach and send documents, videos, and photos in your email messages for recipients to easily download and save.


Go to the Mail app  on your iPhone.

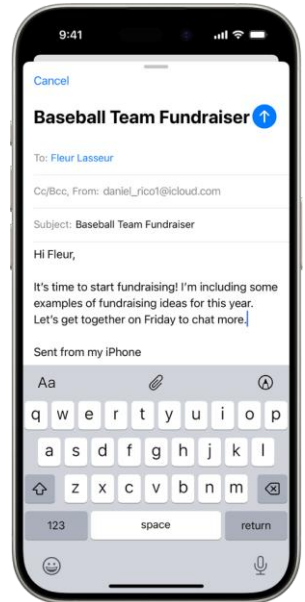
Tap in the message where you want to insert the attachment, tap  above the keyboard, then tap  .
Do one of the following:

Attach a document: Tap  , then locate the document in [Files](#).

In Files, tap Recent, Shared, or Browse at the bottom of the screen, then tap a file, location, or folder to open it.

Attach a saved photo or video: Tap  , then choose a photo or video. Tap Done to return to the message.



Take a new photo or video and attach it to the message: Tap  , then take a new photo or video. Tap Use Photo or Use Video to insert it into your message, or tap Retake if you want to reshoot it.



Scan and attach a document to an email

You can scan a paper document and send it as a PDF.

Go to the Mail app  on your iPhone.


Tap in the message where you want to insert the scanned document, tap  above the keyboard, then tap  .


Tap Scan Document, then position iPhone so that the document page appears on the screen—iPhone automatically captures the page.

To capture the page manually, tap  or press a volume button. To turn the flash on or off, tap  .

1. To make changes to the scan, tap it, then do any of the following:

Crop the image: Tap  .

Rotate the image: Tap  .

Delete the scan: Tap  .

Apply a filter: Tap  .

2. Tap Retake or Done, scan any additional pages, then tap Save.



Royal Canadian Legion Br. 374

80TH *Birthday* PARTY

Celebrating 80 years of serving veterans and the community!

September 13, 2025

1:00 pm - 5:00 pm

Royal Canadian Legion Br. 374
Richards Landing

Join us for pulled pork on a bun, coleslaw, fries, a drink and a piece of cake (while it lasts).



DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

Trefry Centre office will be closed Monday September 1st
Meals on Wheels as usual. All other programs cancelled.

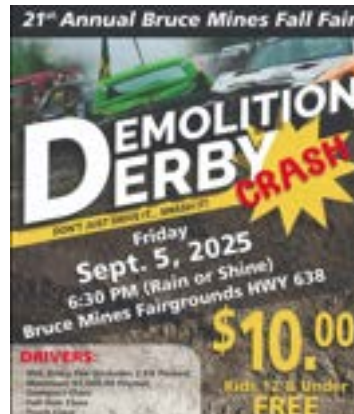


50+ Cards (cribbage, scrabble, euchre) starting
Mon Sept 8th @ 1pm, Bruce Mines Hall \$2 entry

Backwards Cribbage Tournament

Sunday September 21st
Trefry Centre 1pm
\$10 /person
potluck luncheon
finger food only

OPP Golden Helmets
Thessalon Main St
Sept 12th 1-2pm



September 27, 2025

Join us at the Annual Johnson Township ATV Poker Run on
Saturday, September 27th, 2025 to explore the beautiful
area we call home! Phone Number: 705-782-6601



Saturday, September 20, 2025 from 9 a.m. to 5
p.m. This is a self-guided art tour with locations
to visit from Echo Bay to Bruce Mines.



Vegetarian Pumpkin Chili



Author: Sally **Prep Time:** 10 minutes **Cook Time:** 35 minutes

Total Time: 45 minutes **Yield:** serves 10-12 (1 heaping cup serving)

Combining easy canned ingredients with a few fresh components, this vegetarian pumpkin chili is an easy and convenient one pan meal that will warm you up during colder months. Feel free to make substitutions based on what you enjoy.

Ingredients

2 Tablespoons (30ml) **olive oil**
1 cup chopped **yellow onion** (1/2 of a large onion)
1 **green bell pepper**, diced
1 **red bell pepper**, diced
1 small **jalapeño**, minced (remove seeds and ribs)*
3 **garlic cloves**, minced
1 teaspoon **salt**
1/2 teaspoon **fresh ground black pepper**
1/2 teaspoon **ground cinnamon**
2 and 1/2 teaspoons **ground cumin**
2 teaspoons **chili powder**
1 teaspoon **onion powder**
2 cups (480ml) **vegetable broth**
3 (14 ounce) cans **petite diced tomatoes**, do not drain
1 (15 ounce) can **pinto beans**, drained and rinsed*
1 (15 ounce) can **kidney beans**, drained and rinsed*
1 (15 ounce) can **pumpkin puree***
1 large **sweet potato**, peeled and diced (*about 1 heaping cup*)*
optional: 1/2 (15 ounce) can **black beans**, drained and rinsed*

Optional For Serving:

chopped **cilantro**
chopped **red onion**
sliced **avocado**

Instructions

- 1 Heat the olive oil over medium heat in a 5 quart (or larger) pot or **dutch oven**. Add the onion, bell peppers, and jalapeño. Stir and cook for 5 minutes as the onion softens. Add garlic, salt, black pepper, cumin, chili powder, and onion powder. Stir and cook for 1 minute. Add the remaining ingredients including black beans, if using.
- 2 Place the lid on top, reduce heat to medium-low, and cook for 30 minutes, stirring occasionally.
- 3 Serve with any optional toppings. I strongly suggest cilantro for a little fresh kick. Yum!

Find it online: <https://sallysbakingaddiction.com/vegetarian-pumpkin-chili/>

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.

