

WHAT'S UP DOC

August 2026



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



**Serving Seniors 65+
& Persons with a
Disability**

Programs:

**Adult Day Out
Transportation
Meals on Wheels
Diner's Club**

Exercise

Friendly Visiting

Home Maintenance



Trefry Centre
Diner's Club

August 25, 2026

RC Legion Richards Landing

Doors open 11am

\$16/person

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

MENU

Greek Salad
Chicken Kebab
Roasted Potatoes
Tzatziki
Apple Crisp

Presentation by the Canadian Hearing Society

Shaped Word Search

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          P L N P O           L O A E N
        O A P A R A A G G S A A A A
      A N A P P B A B T N P S R E E A
      N G A E A M E R E T N D P S E R
      F E P P E T O N A N N S M E A E
      E P A F E N A L M N D I L M A R
      A N A N A B M A N H A P O N E N
    A G A T O A L E A A P F E A G R A M A A E E
  N B P H N L N G E E           D L A I A N P N N
  R D P D N E P E N           H A A B P E F N A
  B A A P E M A N F           F P P D T A B I H
  E E E A T P L S F           D A A H F L E A N
  D P F E S P E E A           C P E E P D A R H
  L E A P D T D P D D           L P B N N B N M F
    A P C L N L E A A I D A A D B I G E E A L G
      P R G A A G E R R S T R E I R A
      C P A R A P D N E N O M L F A A
      F A E H A A E L A L D N A H T O
      N F E C P P P D A O R A A A E S
      G C A E P P E A C H R A E H A I
        N D F A P C S C G E N R G E
          A H A P E           D A T E S
  
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PEACH
PEAR

APPLE
MELON

GRAPES
FIG

BANANA
DATE

DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

Trefry Centre office will be closed Monday August 3.
Meals on Wheels delivered as usual.

August 1st
Hilton Beach
Community Night



August 8, 9 am-2 pm
Johnson Twp Community
Centre



August 12

ALGOMA TRAD
STAFF CONCERT
FEATURING WORLD CLASS MUSICIANS FROM ACROSS CANADA

August 14-16



August 15-16,
Point Charles Rd

KETEGAUNSEEBEE
GARDEN RIVER FIRST NATION

POWWOW

DANCE CONTEST SPECIALS
MMIWG2S+

MEETING & BARBERED INDIGENOUS
WOMEN, GIRLS AND TWO-SPRIT +
TRADITIONAL POWWOW DANCERS
POINT CHARLES ROAD



Happy

Summer

Holiday

August 15,
11 am - 3 pm Thessalon

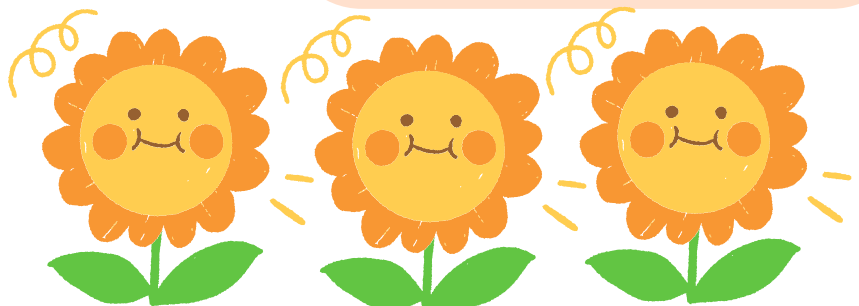


HARVEST
OF ARTISTS

FINE ART AND CRAFT SHOW AND SALE



August 22
Centennial Grounds
Richards Landing



Live at Old Town Hall
ONION HONEY
Richards Landing
August 11, 7.30 pm

Introduction to Botanical Printing
St Joseph Island Museum
August 22
Registration required :
705-253-7778



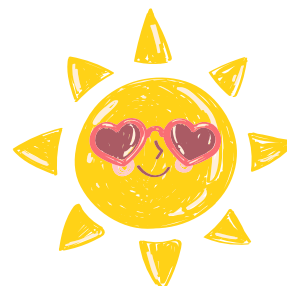
July 30- Aug 3



THE VILLAGE OF HILTON BEACH
WELCOMES YOU!



POSTPONED TO SUNDAY AUGUST 9TH
11:00am - 4:00pm



Word Search

BRAZILIAN ANIMALS WORD SEARCH



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

Anteater

Anaconda

Ocelot

Sloth

Macaw

Capybara

Marmoset

Maned Wolf

Iguana

Tapir

Piranha

Caiman

Toucan

Dolphin

Eagle

Otter

Jaguar

Hummingbird

Giant Otter

Eel

Rural Challenges for Caregivers

Many rural areas have older populations than urban communities. Despite their demographics, rural communities may not have adequate caregiver supports and resources available. This may further increase the burden on caregivers who live in rural areas.

Unique Challenges and Benefits

Caregivers in rural areas face unique challenges. Long distances to services and a lack of specialized health care services are common challenges. However, there are also benefits for caregivers in rural areas. For instance, rural communities tend to have stronger circles of support, that can sometimes provide caregivers with a supportive network.

Seek out support

Support for caregivers in rural areas may look different than caregiver supports in urban areas. Consider asking family, friends, local church groups, colleagues, or other local community organizations for support.



Embrace online information

The internet offers caregivers plenty of helpful information, access to online support networks, and other beneficial services. When you're browsing the internet, be sure to use sites that offer reliable and accurate health information. Internet connection may not always be reliable, so using the public library to connect with their Internet and resources can also be a valuable option.

Adopt technologies

Technology can be useful for rural caregivers. For example, wearable devices, such as fall detectors, video cameras or door alarms can help caregivers monitor the person they care for to ensure safety.

Need Assistance?

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

By Phone Available 24/7 1-833-416-2273 (CARE)

Online Chat Available Mon—Fri 7am – 9pm EST [Chat Now](#)

The OCO shared information and caregiver stories in the webinar entitled, “Understanding Caregiver Challenges in Rural Communities”

[Watch the OCO webinar today!](#)

Summer of Sweets Word Scramble

Unscramble the letters to solve the puzzle!

1. ANNBAALPTS _____
2. SPCCKUEA _____
3. KECHECEAES _____
4. SDNOBEIL _____
5. CCOLTOAEH _____
6. EPCHA PRISC _____
7. LYCLAHTIN EACK _____
8. OEATGL _____
9. STMARIUI _____
10. EIC RMCAE _____
11. SLEPIPSCO _____
12. KCORAESHT _____
13. NSBEWIRO _____
14. SIAICHOTP _____
15. LYREREBUB CRLUEBM _____

Healthy Aging & Wellness Fair

September 15, 2026
RC Legion Richards Landing
10:30 a.m. - 2:30 p.m.

Free Admission



Please join us at our Healthy Aging &
All ages Wellness Fair!
welcome

CHECK OUT

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.



Local Services



Caregiver Resources



Safety Tips



Local Activities



Light Lunch Provided



Resources & Support

PROUDLY HOSTED BY:



North Shore
Health Network



Réseau Santé
Rive Nord



Solution

Unscramble the letters to solve the puzzle!

1. ANNBAAILPTS BANANA SPLIT
2. SPCCKUEA CUPCAKES
3. KECHECEAES CHEESECAKE
4. SDNOBEIL BLONDIES
5. CCOLTOAEH CHOCOLATE
6. EPCHA PRISC PEACH CRISP
7. LYCLAHTIN EACK CHANTILLY CAKE
8. OEATGL GELATO
9. STMARIUI TIRAMISU
10. EIC RMCAE ICE CREAM
11. SLEPIPSCO POPSICLES
12. KCORAESHT SHORTCAKE
13. NSBEWIRO BROWNIES
14. SIAICHOTP PISTACHIO
15. LYREREBUB CRLUEBM BLUEBERRY CRUMBLE

Learning the law

As a caregiver, you may become responsible for making decisions on behalf of the person you care for if there is a sudden decline in their health. To avoid conflict and confusion, prepare for the future by setting up Power of Attorney with a lawyer.

A necessary step

The need for legally binding care decisions is more necessary now than ever before. People are living longer lives, with increased chances of mental and physical decline. Establishing Power of Attorney is an important step in preparing for the future. Despite the legal language, understanding Power of Attorney can be simple. The "call to action" section of this letter explains a few common terms and options for establishing Power of Attorney.



Learn the terminology:

Grantor - the person you care for.

Attorney - the caregiver who is permitted to make decisions on behalf of the person they care for.

Power of Attorney for Personal Care - a specific type of Power of Attorney that allows the caregiver to make decisions regarding the person they care for such as hygiene, nutrition, and clothing.

Power of Attorney for Property - when the caregiver is permitted to manage the financial decisions of the person they care for. It can be general or with limit.

Consider the details

Every province has its own laws regarding Power of Attorney. If the person you care for owns property in another place, seek legal advice in this area as well as your home province.

Know the limitations



Power of Attorney does not give caregivers control over the last will and testament of the person they care for and cannot be transferred to another person without the permission of the grantor.

It might be helpful to learn more information regarding privacy and consent in Ontario.

[Click here to download the OCO document Understanding Health Privacy and Consent in Ontario: A Guide for Caregivers and Care Providers to learn more.](#)

Need Assistance?

The Ontario Caregiver Helpline is here to help

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, Richards Landing 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 @ Bar River Hall- Margo**

All classes are from 10-11am . Free of charge.

****NEW LOCATION****



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



Friendly Calls: A trained volunteer phones each week to chat with seniors who are living alone and are socially isolated.

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