

# WHAT'S UP DOC

January Issue 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**

**Ontario**



# *We're on Facebook*



**Search Dr. Harold S. Trefry  
Memorial Centre and give us a  
like!**

We'll be using our page to provide content on our programs, volunteer opportunities, sharing things happening in the communities we serve, and more.

# *We have a website*



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

We have a new website where you can learn about our services & programs, purchase tickets to events like our Diner's Club, read our What' Up Doc newsletter, make donations to the Trefry Centre, and more.

## Seniors: manage your finances

Get information about tax credits, benefits and government pensions available for seniors in Ontario, including veterans.

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A guide to programs and services for seniors. (<https://www.ontario.ca/document/guide-programs-and-services-seniors>)

Find information on resources available for seniors in Ontario, including tax credits, health, caregiving, housing, transportation and staying safe.

### Tax credits and benefits

**Get tips about** Ontario's tax credit and benefit programs for seniors

(<https://files.ontario.ca/msaa-seniors-home-safety-tax-credit-factsheet-en-2022-10-27.pdf>).

### Home and transportation

- **Seniors' Home Safety Tax Credit** (<https://www.ontario.ca/page/seniors-home-safety-tax-credit>)

This tax credit can help with renovations to make your home safer and more accessible, helping you stay in your home longer. You are eligible if you are a senior or if you are someone who has senior relatives living with you. The credit is worth 25% of up to \$10,000 in eligible expenses for a senior's principal residence in Ontario (the maximum credit is \$2,500).

Find out about your rights and how to avoid common renovation scams.

([https://www.ontario.ca/page/your-rights-when-starting-home-renovations-or-repairs#section-](https://www.ontario.ca/page/your-rights-when-starting-home-renovations-or-repairs#section-4)

4)

**tion/Help%20for%20Low-Income%20Energy%20Consumers/Ontario%20Electricity%20Support%20Program%20%28OESP%29)**

Provides low-income consumers with a monthly on-bill credit to reduce electricity bills.

## **Medical**

- **Reduced Co-payment for Lower Income Seniors**  
(<https://www.ontario.ca/page/get-coverage-prescription-drugs>)

Depending on your annual income, you may be able to have the Ontario Drug Benefit Program \$100 annual deductible waived and have your co-payment reduced to \$2 per prescription.

- **Trillium Drug Program** (<https://www.ontario.ca/page/get-help-high-prescription-drug-costs>)

If you have high prescription drug costs and a low household income, you may be able to pay \$2 or less for every prescription.

- **Ontario Drug Benefit Program (ODB)**  
(<http://www.health.gov.on.ca/en/public/programs/drugs/>)

Find out if the cost of your prescription drugs are covered by the province.

## **Municipal initiatives**

Contact your local municipality (<https://www.ontario.ca/page/list-ontario-municipalities>) for information about initiatives such as:

- Ontario Renovates – provides forgivable loans to eligible low-income homeowners and landlords to make necessary repairs to home or units to increase accessibility and create affordable rental housing or single-family homes
- Property Tax Relief for Low-Income Seniors and Low-Income Persons with Disabilities – provides relief from property tax increases that result from assessment reform for low-income seniors and people with disabilities who own residential property

### The Ontario's Soldiers' Aid Commission

(<http://www.mcass.gov.on.ca/en/mcass/programs/community/SoldiersAidCommission.aspx>) provides assistance to Canadian veterans in need who served overseas and their dependants living in Ontario. The assistance is provided on a one-time basis to resolve a specific problem when all other resources have been exhausted. It does not support ongoing needs related to income deficiencies.

Funds may be granted to assist with buying:

- health-related items, like hearing aids, glasses, prescription drugs or dental needs
- home-related items, like rent, repairs, moving costs, furniture, repair/replacement of roof and furnace
- specialized equipment, like assistive devices, wheelchairs and prosthetics
- personal items, like clothing and specialized support services

Get information and apply for benevolent funds, including Ontario's Soldiers' Aid Commission, by contacting your local Royal Canadian Legion (<http://www.on.legion.ca/veterans-seniors/service-officers/benevolent-funds>) or Veterans Affairs Canada office (<http://www.veterans.gc.ca/eng/contact>).

### **Veterans Affairs Canada**

Veterans Affairs Canada (<http://www.veterans.gc.ca/eng/contact>) offers a range of services and benefits to eligible veterans and others. The benefits are available for conditions related to service in the Merchant Navy, Canadian Forces, Royal Canadian Mounted Police (RCMP) or those serving in support of the Canadian Forces in wartime or in Special Duty/Operational Areas.

Get more information and find out how to apply for:

- disability pensions (<http://www.veterans.gc.ca/eng/services/after-injury/disability-benefits/disability-pension>)
- the Disability Award (<http://www.veterans.gc.ca/eng/services/after-injury/disability-benefits/disability-award>)
- benefits for survivors of disability pension recipients (<http://www.veterans.gc.ca/eng/services/after-injury/disability-benefits/disability->



## Under One's Wing

### In-Home Senior Respite Service

Providing temporary care relief to primary caregivers of seniors with physical, emotional and/or cognitive limitations.

My name is Heather Grant and I bring 25 years of experience including 11 years as a Recreation Therapist with the Alzheimer Society. I am a graduate of Sault College from the Community Gerontology/Working with the Aged Program and have a diploma in Adult Psychology. Most recently, I have a certificate in Music Therapy and am a Music Advocate for the Room 217 Foundation. My First Aid & CPR certificate is current, and I have a clear criminal reference check. I have decided to offer Respite Care to Caregivers who are caring for an individual in their own home to have a well-deserved break. Working with the Alzheimer Society, visits were limited to 1 to 1.5 hours and with living rural this did not leave much time for Caregivers to get groceries, attend medical appointments or meet a friend for lunch. This is where I come in! I offer a minimum of a 2-hour booking where I will come into your home and stay with the person you are caring for while you have a break and do what you need to.

As the Respite Care Provider my responsibilities include:

- Providing assistance, companionship, and comfort.
- Administering prescribed medications and monitoring vital signs.
- Assessing the physical, mental, and emotional conditions of clients.
- Facilitating appropriate professional intervention when required.
- Engaging clients in suitable activities, such as socializing, playing games, or reading out loud.
- Assisting clients with mobility, eating, drinking, and personal hygiene (does not include bathing).
- Performing general household duties such as light cleaning, cooking and laundry.
- Maintaining a hygienic and safe environment.

If this is something you would be interested in or for more information, please contact me at 705-971-3035 or email me at [heathergrant76@hotmail.com](mailto:heathergrant76@hotmail.com)

References available upon request.

# THE WORD SEARCH BATTLE

## Winter

Difficulty: Hard

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

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

BLANKET  
BLIZZARD  
BOBSLEDS  
BOOTS  
CHOCOLATE

COAT  
COLD  
DECEMBER  
FEBRUARY  
HOT

ICE  
JANUARY  
PENGUIN  
SCARF  
SKATING

SKIING  
SNOWFLAKE  
SNOWMAN  
SWEATER  
WINTER



NORTH SHORE COMMUNITY  
SUPPORT SERVICES INC.  
SERVISE DE SOUTIEN COMMUNAUTAIRE  
DE LA RIVE NORD, INC.

*Take care of your*  
**MENTAL HEALTH**

**Are you experiencing any of the following?**


- Stress, anxiety, grief, depression, abuse, domestic violence, sudden loss of interest, loneliness, constant worry, setbacks, family struggles and/or more


**If so, do not feel alone. We are here to help.**

For support, simply call or email the North Shore Community Support Services' Mental Health Social Worker and book an appointment.

*Your wellness is worth it!!*

**Karen Ykema, HBSW, RSW**

 **249-356-7011**

 **MH-Social-Worker@nscss.com**

**FREE** service provided to those in and around Richards Landing, Bruce Mines and Thessalon



## ***WINTER JOKES TO BRIGHTEN YOUR DAY***

Q: What do you call a snowman in the summer?

A: A puddle!

Q: What do you get if cross a snowman and a shark?

A: Frost bite!

Q: What is a snowman's favorite snack?

A: Ice Krispy treats.

Q: Where does a snowman keep his money?

A: In a snow bank.

Q: How was the snow globe feeling?

A: A little shaken!



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Always wanted to learn how to play an instrument? This is your chance!

Join our beginner workshop and learn the basics of how to play.

Ukuleles are available to borrow by contacting the St. Joseph Twp Public Library

705-246-2353 or email [sjtlibrary@gmail.com](mailto:sjtlibrary@gmail.com)

**UKULELE WORKSHOP**  
Trefry Centre Richards Landing  
Friday January 19th 2:00-4:00pm

Beginners welcome and  
ukuleles available to  
borrow!

# STAND UP! PROGRAM

*This free 12-week program is designed to improve balance in people aged 65+ who live at home, and are afraid of falling or have fallen.*

*January 16 - April 4, 2024 (12 weeks)  
Tuesdays from 1:30 - 2:30pm  
Thursdays from 1:30 - 3:00pm*

*Location: Township of St. Joseph Municipal Office, Council Chambers, 1669 Arthur Street, Richards Landing, ON.*

**The program is led by a Physiotherapist and includes:**

- ✔ Group Exercises
- ✔ Education & tips to prevent falls
- ✔ Home exercise program



**STAND UP! A FALL PREVENTION PROGRAM FOR SENIORS**



**TO PRE-REGISTER, PLEASE CALL:**

**RICHARDS LANDING SITE: 705-246-2477; OR  
JODY LEMIEUX: 705-356-1666 EXT 256**

**\*DROP-INS ARE NOT PERMITTED.**

# Country Nicknames

Test your knowledge of the world with this fun quiz on country nicknames and their respective nations!

Draw a line to connect the country with its nickname.

**The Land of the Pharaohs**

Greece

**The Land of Smiles**

Finland

**The Land of Fire and Ice**

USA

**The Land of a Thousand Lakes**

Thailand

**The Land of the Long White Cloud**

Romania

**The Land of Dracula**

Germany

**The Land of the Rising Sun**

Switzerland

**The Land of Kings and Queens**

Canada

**The Land of the Midnight Sun**

Egypt

**The Land Down Under**

Iceland

**The Cradle of Western Civilization**

Norway

**The Land of the Free**

Italy

**The Boot**

Australia

**The Land of Poets and Thinkers**

New Zealand

**The Land of the Alps**

Japan

**The Pearl of the Orient**

England

**The Great White North**

Israel

**The Holy Land**

Wales

**The Land of the Red Dragon**

Philippines



## **Sweet & Spicy Sesame Chicken Meatball Bowls**

Delicious sesame chicken meatballs with crispy broccoli and a sweet and spicy ginger sesame sauce. These flavorful, protein-packed sesame chicken meatball bowls make the best weeknight dinner served with coconut rice, brown rice, or quinoa! Customize these bowls with your fav sides & garnishes.

### **Ingredients:**

#### **Sweet & Spicy Ginger Sesame Sauce:**

- ¼ cup soy sauce
- 1/2 cup water
- 1 tablespoon sesame oil
- 1 tablespoon sesame seeds
- 1 tablespoon red chili paste
- 1 tablespoon fresh grated ginger
- 3 cloves garlic, minced.
- 2 tablespoons brown sugar (or coconut sugar)
- 1 teaspoon arrowroot starch (or sub cornstarch)
- 1 tablespoon toasted sesame oil

#### **For the broccoli:**

- 1 tablespoon toasted sesame oil
- 3-4 cups broccoli florets

#### **For serving:**

- Rice
- Scallions
- Cilantro
- Chopped roasted peanuts.

#### **For The Meatballs:**

- 1-pound lean ground chicken (or sub ground turkey)
- 1 egg
- ½ cup panko or gluten free breadcrumbs
- 2 green onions, finely diced (about ¼ cup green onion)
- ½ cup finely diced cilantro
- 2 cloves garlic, minced.
- ½ tablespoon fresh grated ginger
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- Freshly ground black pepper

## **Instructions**

- 1) In a medium bowl, whisk together soy sauce, water, sesame oil, sesame seeds, red chili paste, ginger, garlic, brown sugar and arrowroot (or corn) starch.
- 2) In a large bowl, add the ground chicken, egg, breadcrumbs, green onion, cilantro, garlic, ginger, cayenne, salt and pepper. Use clean hands to mix and form into 16 golf ball sized meatballs.
- 3) Place a large deep skillet over medium-high heat and add in sesame oil. Add the meatballs and brown on all sides and cook until done and the meat thermometer reads 165 degrees F. This should take about 10-12 minutes total. You may need to do this in batches, depending on how many meatballs you can fit in your skillet without overcrowding them. When the meatballs are done cooking, transfer them to a plate and set aside. Keep the heat in the pan.
- 4) Wipe the skillet clean and add in 1 tablespoon sesame oil. Next add in broccoli florets, and cook, stirring frequently, for 6-8 minutes or until broccoli is slightly tender but still has a bite. The broccoli should get somewhat charred and slightly golden and crispy in places. Yum!
- 5) Add chicken meatballs back to the pan with the broccoli and pour the sauce over, simmer on low until the sauce thickens slightly, about 2-5 minutes.
- 6) Serve over rice of choice (we love my coconut rice!) and top with scallions, cilantro and chopped peanuts if desired.

**Tip:** to keep the ground chicken/turkey from sticking to your hands, wet your hands or spray them with nonstick cooking spray or coat them in a little oil before forming the meatballs.

To make paleo and/or gluten free sub 2-3 tablespoons coconut flour instead of using breadcrumbs.

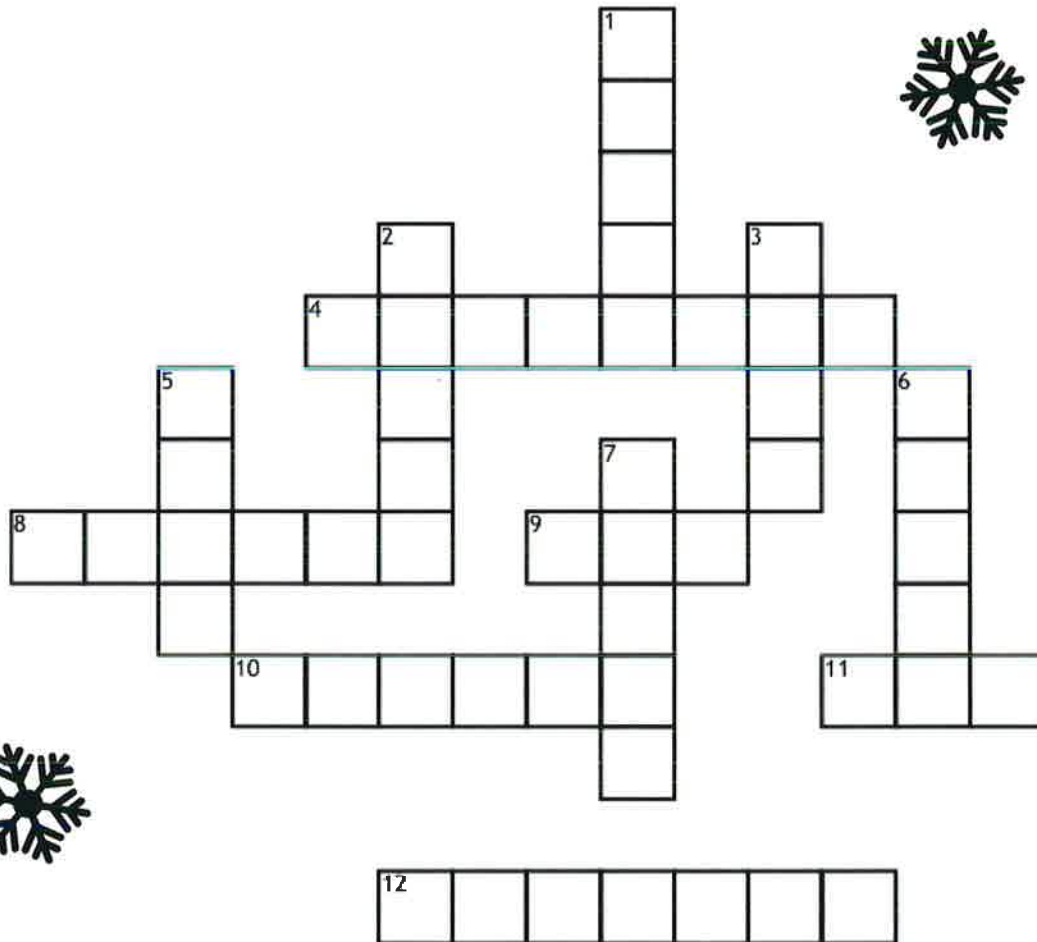
**Prep Time** 20minutes minutes

**Cook Time** 20minutes minutes

**Total Time** 40minutes minute



# Winter



## Across

- 4. Hot Drink
- 8. It keeps your hands warm
- 9. Water when it's cold
- 10. In the winter you turn on the \_\_\_\_\_
- 11. After you take a shower you are \_\_\_\_\_
- 12. When you're cold you wear a \_\_\_\_\_

## Down

- 1. You build this with blocks of snow
- 2. Winter Shoes
- 3. The opposite of hot
- 5. In Winter you play in the \_\_\_\_\_
- 6. The color of Winter
- 7. It keeps your neck warm



# Trefry Centre Program Info

## Adult Day Out

A fun filled day of activities to sharpen the mind and enliven the spirit! Providing respite for caregivers.

**Tues-Bruce Mines, Wed- Echo Bay, Thurs-Trefry Centre**



Lonely? Want to spend time with others?  
Just need to get out of the house?  
Join us for Coffee Connections

**Every Tuesday**

**9:30-10:30am @ Trefry Centre**

## Meals on Wheels

Meal, soup, dessert or any combination available delivered HOT to your door!

**Monday-Wednesday-Friday at NOON**

\*all income levels eligible



## Transportation

Drivers are available to bring clients to our programs, to medical appointments, or other 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 register or to get a link for the Zoom class.