# WHAT'S UP DOC

*January and February 2026*

SUPPORTING WELLNESS AT HOME
DR. H S TREFRY
EST. 1994
MEMORIAL CENTRE

**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

# Diner's Club

**Tuesday February 24th**
RC Legion Richards Landing

Doors open at 11am
Tickets must be purchased
in advance
www.trefrycentre.ca
$16/person

*****Invite someone who has never attended before and you both get entered into our Plus 1 draw for February.***

## Menu:

Salisbury steak with mushroom gravy,
mashed potatoes, green beans & biscuit
Chocolate strawberry cake, coffee, tea

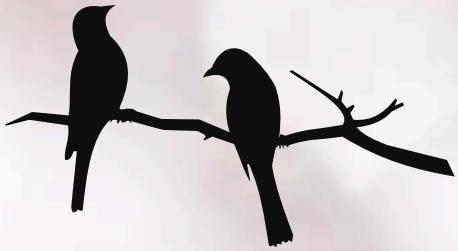

**Photo presentation by local bird enthusiast Ron Dorscht.**

# Contest Alert!

SUPPORTING WELLNESS AT HOME
DR. H S TREFRY
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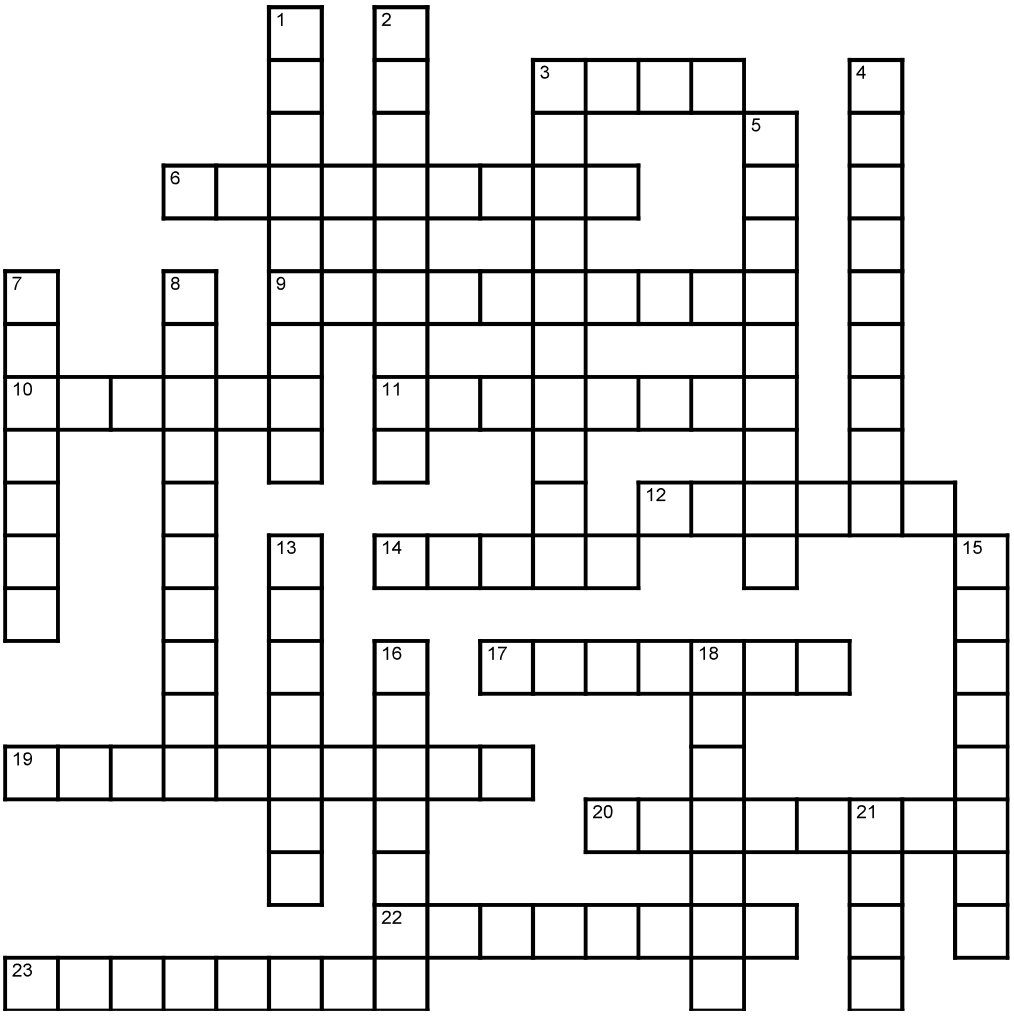
# FEBRUARY IS PLUS 1 MONTH

**HOW TO ENTER:** Bring 1 new person, who has never attended before, to a Trefry Centre event, and earn 1 entry into our contest.

**Eligible events include:** Exercise, Coffee Connections, Diner's Club (tickets must be purchased in advance), Hens & Stitches & Ukulele.

**Ballots will be collected all month.**
**Random draw held at Diner's Club luncheon**
**Tuesday, February 24th 2026.**

Name: _____ Date: _____



ACROSS

3. Wintry precipitation common in January

6. January's birth flower

9. Restlessness from staying indoors

10. Season in full swing during January

11. Zodiac sign for late January birthdays

12. January's birthstone

14. Icy coating on January mornings

17. Frosty figure built after fresh snowfall

19. Wintertime activity on frozen ponds

20. Comforting chocolate drink for cold days

22. Christian feast day on January 6th

23. Cozy coverings for chilly nights

DOWN

1. Zodiac sign for early January birthdays

2. Arctic mammal taking January swims

3. Unique ice crystals falling from winter skies

4. Cozy spot for gathering on cold evenings

5. Popular destination for winter sports enthusiasts

7. January 1st celebration

8. Winter plunge for warm relaxation

13. First month of the new year

15. Severe January snowstorm

16. Frozen water droplets hanging from roofs

18. Hand warmers for snowy days

21. Typical January weather condition

| | |
|---|---|
| Aquarius | Hot Springs |
| Blankets | Ice Skating |
| Blizzard | Icicles |
| Cabin Fever | January |
| Capricorn | Mittens |
| Carnation | New Year |
| Cold | Polar Bear |
| Epiphany | Ski Resort |
| Fireplace | Snow |
| Frost | Snowflakes |
| Garnet | Snowman |
| Hot Cocoa | Winter |

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WE ARE IN NEED OF

# VOLUNTEER DRIVERS

Urgent need in Bruce Mines area

Can you spare time to drive someone in your area to appointments or scheduled outings?

**Contact Cheryl MacKay**
**Trefry Centre 705-246-0036**
**transportation@trefrycentre.ca**

*Monthly reimbursement @ .72 /km

*Meet and help people within your community

*Join our team of amazing volunteers

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EST. 1994
MEMORIAL CENTRE

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EST. 1994

MEMORIAL CENTRE

$16

*Spots Available!*

# ADULT DAY OUT

**Bruce Station (Tuesdays)**
**Echo Bay (Wednesdays)**
**Richards Landing (Thursdays)**

## 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**

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

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

**We deliver a hot meal, soup and dessert.**

You can choose to have meals delivered to your home 3 times a week or less.

**$13.80/day**

**(as low as $9.60 with sliding scale based on household income)**

Call 705-246-0036 or visit trefrycentre.ca for more details

1601 C Line Richards Landing ON P0R 1J0

Ontario

OCSA
Ontario Community Support Association

# Dark Chocolate Cherry Protein Bars

- 1/4 cup chickpea flour
- 1/4 cup flaxseed meal
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 3/4 cup unsweetened applesauce
- 1/4 cup maple syrup
- 1/2 cup chunky peanut butter
- 2 large eggs
- 2 tablespoons coconut oil
- 1 teaspoon pure vanilla extract
- 1 and 1/2 cups gluten-free rolled oats
- 3/4 cups dried cherries
- 3.5 ounces of dark chocolate (70 percent or higher, chopped and divided (I used 85 percent Lindt dark chocolate which can be really bitter on its own but works perfect here))

1. Preheat oven to 350 degrees F.
2. In a small bowl, whisk together the chickpea flour, flax, baking soda and cinnamon. In a large bowl, beat the peanut butter, maple syrup, applesauce, eggs, coconut oil and vanilla.
3. Stir the flour mixture into the peanut butter mixture. Stir in the oats, cherries and half of the chopped dark chocolate.
4. Spread the mixture in an 8×8 baking pan coated with cooking spray. Bake for 23-25 minutes until a fork comes out clean. Allow the bars to cool completely in the pan before cutting.
5. In a small microwave-safe bowl, melt the rest of the chocolate for approximately 1 minute in the microwave. Using a fork, drizzle the chocolate over the bars.
6. Refrigerate until the chocolate is set or dig in if you don’t mind melted chocolate on your hands. And, really, who minds that?

NORTH SHORE COMMUNITY SUPPORT SERVICES

# YOU SPOKE, WE LISTENED

# MONTHLY Shopping Trips

Allie Hoek - Community Housing Outreach Worker

## Tuesday Feb 3rd 2026

$20 Per Person

Call, Text or Message to book your spot: 705-297-9198

**Pickup locations at: Blind River, MFN, Iron Bridge, Thessalon, Bruce Mines, etc.**

**Stopping this month at:**
**Great Northern Road Square - Value Village, Metro, Dollarama, Princess Auto, etc**
**Wellington Square Mall - Food Basics, Giant Tiger, Dollar Tree, etc.**
**Tuesday is Senior Day at many locations!**

# NEW REQUIREMENTS FOR DRIVERS 75 PLUS

Canada is implementing **Canada driving license rule changes senior** starting in 2026. These changes aim to improve road safety by ensuring that seniors maintain the physical, cognitive, and visual abilities necessary for driving. The rules are not designed to arbitrarily remove licenses but to support seniors in continuing to drive safely.

## Key Updates Canada Driving License Rule Changes Senior

Under the **Canada 2025 senior drivers law changes**, drivers aged 75–79 will need to renew their licenses every two years, while those 80 and older must renew annually. The updates include:

**Health & Vision Checks:** New, stricter vision tests are required, covering visual acuity, peripheral vision, and contrast sensitivity. Cognitive abilities are also assessed.
**Required Tests:** Seniors must complete updated health questionnaires, potentially undergo cognitive assessments, and have their vision checked during renewal.
**Doctor's Report:** A health report from a physician is essential, with further assessments if results indicate potential driving risks.

These changes fall under **Canada senior driver license changes**, emphasizing proactive health measures rather than punitive license removal.

# Care, Designed Around You

*Private Nursing, Personal Companionship & Restorative Care*

## Services Offered

- Private, one-on-one nursing & caregiving
- Personal companionship & social engagement
- Travel, appointments, and event support
- Discreet, flexible, restorative care tailored to your needs

Call or text

**705-971-6136**

Sally Benoit, RPN

Private Nurse

St. Joseph Island

sbenoit25privatenurse@gmail.com

# VALENTINE'S DAY WORD SCRAMBLE

LOAHCCETO _____

LWRSEFO _____

OELV _____

YNACD _____

URFYREAB _____

TVIAELENN _____

TSHAER _____

DCIPU _____

DRFEIN _____

ELDUCD _____

SISK _____

SREOS _____

EWESRTSEHA _____

GHU _____

WROAR _____

WLEYJRE _____

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## Our Goal

- To provide advanced care planning that is individualized and fluid.
- To improve patient and caregiver experiences by addressing their goals, needs and concerns.
- To provide treatment and support to patients from a holistic lens.
- To strengthen community involvement in providing person-centered care.
- To foster transitions, pathways and accessibility.
- Provide bereavement support to family and friends.

We offer specialized care to individuals of all ages that are diagnosed with a life limiting illness.

## Our Services

Our team works in collaboration with patients, their families, friends and community organizations to meet the individual needs of a patient diagnosed with a life limiting illness. Our goal is to provide advanced care planning that is individualized and fluid. We provide pain and symptoms management as well. Our team is comprised of interdisciplinary healthcare professionals that are available to help support you and your family throughout this process.

### Early Introduction

Palliative Care is often only initiated when a person is considered to be end of life and as a result some individuals never get to receive palliative care.
Our program aims to reach people at the early stages of their illness to ensure all wishes are met.

### Referral Process

Forms available on our website
-external referral
-self-referral

Scan this code to bring you directly to our palliative care website and referral forms.

Scan Me!

Our strength is caring. Our focus is you.

# CONTACT US

Huron Shores Family Health Team
Website: huronshoresfamilyhealthteam.com

**Blind River Site:**
527 Causley Street, P.O. Box 1450
Blind River, Ontario
P0R 1B0

Phone: 705-356-1666
Fax: 705-356-2403

**Thessalon Site:**
333 River Street, P.O. Box 538
Thessalon, Ontario
P0R 1L0

Phone: 705-842-2905
Fax: 705-842-0038

**Bruce Mines Site:**
9242 Highway 17 East, P.O. Box 398
Bruce Mines, Ontario
P0R 1C0

Phone: 705-785-3495
Fax: 705-785-3672

**Richards Landing Site:**
1186 Richards Street, P.O. Box 236
Richards Landing, Ontario
P0R 1J0

Phone: 705-246-2477
Fax: 705-246-0487

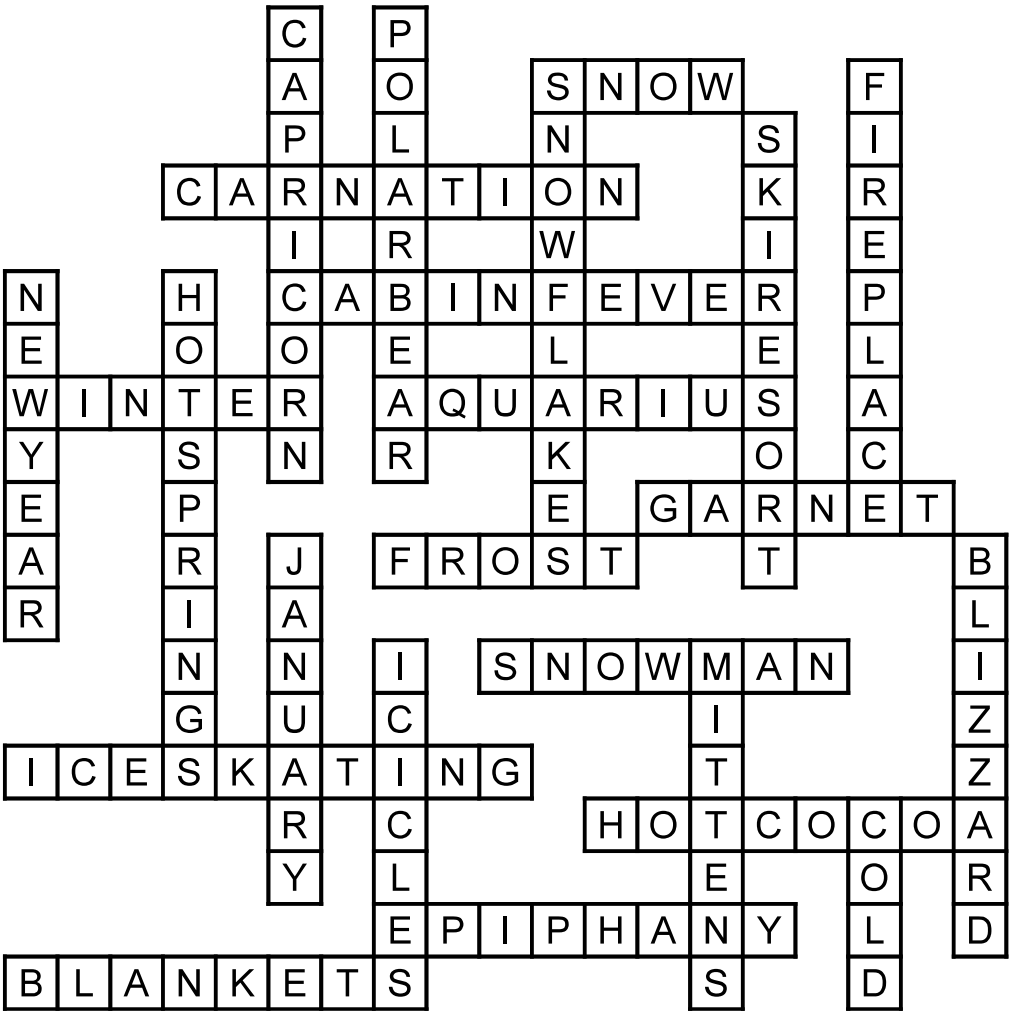
# PALLIATIVE CARE PROGRAM

HURON SHORES FAMILY HEALTH TEAM

# JANUARY

## Crossword

## SOLUTION




*Find more crossword puzzles for kids:*

https://www.puzzles-to-print.com/crossword-puzzles-for-kids/index.shtml

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# DISCOVER OUR PROGRAMS & SERVICES

huron shores
FAMILY HEALTH TEAM
ÉQUIPE DE SANTÉ FAMILIALE

## COPD PROGRAM

**Supports individuals with chronic obstructive pulmonary disease by helping manage their symptoms and enhancing their overall quality of life.**

**OFFERS:**
- Spirometry testing
- Education
- Counselling
- Access to exercise programs

## HEALTHY AGING PROGRAM

**Focuses on optimizing the overall quality of life for adults through prevention and management of age-related health issues.**

**OFFERS:**
- Health screening with referrals and resources
- Fall prevention programs
- Public education opportunities

## MENTAL HEALTH PROGRAMS

**Diverse therapeutic group programs designed to strengthen psychological resilience and support mental health recovery.**

**OFFERS:**
- Cognitive Behaviour Therapy (CBT)
- Grief Group
- Trauma Group
- Baby Support Group

## PALLIATIVE CARE PROGRAM

**Aims to optimize the overall quality of life for individuals and their families living with a life limiting illness.**

**OFFERS:**
- Advanced care planning
- Pain and symptom management
- Holistic patient centered care
- Bereavement support

## PHYSIOTHERAPY

**Provides support to individuals with chronic disease through self-management, and disease prevention to enhance overall function.**

**OFFERS:**
- One-on-one assessment, support, and ongoing management
- Education on a healthy active lifestyle tailored to you
- Osteoporosis management

## SMOKING CESSATION

**Empowers patients through education and support on the importance of quitting smoking, using the Ottawa Model for Smoking Cessation.**

**OFFERS:**
- One-on-one support
- FREE nicotine replacement therapy

## WELL BABY PROGRAM

**Provides routine assessments of children's growth and development and helps to support parents and caregivers.**

**OFFERS:**
- Newborn physical exam
- Regular checkups and physical exams
- Developmental monitoring
- Parent/caregiver support and education
- Administration of publicly funded immunizations/vaccinations

## WOMEN'S HEALTH CLINIC

**Aims to improve women's health and well-being through preventative care, acute management, and educational services.**

**OFFERS:**
- Pregnancy and postnatal care
- Cervical cancer screening
- Medical abortions, contraceptives
- Diagnosis and treatment of STIs
- Menopause symptom management

www.**huronshoresfamilyhealthteam**.com

FIND YOUR FLOW

# MONDAYS & THURSDAYS

**MONDAYS - TREFRY CENTRE**

MAT YOGA 9:30 AM *** 1 hour**

CHAIR YOGA 11:00 AM *** 30 minutes**

**THURSDAY - HILTON BEACH WATERFRONT CENTRE**

same times as above

**ALL CLASSES BEGIN THE WEEK OF JANUARY 5**

FEES: chair yoga $5/class OR $50 for 12 weeks

mat yoga $15 (advance) $20 drop-in

email: yogaonthemovewithkerry@gmail.com

FB: Yoga on the Move with Kerry

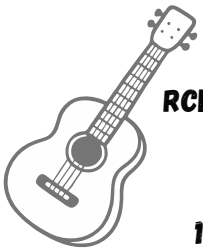
# DOCTOR HS TREFRY MEMORIAL CENTRE

# Notice

## Trefry Centre office closed for Family Day Mon. Feb. 16th
## Meals on Wheels as usual.

**ALGOMATRAD PRESENTS:**

ROBBIE BURNS CELEBRATION,
FRIDAY, JANUARY 30,
7:30PM,
ALGOMATRAD CENTRE



**JAM DAY**

RCL BR 374 IN RICHARDS LANDING
STARTING FEB 1ST
3-7 PM
1ST SUNDAY OF EVERY MONTH

JANUARY 31
ROYAL CANADIAN
LEGION BRANCH 374
FOR TICKETS TEXT TO
705-246-1441

SENIOR'S COFFEE CLUB
THURSDAYS 9AM
$2 DONATION
ECHO BAY
COMMUNITY HALL

THE ROYAL CANADIAN LEGION BRANCH 374, RICHARDS LANDING OFFERS INDOOR WALKING WEDNESDAYS AND FRIDAYS – 9:00 AM TO NOON. EVERYONE IS WELCOME.

65+ SENIORS SOCIAL
3RD TUESDAY EVERY MONTH
1-3 PM
THESSALON MARINA
HARBOUR VIEW BUILDING
TEA, COFFEE, GAMES,

50+ GAME CLUB – HELD EVERY MONDAY (EXCEPT STATUTORY HOLIDAYS) FROM 1:00-3:00 P.M. AT THE BRUCE MINES COMMUNITY HALL

# Trefry Centre Program Info

**Meals on Wheels:** Freshly prepared meals delivered hot to your door, every Monday, Wednesday and Friday. Available for everyone 65+ (not just for low income or house bound seniors)

**Transportation:** Volunteer drivers provide rides for medical appointments,Trefry Centre programs, shopping or banking.

**Adult Day Out:** Providing respite for caregivers. A safe, fun environment for loved ones to spend time with our caring staff & amazing volunteers.
Tuesdays-Bruce Station, Wednesdays- Echo Bay, Thursdays-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:**
Mon & Thurs- Anne @ Bruce Station Hall
Wed @ Trefry Centre- Margo Fri @ Laird Hall- Margo
All classes are from 10-11am . Free of charge.

**Coffee Connections:** Join us for coffee, muffin and social @ Trefry Centre Tuesdays 9:30-10:30am.
**Diner's Club:** Luncheon on last Tuesday, every other month at the RC Legion Richards Landing $16

**705-246-0036 manager@trefrycentre.ca www.trefrycentre.ca**