WHAT'S UP DOC

November 2026



Serving Seniors 65+ & Persons with a Disability

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

manager@trefrycentre.ca
Trefry Centre 705-246-0036

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

The Township of St. Joseph

150TH ANNIVERSARY CELEBRATION 1876-2026

ON THIS DAY 150 YEARS AGO, THE TOWNSHIP OF ST JOSEPH WAS OFFICALLY FORMED.

Please join us for a historic slideshow,
see Museum artifacts,
historic paintings,
an address from the Mayor,
& Live music from Buck .22
Coffee, Tea & Cake will be served
Historic gussying up welcome.

NOVEMBER 15 1-3PM

OLD TOWN HALL 1211
RICHARDS STREET
RICHARDS LANDING

www.stjosephtownship.com

Trefry Centre

Diner's Club

Live Music by Ross Phillips Band

Thurday December 10

RC Legion Richards Landing

Doors open 11am

$21/person

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

Full turkey dinner,
All the fixings,
Gen's famous sticky pudding,
Coffee & tea

DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

Trefry Centre office will be closed Wednesday November 11.
Meals on Wheels delivered as usual.



Royal Canadian Legion Ladies Auxiliary

Christmas Tea and Craft Sale

November 22

11 am-2 pm Lunch

10 am - 2 pm craft sale

Royal Canadian Legion Branch

374, Richards Landing





Coming Dec 7th

Stained Glass Workshop

at

Dr H.S Trefry Memorial Centre

1-4 pm

$20 (save $40)

Call to sign up

705-246-0036



Digital Device Basics

Bring your questions and your device!
Learn the basics of computers, phones and tablets in a casual group setting.
No need to register, just drop in!
Hope to see you there!

St. Joseph Island Library
November 26th and December 3rd from 3pm-5pm.





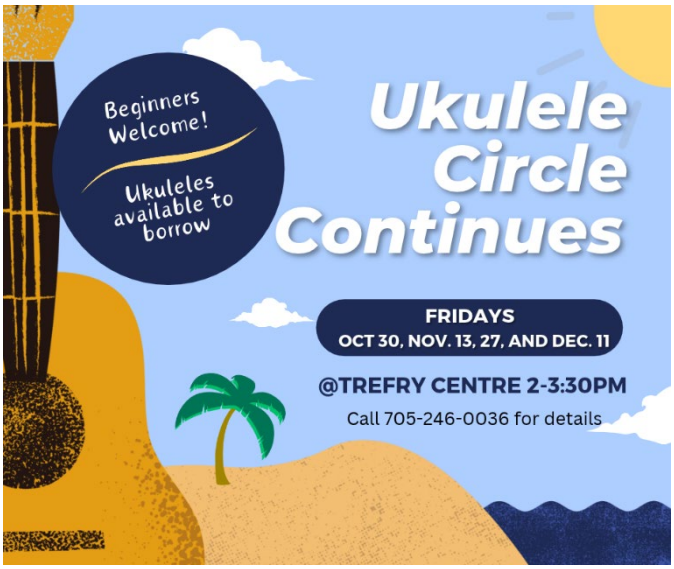

Vendor Tables
Still Available
Holly Jolly
Christmas Craft
Sale
Saturday Nov 14th
10:00 am- 3:00 pm
HILTON BEACH
COMMUNITY HALL
TO BOOK A TABLE
CALL (705) 246-2242
OR EMAIL info@hiltonbeach.com


the Holy Walk
Nov. 20th & 21st
JOIN US AT ALL TRIBES CHRISTIAN CAMP FRIDAY & SATURDAY
Doors open at 5:30pm and close at 9pm
For families with small children or anyone needing a more accessible walk:
ADDITIONAL TIME ON SATURDAY BY APPOINTMENT FROM 3:30-5:30PM
Contact Ashton Kent for more info: 705-782-6483
@holywalk.journeyoflove
www.holywalk.ca
All Tribes Christian Camp, 1065 Hilton Rd, Richards Landing, ON
Media Sponsor:
SOO TODAY


HARMONY U.C.W.
Christmas Luncheon
Bake Sale and Bazaar
November 7, 2026 11:30 ---1:30 p.m.
At
Royal Canadian Legion
Richards Landing, Ontario
All Welcome, No admission at door
Soup, Sandwiches, Desserts available
Grab Bags, White Elephant Table
For more info, call 705-206-3547


Please Join Us Saturday December 19th
A CUP OF CHRISTMAS TEA
Old Town Hall Richards Landing
Doors Open @ 11:30am
$15 per person
All ticket proceeds to the PSW program
Reservations by December 6th
by calling 705-246-2634
Please leave message with: name, phone number, size of party of guests so reservation may be confirmed.
*Cheques for PSW program made to "St. Joseph Township" with PSW Program noted
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Tues Nov 10th Coffee Connections
@ Trefry Centre 9:30-10:30am
Coffee
Tea
COOKIES
Social
Fun
Donations in support of Social with a Purpose
Alzheimer
SOCIETY


Beginners Welcome!
Ukuleles available to borrow
Ukulele Circle Continues
FRIDAYS
OCT 30, NOV. 13, 27, AND DEC. 11
@TREFRY CENTRE 2-3:30PM
Call 705-246-0036 for details

What happens when something unexpected comes your way?

Caregiving and Navigating Crisis

It can be confusing and overwhelming to provide care during a medical emergency. During a rush of sudden changes, missed details or unclear communication can make caregivers feel lost and unsure. While crises are often unpredictable, caregivers can handle pressing situations with more confidence and clarity if they know how to remain grounded, ask questions, and speak up when necessary.



Pause and focus on safety and clarity

When in a crisis, information can often arrive in segments. Pausing to ask specific questions related to test results, changes in care, or the next steps can help caregivers feel in control in the moment. Clear communication between medical professionals and families not only improves understanding but also provides relief from uncertainty.

Stay present and observe changes

Caregivers often notice behavioral changes, confusion, or distress, which can be important to communicate to a care team. Being present can mean paying attention, speaking up when something doesn't feel right, and accepting that you won't have all the answers.

Advocate without self-blame

Delays or mistakes beyond a caregiver's control can add to a crisis. Advocacy is about perseverance rather than blame. Requesting reviews, explanations, or more attention can help resolve issues in a healthy manner while lessening the emotional strain of feeling entirely accountable.

Need Assistance?

The Ontario Caregiver Helpline is here to help

SUPPORT FOR YOU

Do you need to build an emergency or contingency plan? The OCO has developed toolkits for caregivers to support their peace of mind.

Find our Toolkits here

Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Care Partner SUPPORT GROUP

St. Joseph Island

First Wednesday of Each Month
1:30 - 3:00PM
Royal Canadian Legion
1534 10th Sideroad, Richards Landing

The Alzheimer Society's daytime support group offers a safe, supportive space where care partners of persons living with dementia do not have to navigate their journeys alone. Meetings consist of sharing experiences, exchanging practical tips, offering and receiving encouragement, as well as learning effective caregiving strategies in an open, inclusive environment. Meetings may also involve discussion of tools to help manage stress, grief and the emotional impact of caregiving.

Our program offers a support group for care partners, alongside a welcoming recreation therapy program for persons living with dementia.

Upcoming Meeting Dates:

Wednesday, September 2, 2026
Wednesday, October 7, 2026
Wednesday, November 4, 2026
Wednesday, December 2, 2026

For More Information Call (705) 942-2195

Tuscan Chicken

Time: *40 minutes* *Yields 2 servings*

Ingredients:



- 2 boneless, skinless chicken breasts
- 2 tsp of salt
- 1/2 tsp of black pepper
- 2 tsp of dried oregano
- 1 tsp of dried thyme
- 1 tsp of dried basil
- 1/2 tsp of paprika
- 1 Tbsp of olive oil
- 1 Tbsp of butter
- 3 garlic cloves (minced)
- 1/2 cup of sundried tomatoes (chopped)
- 1 cup of cherry tomatoes (halved)
- 1 cup of baby spinach
- 1/2 cup of chicken broth
- 1/2 cup of heavy cream
- 1/4 cup of grated Parmesan cheese (optional)
- 1/2 tsp of red pepper flakes (optional)
- Fresh parsley or basil for garnishing

Instructions for making Tuscan chicken:

1. Pat the chicken breasts dry and season both sides with the salt, pepper, oregano, thyme, basil and paprika.
2. Heat the olive oil in a large skillet over medium-high heat. Add the chicken breasts and sear them for 4 to 5 minutes per side, until they're golden brown.
3. Remove the chicken breasts from the pan and set them aside.
4. In the same pan, make the sauce by melting the butter over medium heat. Add the garlic, sundried tomatoes and cherry tomatoes. Sauté the mixture for 2 to 3 minutes.
5. Pour in the chicken broth and stir, scraping up any browned bits from the pan. Add the heavy cream and stir until smooth. Add the spinach and let it wilt.
6. Stir in the Parmesan cheese and red pepper flakes (optional).
7. Return the chicken breasts to the pan and spoon the sauce over them.
8. Cover the pan and let the chicken breasts simmer for 10 to 12 minutes or until they're cooked through to an internal temperature of 74°C/165°F.
9. Place the chicken breasts on a plate and garnish them with fresh basil or parsley. Serve with pasta or rice.

Spot the Differences 10 to find!





Word Search

BOOK TITLES



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

Metamorphosis
Dracula
Disgrace
Ulysses
Pollyanna
Heidi
Ivanhoe
Rebecca
Cinderella
Persuasion
Middlemarch
Pygmalion
Steppenwolf
Frankenstein
Atonement
Emma
Lolita
Carrie
Matilda
Faust

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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.

Spots Available now!

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