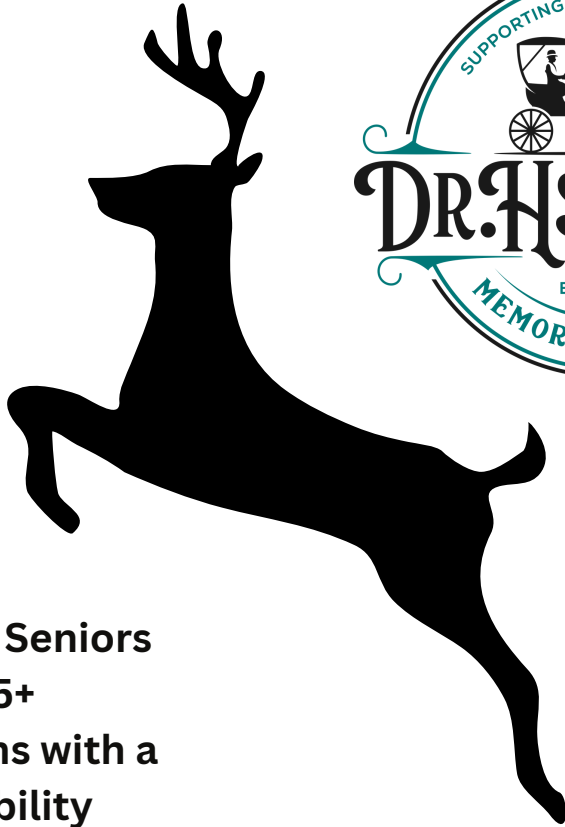


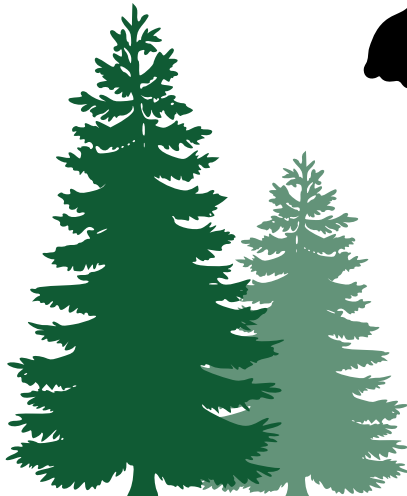
# WHAT'S UP DOC

November 2024



**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

**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](mailto:manager@trefrycentre.ca)

**Trefry Centre 705-246-0036**

# ALZHEIMER SOCIETY CAREGIVER SUPPORT GROUP

## ST. JOSEPH ISLAND

THE FIRST WEDNESDAY OF EACH MONTH 1:30 – 3:00 P.M.  
ROYAL CANADIAN LEGION BRANCH 374  
1534 10<sup>TH</sup> SIDEROAD, RICHARDS LANDING

These meetings will offer caregivers the opportunity to learn more about memory loss and dementia, useful hands-on strategies and helpful tips. It will also provide you with an opportunity to share with others who are travelling a similar journey.



### Upcoming Meeting Dates:

- Wednesday, October 2, 2024
- Wednesday, November 6, 2024
- Wednesday, December 4, 2024
- Wednesday, January 8, 2025
- Wednesday, February 4, 2025
- Wednesday, March 6, 2025

Individuals living with dementia are welcome to attend the simultaneous Recreation Therapy Session. Please register in advance by calling: 705-942-2195.

**DOCTOR HS TREFRY MEMORIAL  
CENTRE**

# Notice

Trefry Centre office will be closed Mon. Nov. 11th for Remembrance Day. Meals will be delivered as usual.

**Cell Phone & Tablet  
Basics**

**Echo Bay Public Library**

10-12

Tuesday Nov 5-26th

**St Joseph Island Public  
Library 10:30-12:30**

Wednesday Nov 6-27th

## COPPER COUNTRY CHRISTMAS

Featuring Artisans & Businesses Presented by  
Bruce Mines & District Chamber of Commerce



**NOVEMBER 16, 2024**

Two locations  
Artisans ~ Crafts ~ Vendors  
10:00 am to 3:00 pm

**Bruce Mines Community Centre**  
9180 Hwy. 17 East,

**18 Hoatson St**  
Former chapel building  
just behind Esso

### Family Style Pasta Dinner

Meal includes



All you can eat - Rigatoni with homemade meatballs, Pino's sausage, bread, salad and dessert

Beer and wine available for purchase



- Adults \$25
- 11 and under \$10
- 5 and under free

Saturday \*Nov 02\*

Doors open at 4pm - Dinner served at 5pm  
Hilton Beach Hall - 3050 Hilton Rd, Hilton Beach ON



Nov 22 & 23

All Tribes Christian Camp SJI

*Save the Date!*

**Holiday  
Treats & Treasures**

2 Artisan Halls \* Holiday Specials  
at Participating Businesses  
Seasonal Treats & so much more!

**SAT. NOVEMBER 16TH**  
10:00 a.m. - 2:00 p.m.  
Desbarats, ON

BM United Church Nov 2nd 7pm

**CANADIAN  
FIDDLE CHAMPION**

**SCOTT WOODS**

PRESENTS  
**YEEHAW**

WITH MULTI-TALENTED BAND:  
CHAMPION FIDDLER  
**KENDRA NORRIS**  
CHAMPION STEPDANCER  
**LEO STOCK**  
GUITAR VIRTUOSO  
**STEVE PITICCO**  
GUEST VOCALIST & BASS  
**KURK BERNARD**

Reminiscent of the iconic TV show, experience the best in Country music, trick fiddling, award-winning step dancing, humour and so much more! Visit [SCOTTWOODS.CA!](http://SCOTTWOODS.CA)

TICKETS?  
VISIT/CALL:  
[SCOTTWOODS.CA](http://SCOTTWOODS.CA)  
1-855-SCOTTWOODS

QR CODE  
SCHEDULE

LEO STOCK MUSIC PRODUCTIONS

## Holly Jolly Christmas Craft Show

Join us for the Hilton Beach  
Holly Jolly Christmas Craft Show!

When: Saturday, November 16, 2024  
10am to 3pm

Where: Hilton Beach Community Hall





**Dr H.S. Trefry Memorial Centre**  
**Christmas Diner's Club**

**Thursday December 5**

**RC Legion Richards Landing**

**\$21 per person**

**Doors open 11am**



**Music by Nostalgia Live**



**Turkey Dinner**  
**with all the fixings**

**Tickets on sale until November 25th**

**at Trefry Centre or**

**online [www.trefrycentre.ca](http://www.trefrycentre.ca)**





## Squash & barley salad with balsamic vinaigrette

A flavour-packed, unusual salad that's delicious warm or cold - works really well as part of a buffet.

### Ingredients

1 butternut squash, peeled and cut into long pieces

1 olive oil

250g pearl barley

300g broccoli, cut into medium-size pieces

100g tomato, sliced

1 small red onion, diced

2 pumpkin seeds

capers, rinsed

15 black olives, pitted

20g pack basil, chopped

### For the dressing

balsamic vinegar

extra-virgin olive oil

Dijon mustard

1 garlic clove, finely chopped

### Method

#### STEP 1

Heat oven to 200C/fan 180C/gas 6.

Place the squash on a baking tray and toss with olive oil. Roast for 20 mins.

Meanwhile, boil the barley for about 25 mins in salted water until tender, but al dente. While this is happening, whisk the dressing ingredients in a small bowl, then season with salt and pepper. Drain the barley, then tip it into a bowl and pour over the dressing. Mix well and let it cool.

#### STEP 2

Boil the broccoli in salted water until just tender, then drain and rinse in cold water. Drain and pat dry. Add the broccoli and remaining ingredients to the barley and mix well. This will keep for 3 days in the fridge and is delicious warm or cold.

# Trefry Staff

## BIG PRIZE BINGO

See how well you know our staff. Put a name in each box you know applies to: Marcy, Asa, Cheryl, Genevieve, Melissa, Marilyn or Michelle and try for a BINGO

Is left-handed	Has a green thumb	Youngest worker	Loves winter	Rode in a helicopter
Has a second job	Has chickens	Plays golf	Won cooking competition	Played on high school team
Can change a tire	Has a Master's degree		Plays a musical instrument	Prefers mountains to beaches
Has been on a cruise	Can speak more than 1 language	Doesn't drink coffee	Knows how to knit	Has a goat
Is a red head	Has more than 2 kids	Worked here the longest	Has a tattoo	Has been to Italy this year

Submit your correct BINGO to us to be entered in a draw for 2 tickets to our Christmas Diner's Club. You can drop it off, or take a screenshot of it completed digitally and email it to us at [manager@trefrycentre.ca](mailto:manager@trefrycentre.ca)



THE ONTARIO

**caregiver**

ORGANIZATION

RESOURCES AND  
EDUCATION



## Free Caregiver Programs & Services

[www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)

### **ONTARIO CAREGIVER HELPLINE** **(1-833-416-2273 or Live Chat)**

One-stop resource for information and referrals connecting caregivers to community-based services and support. Service is offered in English and French 24/7 with interpretation services available in 150 languages.

### **1:1 PEER SUPPORT PROGRAM**

Caregivers can connect with trained Peer Mentor volunteers for 1:1 phone calls to receive emotional support and discuss their caregiving challenges and needs.

### **ONLINE SUPPORT GROUPS**

An opportunity for caregivers to connect with each other in a supportive environment to share their challenges, successes, and concerns. Support groups are offered several times a week with the option to join online or by phone.

### **SCALE (Supporting Caregiver Awareness, Learning and Empowerment) PROGRAM**

The program aims to empower caregivers with practical information and skills to focus on their own mental health and well-being needs by offering webinars, strategies/tools, online group/individual counselling.

### **CAREGIVER COACHING PROGRAM** (Limited, eligibility-based service)

A professional one-to-one relationship between a Coach and a caregiver. The Coach can provide caregivers with the tools they need to meet their challenges and responsibilities. See program webpage for eligibility requirements.

### **EDUCATIONAL WEBINARS**

Live one-hour webinars presented by subject matter experts on a variety of timely and important topics for caregivers. To register for upcoming webinars, please visit our Eventbrite page.

### **ONLINE LEARNING LIBRARY**

OCO offers several eLearning modules aimed at building caregiver knowledge and skills. The courses are self-directed and can be accessed at any time.

### **90SECOND CAREGIVER**

A free, short, evidence-based, health letter delivered each week to your inbox. The letter includes health information, tips, and advice related to the caregiving experience.

### **TIME TO TALK PODCAST**

Join our host Michelle Jobin along with subject matter experts and caregivers to discuss things that matter most to caregivers including caregiving challenges, mental health, wellness and many more.

### **YOUNG CAREGIVERS CONNECT**

An online resource with information and tools to help young caregivers between the ages of 15-25. They can also join our online discussion forum to connect with other young caregivers.

### **ADDITIONAL TOOLKITS AND RESOURCES**

- **I am a Caregiver Toolkit** - includes information to support new or long-time caregivers.
- **Toolkit for Working Caregivers: Work & Caregiving - A Balancing Act** - designed to assist working caregivers find the right solutions for them and their employers.
- **Health Privacy and Consent Resources** - a set of resources to better understand health privacy and consent rules in Ontario as they relate to caregivers.



180 Dundas Street West,  
Suite 1425,  
Toronto, ON M5G 1Z8  
Canada

T 416-362-2273  
E [info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca)  
24/7 Helpline 1-833-416-2273  
[ontariocaregiver.ca](http://ontariocaregiver.ca)

Twitter: [@caregiverON](https://twitter.com/caregiverON)  
Facebook: [@caregiverON](https://facebook.com/caregiverON)  
Instagram: [@OntarioCaregiver](https://instagram.com/OntarioCaregiver)  
YouTube: [@OntarioCaregiverOrganization](https://youtube.com/OntarioCaregiverOrganization)

THE  
**WORD SEARCH BATTLE**

**Fall**

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/fall>

AUTUMN  
CROP  
CULLING  
EQUINOX  
FALL

GARDEN  
GARNERING  
GLEANNING  
HARVEST  
HOME

INTAKE  
PICKING  
PUMPKIN  
REAPING  
SEASON

STORING  
SUMMER



# LOCAL HOUSING

for seniors

Have questions about senior housing?

Need help completing a housing application?

Currently live in ADSAB housing and have questions/concerns?

**Housing representatives from  
Algoma District Services Administration  
Board (ADSAB)**

**will be attending Coffee Connections  
Tuesday November 12th**

**9:30-10:30**

**Dr HS Trefry Memorial Centre  
1601 C Line Richards Landing**

**Tues Nov 12th Coffee Connections  
@ Trefry Centre 9:30-10:30am**

**Coffee**

**Tea**

**COOKIES**

***Social***

**Fun**

Donations in  
support of  
Social with a  
Purpose

***Alzheimer***  
**SOCIETY**

# Estate Planning

A comprehensive estate plan helps you:

- convey your wishes
- protect, preserve and control your assets upon death and/or any period of incapacity
- provides a smooth transition of your wealth & assets to beneficiaries
- avoids or minimizes family disputes
- minimize tax implications (more wealth to your beneficiaries, less to the government!)

<b>What is a POA?</b>	<b>Power of Attorney (POA) - A legal document that allows someone you designate (“the attorney”) the power and authority to act on your behalf</b>  <b>Two types:</b> Property & Medical (Personal Care)
<b>Passing with OR Without a Will</b>	<b>Without a Will</b> <ul style="list-style-type: none"><li>● estate could be inherited by people you did not wish to inherit</li><li>● delays in distribution of estate</li><li>● significant costs</li><li>● added stress on your loved ones</li><li>● wishes have not been communicated in a legally binding manner</li></ul> <b>With a Will</b> <ul style="list-style-type: none"><li>● ensures your estate is administered and distributed according to your wishes</li><li>● choose your own executors/estate trustees &amp; beneficiaries</li><li>● ability to name back ups</li><li>● can name guardians of children</li><li>● reduce or minimize potential conflicts</li></ul>
<b>Ways to reduce Estate Administration Tax</b>	<b>Estate Administration Tax (EAT) is calculated by determining the value of assets of the estate at the time of death (fair market value). The first \$50,000 is tax exempt and \$15 for every \$1,000 over \$50,000.</b>  <b>Joint Property Ownership</b> - real estate property that is held joint with one or more people will automatically flow to the remaining joint tenant(s) and bypass outside of the estate  <b>Name Beneficiaries</b> - noting beneficiaries on assets, such as, bank accounts, investments, pensions, RRSPs, TFSA, etc.  <b>Gift Assets</b> - Lowers your estate value by gifting what you wish your beneficiaries to receive prior to your passing

**Adrienne Hagan - Willson Greco Hagan Law Firm LLP**

Telephone- 705-942-2000

Email - [ahagan@willsonlaw.ca](mailto:ahagan@willsonlaw.ca)

Please do not hesitate to reach out with any questions or to schedule an appointment. We have offices in Sault Ste. Marie and Thessalon, but can also make house calls, if required.

# Trefry Centre Program Info

To register for a program call 705-246-0036  
or visit [www.trefrycentre.ca](http://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.

## 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



## Transportation Services

providing rides to medical appointments, programs, shopping and community outings.

## 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.



## Friendly Visiting

Seniors living alone, or lonely can be matched up with a volunteer for weekly in home visits.