

# WHAT'S UP DOC



**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** 

**Trefry Centre 705-246-0036**  
**[manager@trefrycentre.ca](mailto:manager@trefrycentre.ca)**



*Stories & Songs of*

# STOMPIN' TOM

**Friday, June 14, 2024 - 7pm**



## A Trefry Memorial Centre Production

Royal Canadian Legion  
Branch #374

1534 10th Sideroad  
Richards Landing, ON

**\$40**

Tickets available at  
(705) 246-0036 or  
[whiskeyjackmusic.com](http://whiskeyjackmusic.com)

*featuring from PEI,  
Stompin' Tom's fiddler,  
**Billy MacInnis***

*featuring from Bar River,  
Stompin' Tom's banjo player,  
**Duncan Fremlin***

The Trademark Name "Stompin' Tom" is used  
under License from Stompin' Tom Ltd.



# SHORT & FUNNY STORIES

## **The Street Sweeper**

One day, the Churchill couple walked through a posh neighborhood in London. People greeted and exchanged words with the Prime Minister.

A street sweeper, on the other hand, greeted Mrs. Churchill in particular, and the two stayed aside for a while in a familiar conversation. Churchill later asked his wife what she had had to discuss with a street sweeper for so long.

"Ah... he was in love with me a long time ago," she said.

Churchill smiled and said, "You see, if you had married him, you would be the wife of a street sweeper today."

Mrs. Churchill looked at her husband in amazement and said the legendary words: "No Darling, if I had married him, he would be Prime Minister today."

## **The Hospital**

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302."

The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good News."

The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me anything."

## "What 'Mother' Means"

"Mother" is such a simple word,  
But to me there's meaning seldom heard.  
For everything I am today,  
My mother's love showed me the way.  
I'll love my mother all my days,  
For enriching my life in so many ways.  
She set me straight and then set me free,  
And that's what the word "mother" means to me.

— Karl Fuchs

*Happy Mother's Day*  
*Sunday May 12th, 2024*

Mothers hold their children's hands for a short while,  
but hold their hearts forever.



# sleep hygiene

## What is Sleep Hygiene?

'Sleep hygiene' is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

There are many medications which are used to treat insomnia, but these tend to be only effective in the short-term. Ongoing use of sleeping pills may lead to dependence and interfere with developing good sleep habits independent of medication, thereby prolonging sleep difficulties. Talk to your health professional about what is right for you, but we recommend good sleep hygiene as an important part of treating insomnia, either with other strategies such as medication or cognitive therapy or alone.

## Sleep Hygiene Tips

- 1) **Get regular.** One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.
- 2) **Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.
- 3) **Get up & try again.** If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up), or read something boring like the phone book. Avoid doing anything that is too stimulating or interesting, as this will wake you up even more.
- 4) **Avoid caffeine & nicotine.** It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.
- 5) **Avoid alcohol.** It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.
- 6) **Bed is for sleeping.** Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this connection.



- 7) **No naps.** It is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
- 8) **Sleep rituals.** You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.
- 9) **Bathtime.** Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.
- 10) **No clock-watching.** Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as "Oh no, look how late it is, I'll never get to sleep" or "it's so early, I have only slept for 5 hours, this is terrible."
- 11) **Use a sleep diary.** This worksheet can be a useful way of making sure you have the right facts about your sleep, rather than making assumptions. Because a diary involves watching the clock (see point 10) it is a good idea to only use it for two weeks to get an idea of what is going and then perhaps two months down the track to see how you are progressing.
- 12) **Exercise.** Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!
- 13) **Eat right.** A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.
- 14) **The right space.** It is very important that your bed and bedroom are quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eyemask to block out early morning light and earplugs if there is noise outside your room.
- 15) **Keep daytime routine the same.** Even if you have a bad night sleep and are tired it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.



# THE WORD SEARCH BATTLE

## Mother's day

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/mothers-day>

BEAUTIFUL  
CANDY  
CARD  
CARING  
CHILDREN  
FAMILY

FRIEND  
FUN  
GIFT  
HAPPY  
HUG  
KIDS

KISSES  
LOVE  
MAY  
MEMORIES  
MOM  
MOTHER

SPECIAL  
SUNDAY  
WISE

# Spring Rhubarb Crisp

*Serve with strawberry ice cream for an extra fruity twist!*



## Ingredients

### FOR THE FILLING:

Salted butter, for the baking dish

3 c. sliced fresh rhubarb

3 c. thickly sliced strawberries

1 tsp. grated fresh ginger

1/2 tsp. ground cinnamon

3/4 c. packed light brown sugar

1/4 c. all-purpose flour

1/2 tsp. kosher salt

### FOR THE TOPPING:

1 c. all-purpose flour

1 c. rolled oats

1/2 c. packed light brown sugar

1/2 c. granulated sugar

Pinch of kosher salt

1/2 c chopped pecans

Preheat oven to 350F

Butter a 2-quart baking dish.

### FOR THE FILLING:

Combine the rhubarb, strawberries, ginger, and cinnamon and toss in a large bowl. Whisk together the brown sugar, flour, and salt in a small bowl; add it to the rhubarb mixture and mix well.

### FOR THE TOPPING:

Mix together the flour, oats, brown sugar, granulated sugar, and salt in a separate large bowl. Cut 1 1/2 sticks of the butter into cubes, then work the butter into the flour mixture using a pastry cutter or 2 knives. Stir in the pecans.

Pour the rhubarb filling into the baking dish and sprinkle with the topping.

Cut the remaining 1/2 stick butter into cubes and dot the top of the crisp with it.

Bake until the fruit is bubbly and the topping is golden brown and crisp, 50 to 60 minutes. Serve with strawberry ice cream.

# Benefits of Birdwatching



## #1 Simple Way to Get Active:

Birding is accessible to people of all ages and abilities, and even though observing birds isn't exactly active, finding them often requires walking, wheeling or hiking, sometimes while carrying gear like binoculars or field guides. Once you experience the high from spotting a beautiful bird, your desire to find the next may "egg you on", inspiring you to move more than you would normally. Plus, the possibility of seeing different bird species at different times of day may motivate you to go birdwatching multiple times per day, helping you get more active minutes in.

## #2 Mental Health & Wellbeing

Research shows that being in nature in general is excellent for mental health, reducing stress by lowering blood pressure and stress hormone levels, for example. Our feathered friends specifically can benefit our mental health. In fact, one study found that seeing or hearing birds improved people's mental well-being for up to eight hours.

Another study found that the abundance of birds in urban neighbourhoods was linked to a lower prevalence of depression, anxiety and stress. There is also research that demonstrates a link between happiness and the number of bird species around people's towns and homes.

The act of birdwatching also fosters mindfulness, as focusing on birds' enchanting songs, vibrant colours and fascinating behaviours can help you appreciate the present moment and "fly away" from your daily stresses. Maybe being a "birdbrain" isn't so bad after all!

## #3 Promotes Connection with Nature and Conservation

Birding gives you a chance to connect with Mother Nature more deeply. Seeing birds in their natural habitats can promote a sense of awe and appreciation for the ecosystems that support them, inspiring a desire to protect their habitats and advocate for their conservation. In fact, a study found that wildlife recreationists, including birdwatchers, were four to five times more likely than non-recreationists to perform conservation behaviours like enhancing wildlife habitat on public lands and donating to support local conservation efforts.



## Grab Your Birding Gear

All you need to start birdwatching is yourself and a bird – it's really that simple! But if you want to take birding to new heights, the following equipment and tools can be useful:

**Binoculars:** A pair that ideally has good magnification and a wide field of view can help you get closer looks at birds. If you're on a budget, you could buy a second-hand pair at a thrift store or online.

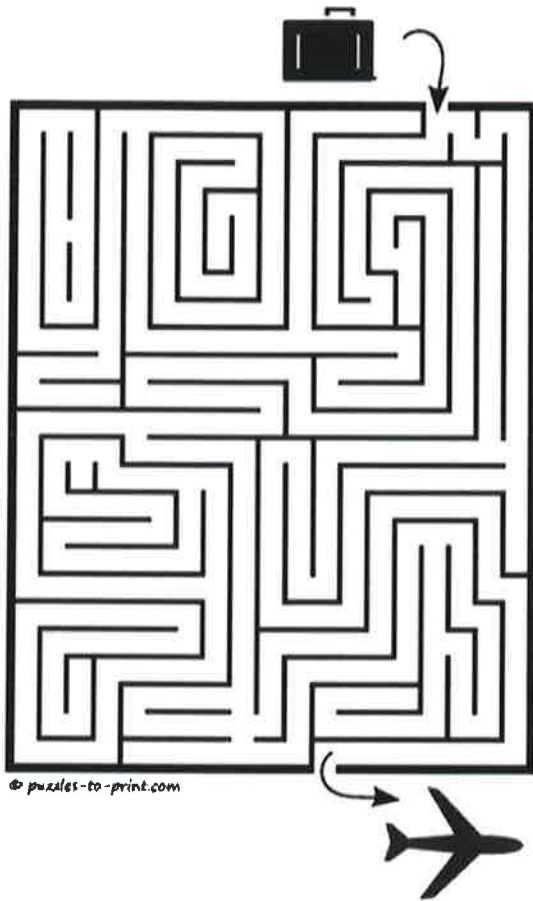
**Bird field guides:** Ones with maps, detailed descriptions, photos, drawings and arrows pointing to distinct markings on birds are ideal. The *National Geographic Field Guide to the Birds of North America* and *The Sibley Guide to Birds* are perfect examples. Check out your local library for good resources too.

**Birding apps:** If you don't want to buy and carry around a field guide, birdwatching apps are a convenient alternative. For example, [Merlin Bird ID](#), a free global bird guide with photos, sounds and maps, helps you identify birds you see or hear.

**Comfy outdoor clothes:** As mentioned earlier, birding can often require lots of walking or hiking, so it's important to wear comfortable footwear, a sunhat, and always bring along snacks and water.



# Suitcase to Plane



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Ever wonder how your suitcase gets from the check in counter to the airplane? Be careful, you don't want to be without your toothbrush for vacation!

## REBUS FOR YOU!

Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

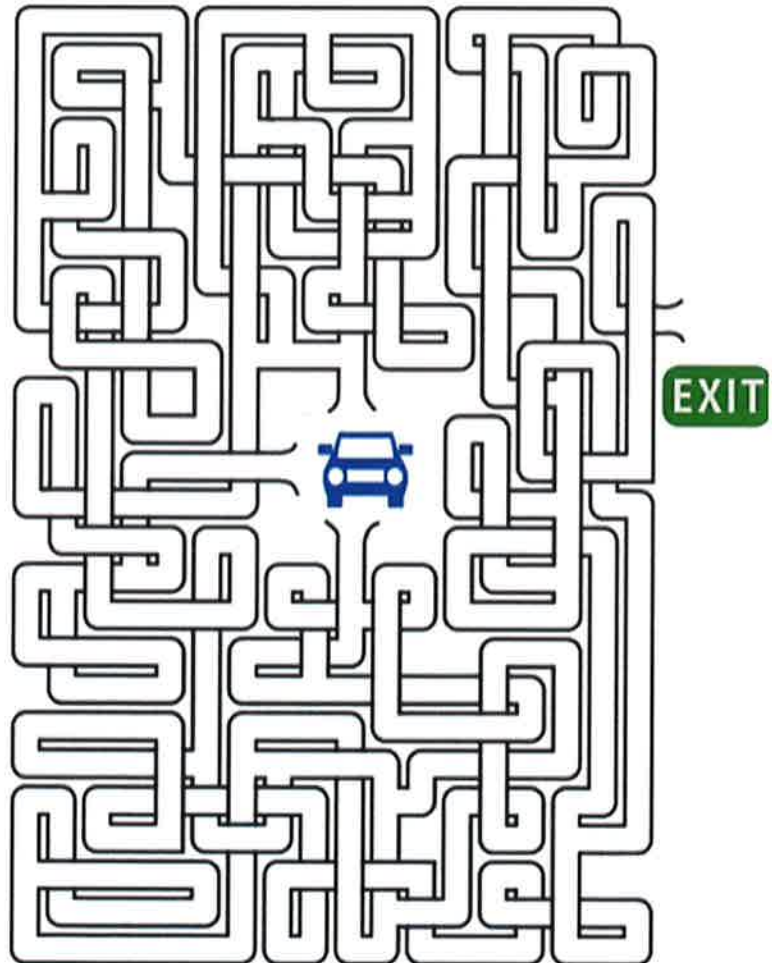
1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat of sa
5.  Bush	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. <b>MONSTER</b>

## EASY Beginner Sudoku



5			4	6	7	3		9
9		3	8	1		4	2	7
1	7	4	2		3			
2	3	1	9	7	6	8	5	4
8	5	7	1	2	4		9	
4	9	6	3		8	1	7	2
				8	9	2	6	
7	8	2	6	4	1			5
	1					7		8

## Parking Garage



© puzzles-to-print.com

Henri parked his car in the city parking garage, but he can't seem to find his way out. What is the shortest route to the exit?

Huron Shores Family Health Team Presents

# Mental Health Series

Cognitive Behavior Therapy (CBT) & More

Tuesdays from 10:00-12:00pm

Join Us: In-person @ Township of St. Joseph Municipal Office Council Chambers  
1669 Arthur St., Richards Landing, ON.

@ Huron Shores Family Health Team—Thessalon Site Boardroom  
333 River Road, Thessalon, ON.

@ Huron Shores Family Health Team—Blind River Site Boardroom  
527 Causley St. Blind River, ON.

Mind Body Connection	April 9	In Relation to Emotions	May 21
Improving Sleep Quality	April 16	Working with Your Inner Critic	May 28
Anger, Boundaries & Depression	April 23	Regulating with Empathy & Validation	June 4
Stress, Anxiety & Trauma	April 30	Mindfulness & Gratitude	June 11
Recognizing Thought Distortions	May 7	Meditation	June 18
CBT Tools for Helpful Thinking	May 14	Changing Behaviors	June 25

This series is designed to be taken as in sequence or as stand alone sessions. Come join one or all of our sessions in-person or virtually.

For more information or to sign-up to please contact

Jennifer at 705-356-1666 Ext. 213

Limited in-person seating available at each location. Please call ahead to secure your spot!



DOCTOR HS TREFRY MEMORIAL  
CENTRE

# Notice

**Trefry Centre Closed**  
**Monday May 20th for Victoria Day**  
**Meals will be delivered as usual**



**Seniors Lunch Social**  
 Wednesday, May 15, 2024  
 Echo Bay Hall  
 Doors open at 11:30am  
 Lunch will be served at 12pm  
**SPACE IS LIMITED**  
**to the first 75 registrations!**  
 YOU **MUST** BE ON THE LIST TO ATTEND.  
 DON'T WAIT. CONTACT TRISHA TODAY  
 (705)248-2441 TO GET ON THE LIST!

**Lunch Menu**  
 Pulled Chicken  
 Coleslaw  
 Potato Salad  
 Lemon Fluff

Registered attendees will be asked to pay \$5 per person at the door.

**Old Time Gospel**  
**Sing a Long**  
 Sunday  
**April 28**  
**6:30 pm**

Old hymns & country gospel!



Lighthouse Community Church  
 Bruce Mines  
 249-622-2442

**Spring Fling 2024**  
**Saturday, April 27**



Artisan Sales  
10:00 am to 3:00 pm

Bruce Mines  
Community Centre  
9208 Highway 17

Local Businesses  
10:00 am to 5:00 pm

Offering a variety  
of specials!

**Seniors  
GAMES  
CLUB**

Let's play games!!  
**Wednesday, May 1st**  
**1-3pm**  
**Echo Bay Hall**

Join us for an afternoon of games & social time!  
 Cards, Yahtzee, Scrabble, Crokinole & More!

We can try to set up a little tournament or you can play what you like!

**NORTH CHANNEL  
Community Singers**  
*Annual Spring Concert*



**That's ENTERTAINMENT!**  
 Friday May 10<sup>th</sup> & Sat. May 11<sup>th</sup> / 7:00 p.m.

*Special Guests*  
**Ewan Burns on Banjo, Madison Young Piano & a Surprise!**

**Bruce Mines United Church**  
 18 William Street, Bruce Mines  
**Doors Open at 6:30p.m. Show at 7:00 p.m.**  
**TICKETS: \$10 ea.** (under 10 - \$5 & Families - \$25)

Available from **CHOIR MEMBERS,**  
**FORESTLAND CLOTHING & GIFTS** 148 Main St. Theston  
**THE COPPER BEAN CAFÉ**, 9194 Hwy 17, Bruce Mines or  
**MCCLELLAND'S HARDWARE & FEED** 3 Lake Huron Dr. Desbarah or **AT THE DOOR**





# Healthy Aging Wellness Event

June 12, 2024

12:00pm - 3:00pm

Thessalon Memorial Arena

Food, Refreshments,  
Live Entertainment,  
Giveaways & Door Prize

Featuring information &  
interactive displays about  
services, programs, and  
initiatives offered to  
enhance your health and  
well-being.





NORTH SHORE COMMUNITY  
SUPPORT SERVICES, INC.  
SERVICE 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!!*

➡ **Fike Njini, MSW RSW** ←

☎ 249-356-7011

✉ [MH-Social-Worker@nscss.com](mailto:MH-Social-Worker@nscss.com)

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

Mind and Therapies

# Trefry Centre Program Info

## Adult Day Out

Providing respite for caregivers. A safe, fun environment for loved ones to spend with our staff & volunteers.

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



### Friendly Visiting

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

### Meals on Wheels

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

**Monday-Wednesday-Friday at NOON**

\*all income levels eligible

*New Menu!*



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 register or to get a link for the Zoom class.

