

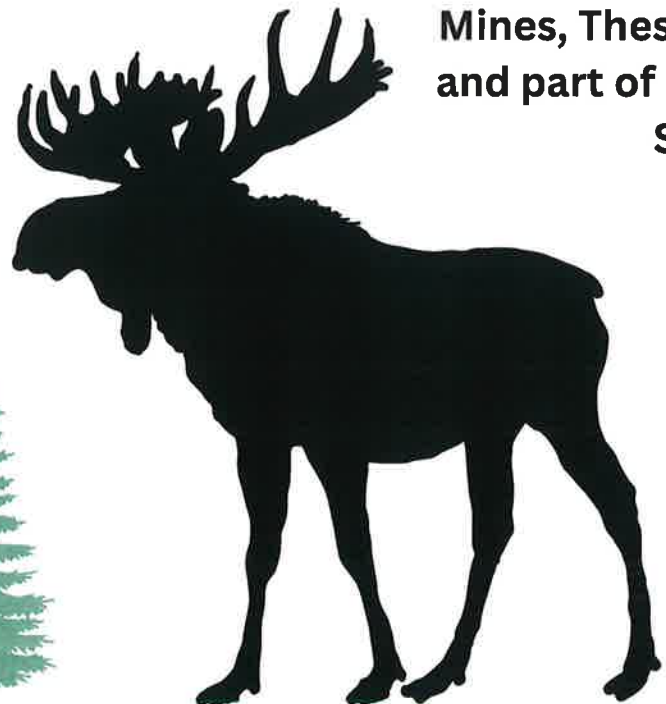
WHAT'S UP DOC

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**



OCSA
Ontario Community
Support Association

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 10TH 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



BM United Church Nov 2nd 7pm

CANADIAN
FIDDLE CHAMPION

PRESENTS
SCOTT WOODS
YEE HAW

TICKETS?
VISIT/CALL:
SCOTTWOODS.CA
1-855-SCOTTWOODS

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!

QR CODE: SCHEDULE

ALL TRIBES CHRISTIAN CAMP SJI

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,

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





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





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



Free Caregiver Programs & Services

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.



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!)

<p>What is a POA?</p>	<p>Power of Attorney (POA) - A legal document that allows someone you designate (“the attorney”) the power and authority to act on your behalf</p> <p>Two types: Property & Medical (Personal Care)</p>
<p>Passing with OR Without a Will</p>	<p>Without a Will</p> <ul style="list-style-type: none"> • estate could be inherited by people you did not wish to inherit • delays in distribution of estate • significant costs • added stress on your loved ones • wishes have not been communicated in a legally binding manner <hr/> <p>With a Will</p> <ul style="list-style-type: none"> • ensures your estate is administered and distributed according to your wishes • choose your own executors/estate trustees & beneficiaries • ability to name back ups • can name guardians of children • reduce or minimize potential conflicts
<p>Ways to reduce Estate Administration Tax</p>	<p>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.</p> <p>Joint Property Ownership - 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</p> <p>Name Beneficiaries - noting beneficiaries on assets, such as, bank accounts, investments, pensions, RRSPs, TFSA, etc.</p> <p>Gift Assets - Lowers your estate value by gifting what you wish your beneficiaries to receive prior to your passing</p>

Adrienne Hagan - Willson Greco Hagan Law Firm LLP

Telephone- 705-942-2000

Email - 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 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.