

SUPPORTING WELLNESS AT HOME



DR. HSTREFFRY

EST. 1994

MEMORIAL CENTRE



Supported by:



Mission Statement:
To provide services to seniors and persons with disabilities, which will assist them to remain in their own homes and allow them to maintain their dignity.



History of the Trefry Centre



Dr H.S Trefry served the Island of St. Joseph from 1936 to 1960



Council of the Township of St. Joseph was approached by the Ministry of Health to be part of a pilot project to help residents of the area age in place. There were 3 pilot projects in the Province and the Trefry Centre is the only one remaining.



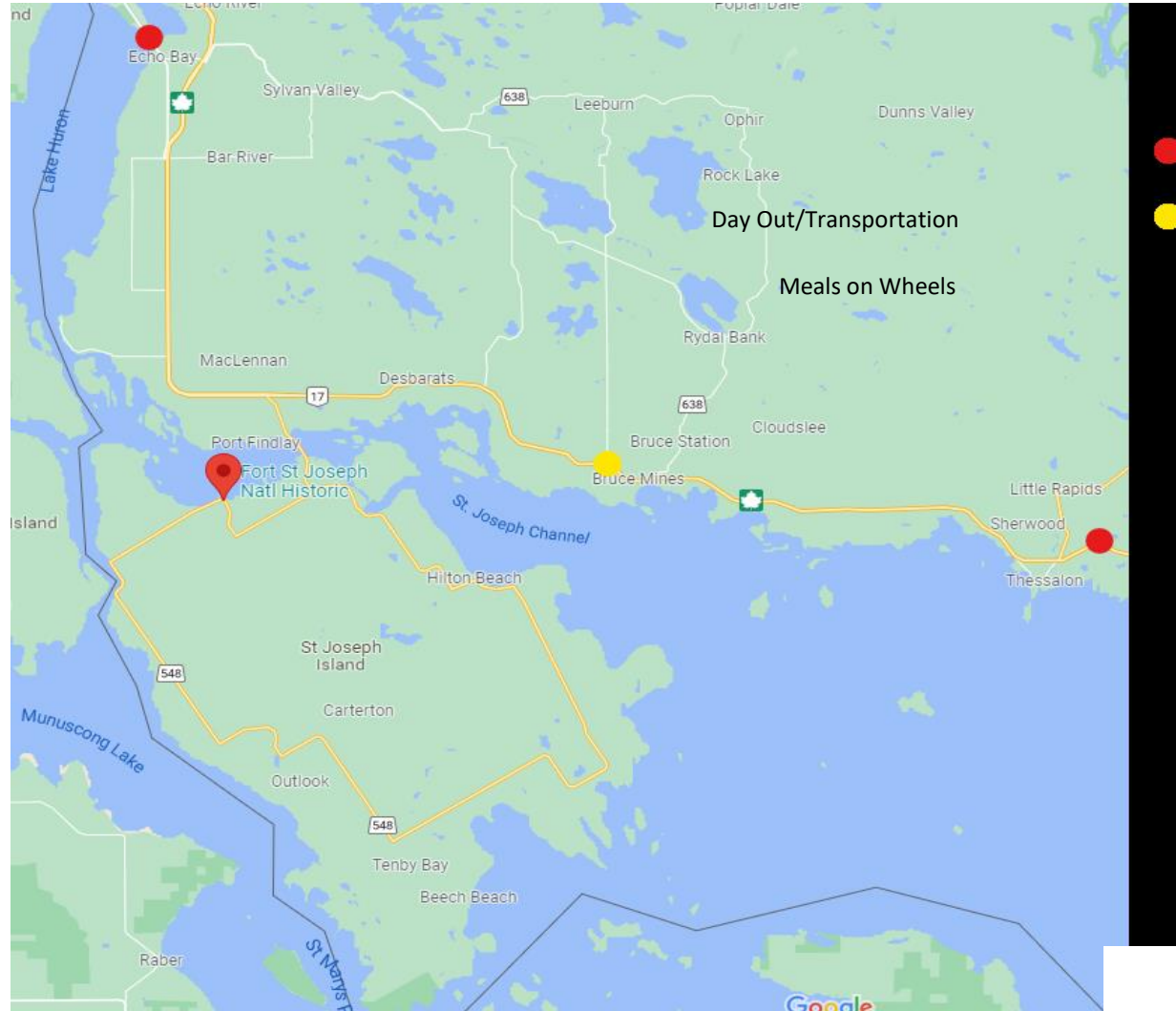
For the past 30 years the Dr. Harold Trefry Memorial Centre has served residents from Echo Bay to Thessalon with transportation services to medical appointments, meals on wheels, day out programs for social and respite services, and exercise classes.

Trefry Centre Catchment Area

Providing Services to:

- Macdonald, Meredith & Aberdeen Additional
- Township of Laird
- Township of Tarbutt
- Township of St. Joseph
- Township of Hilton
- Village of Hilton Beach
- Township of Jocelyn
- Township of Johnson
- Town of Bruce Mines
- Township of Plummer Additional
- Town of Thessalon
- Part of the Municipality of Huron Shores

Our catchment area for all programs is between Echo Bay and Centre Line Road on HWY 17. Transportation, Day Out, and Exercise are in the expanded area to Station Road just passed Thessalon & out to Little Rapids.



Seniors and Persons with Disabilities Advisory Committee



14 Board Members



Representing the Legion Branch 374, Seniors Club 290, Lions Club, St. Joseph Township, Jocelyn Township, Hilton Township, St. Joseph Township, Village of Hilton Beach, North Shore (2).



Meet 2nd Tuesday of every month at the Trefry Centre to discuss ongoing programs and catchment area updates.

Staff and Volunteers

- 1 full-time program manager
- 2 full-time program coordinators – volunteers, administration of meals on wheels, day out, monthly newsletter, booking transportation trips including Algoma Manor accessible van,
- 2 part-time cooks and 1 back up cook – prepare meals 3 times per week for Meals on Wheels, prep food for Day Out, bake for Coffee Connections
- 2 day out leaders (part-time) – run three Day Out programs each week. Bruce Station, Echo Bay and Trefry Centre. They provide activities through the day, lunch and snacks. The program runs 9:30am to 3:00pm.
- 1 Exercise Instructor & 1 Volunteer Exercise instructor – There are 2 classes at Bruce Station Hall Monday and Thursdays. One Class at the Trefry Center on Wednesday's and one at Laird Hall Tuesday Mornings.
- **Volunteers supporting all programs** (average age is 71), Meals on Wheels drivers & kitchen help, Transportation drivers, Day Out, Diner's Club callers, set up, kitchen help, servers, dishwashers, friendly visiting

Current Programs





Transportation Program

Serving Echo Bay through Thessalon

- Volunteer drivers take clients to medical appointments, to Trefry Centre programs, shopping, or other outings.
- We've provided a total of 283 trips from all municipalities so far this year.
- A typical return trip to SSM from Jocelyn would cost \$88.80 plus \$5 per additional stop.
- Accessible van available through partnership with Algoma Manor.
- Sliding scale is available based on household income.

Meals on Wheels

- Meals prepared fresh every Monday, Wednesday and Friday.
 - Cost: \$13.80 for soup, entrée & dessert, delivered hot to the door at noon.
 - Currently delivering 96 meals per week
 - Accommodating dietary restrictions such as diabetic desserts available
 - Sliding scale based on household income.
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Adult Day Out Program

- Recreation and socialization in a safe and stimulating environment
- Providing day of respite for caregivers

3 Locations:

- Bruce Station Hall (Tuesdays)
- Echo Bay Elks (Wednesdays)
- Trefry Centre (Thursdays)
- Snacks and lunch included
- Cost \$16 per day, sliding scale available based on household income





Congregate Dining

- Diner's Club is held every other month at the RC Legion #374 in Richards Landing
- Cost is \$16 for a full lunch with either soup or salad, entrée, dessert and beverage.
- Entertainment at each event is either live music or a guest speaker.
- Providing an opportunity for individuals who might live alone, or in a remote location, to attend and benefit from the social atmosphere and pleasure of dining together as a group.
- Tickets must be purchased in advance. See our Facebook page, website, or newsletter for dates and times.

Exercise Classes

- 3 locations:
 - Richards Landing (Wednesdays)
 - Bruce Station (Mondays & Thursdays)
 - Laird (Fridays)
 - All classes are 10-11am
- Wednesday classes are available via Zoom, for those who want to do remotely in the comfort of their home.
- Classes are free for participants and promote healthy active living.
- Exercises are modified for those with limited mobility.



Coffee Connections

- Join us for a social hour, with coffee and muffins, every Tuesday.
- Internet Café is open for clients who need tech support with phones, iPads etc. Our volunteer is here to help with anything techy.
- \$2.00 donation suggested



Hens & Stitches

- Bring your knitting, crochet, or needle point project to work on in a group social setting with other creative clients.
- Fridays from 10 a.m. – 12pm at Trefry Centre
- No costs to clients

Bridge Players

- Tuesdays at the Trefry Centre from 1 to 4 pm
 - Clients who play, or want to learn to play bridge, join in on the fun each Tuesday.
 - Not limited to bridge, other games can be played during this time if we have enough interest.
 - No cost to clients
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Friendly Visiting Program

- Clients who would like a weekly visit can apply for this service.
- Our volunteers are carefully screened and trained to become friendly visitors.
- Volunteers are available to do a one-hour weekly visit with clients accepted into the program.
- People who live alone, often benefit from chatting with someone and having them check in weekly.
- No cost to clients

Home Maintenance Program

- We maintain a list of service providers for hire in all areas of our catchment area for: snow removal, yard work and housekeeping.
- Clients might qualify for some reimbursement of the costs incurred for these services based on household income.
- Reimbursements are paid quarterly, when all receipts have been submitted and approved.



Outreach PSW Pilot Project

- One time funding provided through ADSAB. Needs more funds to continue long term. At this time, there is no sustainable funding.
- Project began April 2021. This project serves residents who are palliative, need extra help with ADLs so they can age in place or die at home. At this time, they have had visited 140 households.
- Clients live in Echo Bay through to and including St. Joseph Island. Expanding is an issue as more funding is needed to run program.
- No cost to clients
- PSWs are instrumental in referring clients to other Trefry services: meals on wheels, transportation and day out. They work 7 days a week with approximately 140 visits per week.
- There are 2 full time & 2 part time PSW's, 1 part time RN for case management and clinical appts, 1 Care Coordinator (Retired Physician)



Partnerships

- RN – Care Coordinator's with Ontario North - Referrals
- United Way – Community Volunteer Income Tax Program (yearly)
- NSHN CSS Transportation Program
- Algoma Manor – Accessible Van
- Sault College BSCN Nursing Student Placements
- Red Cross – My Way Home Initiative.

