

# WHAT'S UP DOC

July Issue 2024

**Serving Seniors 65+  
& Persons with a  
Disability**  
**Programs:**  
Adult Day Out  
Transportation  
Meals on Wheels  
Diner's Club  
Exercise  
Friendly Visiting  
Home Maintenance



**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



Ontario 

OCSA

Ontario Community  
Support Association

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

Trefry Centre 705-246-0036

# THE WORD SEARCH BATTLE

## Candy

Difficulty: Hard

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

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

BUN  
DOTS  
GOOBERS  
HEATH  
JAWBREAKERS  
KITKAT

LEMONHEAD  
LIFESAVERS  
MOUNDS  
NERDS  
PAYDAY  
RAISINETS

RAZZLES  
RINGPOP  
ROLO  
SKITTLES  
SKOR  
SKYBAR

SPREE  
TWIX  
VALOMILK  
WHOPPERS  
WUNDERBAR

DOCTOR HS TREFRY MEMORIAL  
CENTRE

# Notice



Canada Day Tractor Trot 9am Legion-  
Marina Richards Landing  
Pancake Breakfast legion 8-noon

Canada Day Festivities Bruce Mines  
Parade 5pm, events & entertainment to  
follow at waterfront, fireworks at dusk.



Community Night in Richards Landing  
Friday July 26th. Food, pie, parade  
7pm @ Centennial Grounds with  
games to follow.

Boat Parade of Lights  
Fri July 26th at dusk.  
Richards Landing  
Marina-live music, food  
vendors, cold brews &  
awesome boat parade.



Go North Music Festival - July 27, 2024 7 bands,  
food, vendors, games @ Centennial Grounds  
Richards Landing



# Olympic Trivia



**1. What were the first Olympic Games that Canada competed in?**

Answer: **1900 Paris**

Canada won one gold and one bronze medal at the Paris Games.

**2. What were the first two Canadian cities to have hosted the Olympic Games?**

Answer: **Calgary and Montreal**

Montreal hosted the games in 1976, then Calgary in 1988.

**3. Who was the first Olympian from Canada to win a total of six medals?**

Answer: **Cindy Klassen, speed skater**

Cindy began her career playing on the Canadian National Youth Hockey team.

**4. Before Usain Bolt ran the fastest recorded 100m time in the Beijing Olympics, Canadian Donovan Bailey held this record. From which American 200m champion did Bailey steal the title, "World's Fastest Man"?**

Answer: **Michael Johnson**

Donovan Bailey raced the 150m race in front of thousands of screaming Canadians at the Toronto Skydome venue in 1997.

**5. Canada has won gold in the sport of soccer in the Olympic Games. Their first came in which year?**

Answer: **1904**

These games occurred in St. Louis. Canada and the United States were the only countries that participated in the soccer event.

**8. Ian Millar, a well-known Canadian horseback rider, has represented Canada numerous times in the Olympics. What was Millar's horse's name that accompanied him in many of the Olympic Games?**

Answer: **Big Ben**

Ian was not only included in the [Canadian Sports Hall of Fame](#), but was also awarded the Order of Canada in 1986.





**PSW OUTREACH**  
HOMECARE WITH HEART

# Reliable and Compassionate Homecare

PSW Outreach is dedicated to providing quality care to vulnerable seniors and those with a disability. Our goal is to help people stay in their homes safely for as long as possible.



## A Few of Our Services



### Personal Care

- ADLs - Bathing, Dressing, Hygiene
- Medication Cueing
- Physiotherapy Supervision



### Household Tasks

- Light Duty - Sweeping, Dishes, Bed-making
- Environmental Safety for Fall Prevention



### Respite

- Caregiver Relief
- Realistic Time-frames
- Total Care



### Palliative Care Support

- Advocacy
- Personal Care
- Respite



## Why Choose Us?

We care about what matters to you! Our services are delivered by a team of dedicated, locally hired and certified PSWs trained to provide detailed care specific to your needs.

- ✔ Quick & Efficient Responses to Referrals
- ✔ System Navigation - We will connect you with other healthcare services
- ✔ Adaptability

Contact Us



(705) 987-0836

E-transfers Accepted

payments@stjosephstownship.com



1669 Arthur Street, Richards Landing



psw\_outreach@stjosephstownship.com

# Start to Finish

## Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Eskimo canoe.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

# Start to Finish

## Brain Teasers

### SOLUTION

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	HUNCH
Pioneer in photocopying.	XEROX
Bitterly sarcastic.	CAUSTIC
Gas in some signs.	NEON
Eskimo canoe.	KAYAK
Chinese medicinal root.	GINSENG
Where a rubber duckie lives.	BATHTUB
Roll in the mud.	WALLOW
Pleasure traveller.	TOURIST
Temporary loss of memory.	AMNESIA
Deadly.	LETHAL
Pizza herb.	OREGANO
Very knowledgeable.	ERUDITE
Forty-eight hours before tomorrow.	YESTERDAY
The most.	MAXIMUM
Excessive.	SUPERFLUOUS
Feudal land.	FIEF
Trepidation	DREAD
Water storage area.	RESERVOIR





# EVERY WEDNESDAY

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**June 19 - September 11, 2024**  
**Royal Canadian Legion Br. 374**  
**Richards Landing, ON**

Progressive Jackpot Starts at \$200

\$5.00 / Strip

Doors Open at 6:30

Early Bird at 7:15

Licence #778772



**PROCEEDS GO TO LEGION COMMUNITY SERVICES**



# NORTHSHORE HEALTH NETWORK AUXILIARY

## RICHARDS LANDING MATTHEWS SITE

*Draw takes place at Community Night  
July 26, 2024*



### **First Prize:**

**Queen Size  
Quilt**

**89" x 104.5"**

*Quilt made by  
Shirley Pringle,  
Brenda Southward,  
Ann McHale and Phyllis Pugh*

**Tickets  
\$2 each or  
3 for \$5**

### **Second Prize:**

**\$500 Gift Certificate**  
*donated by  
Kentvale Home Hardware*

### **Third Prize:**

**Framed Cross Stitch**  
*created by Dianne Peterson*

### **TICKETS AVAILABLE**

**at local businesses,  
from Auxiliary members  
or from Monica Keating  
705-541-3670**



Your source for healthy aging information you can trust

Let's look at the role that **participating in social activities**, and **exercising the brain through cognitive engagement and brain activities** plays in promoting brain health and reducing your risk of developing dementia.



## Social Activity

Connecting with other people through social activities and community programs can keep your brain active and help you feel less isolated and more engaged with the world around you. In addition, being socially engaged has been associated with better brain function in some studies. Studies have shown that **low social participation, less frequent social contact, and feelings of loneliness are all associated with increased risk of developing dementia.**

Social activity is also important in maintaining healthy mental health. Social interactions lower stress levels, decrease depression and anxiety, and improve overall life satisfaction. People who also engage in meaningful activities with others tend to live longer, improve their mood and promote a sense of purpose. Studies show that these activities help maintain a person's well-being and may improve their cognitive function.

There are many programs to help people stay socially active as they age in many communities. Talk to your doctor, social worker, or community case manager to find out about how you can stay social. If you don't know where to start, you can also call **211** or **consult 211.ca** to learn about offerings in your area; or contact your local community centre, or YMCA to learn about their programs to help you stay social.



## Cognitive Activity

When you keep your brain active with exercises or other tasks, you help build and strengthen connections between brain cells. You might even grow new brain cells. This has positive impacts on cognitive functioning, such as thinking and learning and reducing your risk of cognitive decline.



Brain training activities are an effective way to challenge your brain and increase your cognitive functioning. These activities include reading, video games, crosswords, Sudoku puzzles, playing a musical instrument, listening to the radio, and participating in leisure activities, such as sports, social interaction and hobbies. Research has shown that **activities that incorporate both cognitive and physical activities** provide the most benefit with respect to promoting brain health.

Try to find activities with some degree of '**desirable difficulty**': these are activities that are just the right amount of challenging. They are activating your brain in new and exciting ways such that you are learning new things; but they aren't so challenging as to be frustrating. There is also some emerging evidence that more passive types of activities – like watching tv – are less stimulating than more active tasks, like using a computer (where you have to input something). Activities don't have to be fancy brain- training games either; things like reading, puzzles, or trying to learn a new language can all stimulate the brain.

## Bottom Line

Stay curious, stimulate your brain, and stay social.



\*\* The Trefry Centre offers programs that can help you stay active, connected and engaged in your community or in your own home. Perfect for those who live alone.

We offer Day Out programs, Coffee Connections, Exercise and Friendly Visiting. Just give us a call to find one that works for you 705-246-0036.



# Strawberry Icebox Cake



## Ingredients:

1 (8-oz.) package cream cheese, room temperature  
1 cup powdered sugar  
3 cup heavy cream, divided  
1 Tbsp. vanilla bean paste or extract  
1 Tbsp. lemon zest  
20 graham cracker sheets  
1 1/2 lb. strawberries, sliced about 1/4-inch thick (about 4 1/2 cups)  
1/2 c. sliced almonds (optional)

## Directions:

In the bowl of a stand mixer fitted with the beater attachment, beat the cream cheese until smooth. Add the powdered sugar, beating until smooth.

Scrape down the sides of the bowl. Add 1 cup of heavy cream and beat at low speed until smooth. Add the remaining 2 cups of cream and beat at medium to medium-high speed until soft peaks form, increasing the speed as the mixture begins to thicken. Fold in the vanilla and lemon zest.

Spoon 1/4 cup of the cream mixture into the bottom of a 9-by-9-inch pan or baking dish, spreading into a thin, even layer.

Top with the graham crackers in a single, even layer, breaking them as needed to fit. Spread about 1 1/2 cups of the cream mixture over the graham crackers, using a spoon or offset spatula to smooth into an even layer. Top the cream mixture with an even layer of strawberries, about 1 1/2 cups. Sprinkle evenly with 1/4 cup of almonds, if using.

Repeat once more, then top with a final layer of graham crackers, cream mixture, and berries.

Cover with plastic wrap and refrigerate at least 4 hours or up to overnight.

Tip: The almonds in the recipe add a lovely crunch, but feel free to leave them out if you prefer softer layers.

= HAPPY =  
**CANADA**  
- DAY -



# 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



## Friendly Visiting

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

## 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.

## 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.