

WHAT'S UP DOC



Programs Serving : Macdonald, Meredith & Aberdeen Add'l, Laird, Tarbutt, Village of Hilton Beach, Township of Hilton, Jocelyn, St. Joseph, Plummer Add'l , Town of Bruce Mines, Town of Thessalon & 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 

OCSA 30
Ontario Community
Support Association 1992-2022

Trefry Centre 705-246-0036
manager@trefrycentre.ca



Coats for Cold



Collecting donations of Coats

Drop off locations

Hilton Beach General Store
Harmony St. Marks United Church R.L.
Dr. Harold Trefry Memorial Centre

For those in need of warm clothing come to
Harmony St. Marks Church Hall (side door)
and check out the selection



Wednesday Nov. 2, 9, 16 & 23 – (1 pm to 3 pm)
Saturday Nov. 5, 12, 19 & 26 – (10 am to 12 pm)

Sponsored by the Outreach Committee of Grace and
Harmony St. Marks United Churches



Contact is Lorrena Bookman 246-2103



How to Record Birthdays & Receive Alerts

Birthdays that you want to remember should have a contact record in the Contacts app. This can be added either when the record is initially entered using the **Add (+)** function or by editing an existing contact record with the **Edit** function.

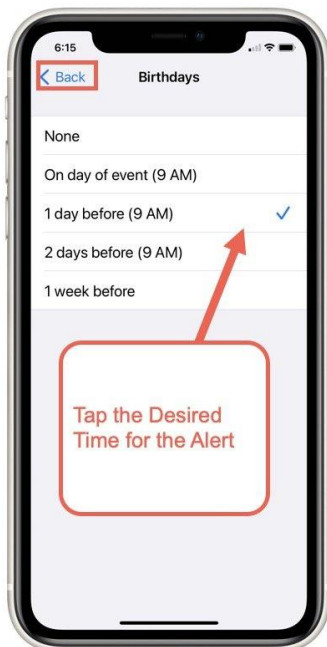


You will need to scroll down the Contact information past the phone, email and address fields to find birthday. Tap  (Green + Plus) sign next to the birthday label. On your tap the green plus turns to  which represents how you would remove or delete a birthday.

Swipe up and down on the month and day fields to set to the desired level. The year, if known, can also be entered by swiping. However, the year is optional for this function. Tap **Done** in the upper right corner to save the change.

Set Up Alerts for Birthdays

Birthdays will display on your Birthdays calendar. However, you can also receive a screen alert or notification for the birthday.



There is a one-time setup process using the **Settings** app to enable alerts for the birthdays that you create.

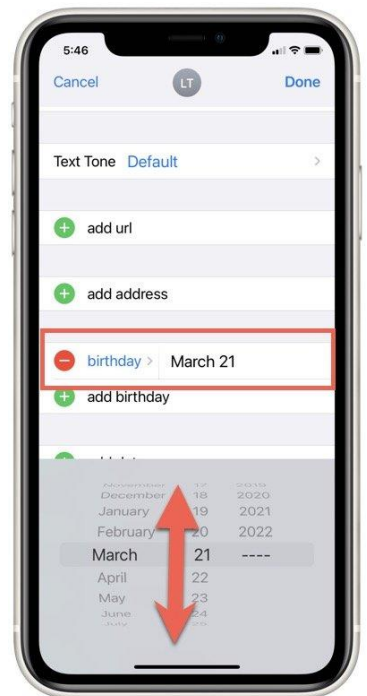
Launch **Settings**.

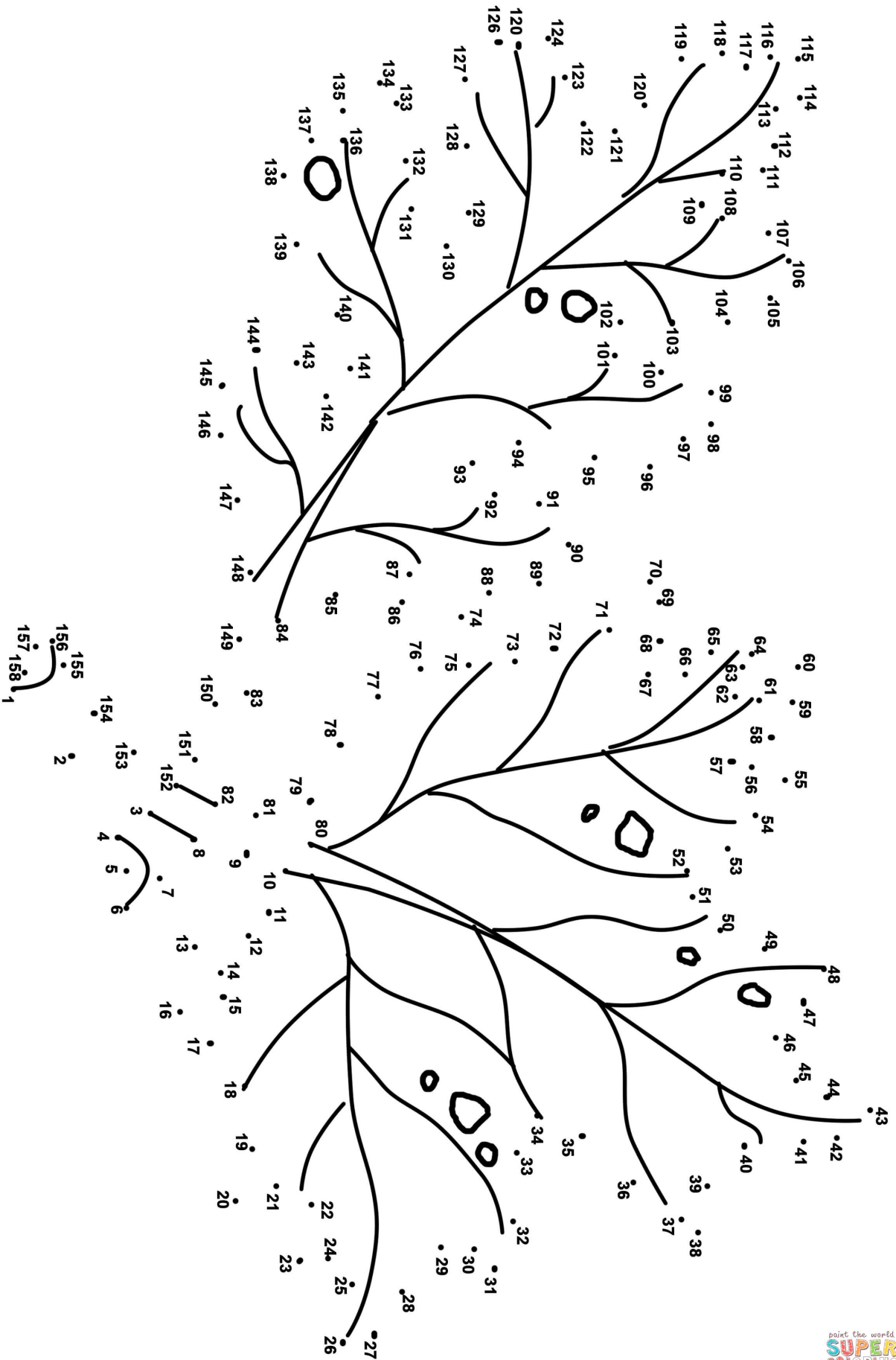
Tap **Calendar > Default Alert Times > Birthdays**.

Pick one of the predefined times when your alert should be displayed. Only these selections are available. A check mark will be placed next to the alert.

Tap **Back** (upper left corner) to set the alert time.

Expect to see a screen alert for the birthdays you have entered into Contacts.







ALZHEIMER SOCIETY CAREGIVER SUPPORT GROUP BRUCE MINES & AREA

**THE FIRST WEDNESDAY OF EACH MONTH 1:30 – 3:00 P.M.
BRUCE MINES UNITED CHURCH, 18 WILLIAMS STREET**

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, September 7, 2022
- ❖ Wednesday, October 5, 2022
- ❖ Wednesday, November 2, 2022
- ❖ Wednesday, December 7, 2022
- ❖ Wednesday, January 4, 2023
- ❖ Wednesday, February 1, 2023
- ❖ Wednesday, March 1, 2023

**You Are Not
Alone!**

Please join us!

**A safe place for
caregivers to learn
and share.**

*Please use basement
entrance at side of church*

**Please let us know if you will
be bringing your loved one
with you.**

**TO REGISTER OR FOR
MORE INFORMATION:**

**Call 705-942-2195
or email
info@alzheimeralgoma.org**



HELP GET PROTECTED
AGAINST HEPATITIS A AND B
WITH TWINRIX.



LEARN MORE

100% protection cannot be
and adverse reactions n

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We will Remember

From all of us at the Dr. Harold S Trefry Memorial Centre, we pause to thank all men and women who have served to protect our freedoms.

We will remember, we will stand and pause
We will think and reflect on the cause
Wear a poppy and say "Thanks You"
To the comrades you loved and knew
All so young for these missions so grand
Many not here, with you to stand
Yet, you tell the story they did not get to speak
For in those stories, it is solace you seek
And once a year silence says 1000 words of grief
And once a year you blink a tear of relief
Releasing the sadness that surrounds your soul
For the memories do take their toll
"Lest we forget" and "For your service we thank you"
For all the Patriot love that is so true.

Remembrance Day Services

Echo Bay Elks service be seated by 10:15am

SJI Legion Branch 374 service 10:45am

Wreath Laying at Cenotaph

Richards Landing & Hilton Beach 10am

Wreath laying Desbarats Cenotaph 12:30pm

Bruce Mines Cenotaph service 10:45 lunch to follow at Legion Branch 211 Bruce Mines

Wreath laying Rock Lake Cemetery 2:30pm

Thessalon Legion will attend school service 9am Nov 11th

Iron Bridge & Thessalon Cenotaph service at 11am





Please join us at our
Tuesday November 29th
Coffee Connections event in
support of the Alzheimer
Society.

Come out for a social hour, coffee & muffin from 9:30-10:30am on Nov. 29th at the Trefry Centre. All donations will go to the Alzheimer Society. Donations over \$20 are eligible for a tax receipt.

Remembrance Day Word Search

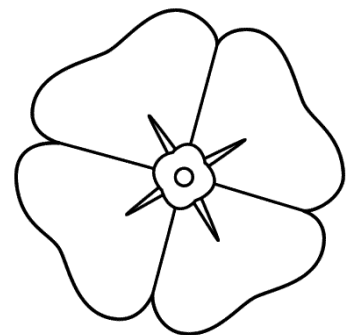
Instructions: Try to find all of the hidden Remembrance Day words in the word search puzzle below.

(Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

ARMY	GUN	POPPY
COMMUNITY	LOYALTY	SACRIFICE
DUTY	MEMORY	UNIFORM
GRIEF	PARADE	WEAPON
GUARD	PEACE	WORLD



Maple-Roasted Chicken Thighs: with Sweet Potato Wedges & Brussels Sprouts

This easy sheet-pan recipe brings together many fall favorites into a hearty dinner.

Ingredients

- 2 tablespoons pure maple syrup
- 4 teaspoons olive oil
- 1 tablespoon snipped fresh thyme
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 pound sweet potatoes, peeled and cut into 1-inch wedges
- 1 pound Brussels sprouts, trimmed and halved
- Nonstick cooking spray
- 4 bone-in chicken thighs, skinned
- 3 tablespoons snipped dried cranberries
- 3 tablespoons chopped pecans, toasted

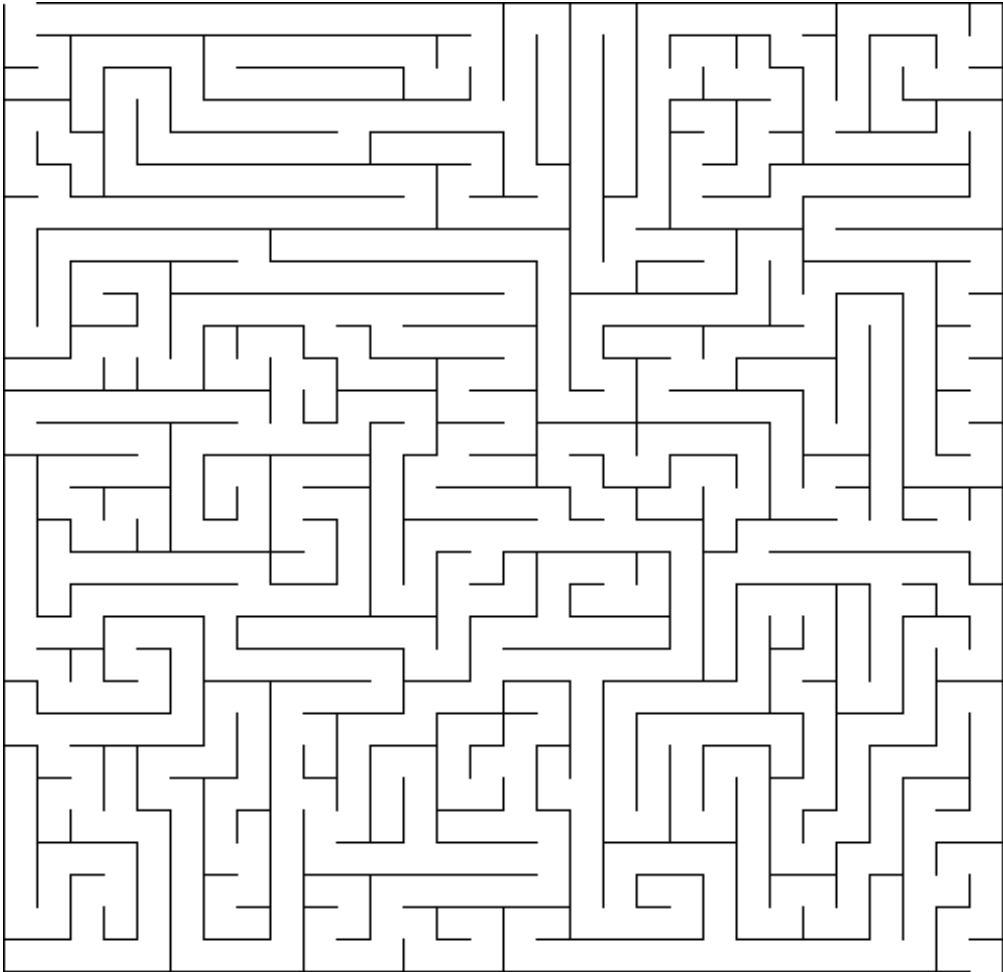
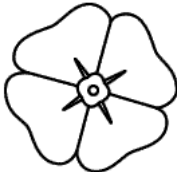


Directions

Preheat oven to 425 degrees F. In a small bowl combine maple syrup, 1 tsp. of the oil, the thyme, 1/4 tsp. of the salt, and 1/4 tsp. of the pepper. In a large bowl combine sweet potatoes and Brussels sprouts. Drizzle with the remaining 1 tbsp. oil and sprinkle with the remaining 1/4 tsp. salt and 1/4 tsp. pepper; toss to coat.

Line a 15x10-inch baking pan with foil. Heat the prepared pan in oven 5 minutes. Remove pan from oven and coat with cooking spray. Arrange chicken, meaty sides down, in center of pan. Arrange vegetables around chicken. Roast 15 minutes. Turn chicken and vegetables; brush with maple syrup mixture. Roast 15 minutes more or until chicken is done (at least 175 degrees F) and potatoes are tender. Serve topped with pecans and cranberries.

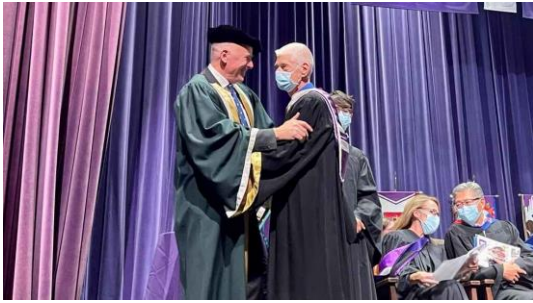
Instructions: Trace the path through the maze. Help get the poppy to the wreath for Remembrance Day.



© www.BigActivities.com



Finish



Amazing at Any Age

84-year-old Canadian with Alzheimer's graduates from university

A Canadian man with early stage Alzheimer's Disease has battled through the brain disorder to graduate with a bachelor's degree at the age of 84.

Ron Robert, who has spent the past four years taking 35 courses on history, political science and cross disciplinary studies, graduated from King's University College in London, Ont. on Wednesday.

Robert was diagnosed with Alzheimer's in 2015 and struggled with depression after receiving the news. He described his decision to enrol in university "a personal experiment that has succeeded by setting an example."

"It's such a wonderful feeling," Robert told CTVNews.ca as he prepared to receive his diploma at Convocation Hall. "It gives a lot of people hope that they can live they can still live a good life with Alzheimer's. There will come a time when I won't be able to, and I fully expect that. But in the meantime, I'm living a full life."

Robert is not alone either. [According to the Alzheimer Society of Canada](#), more than 569,000 people were living with dementia in Canada in 2020. In a report released by the group in September this year, they predicted nearly [one million people in the country will be living with dementia](#) by the end of the decade.

Over the four years at university, Robert said that despite his Alzheimer's worsening, he believes the regular mental challenges may have helped slow the deterioration.

"My short-term memory is terrible...but my long term memory is not bad. It's improved," he said.

His wife Catherine Cornelius told CTVNews.ca that her husband persevered through the course despite his condition. "He worked hard," she said. "I definitely believe that his focus on his studies stopped his Alzheimer's from progressing."

While on campus, [Robert also spoke to medical students](#), explaining what it's like to live with memory loss and how patience and kindness from medical professionals is appreciated by those who suffer with dementia.

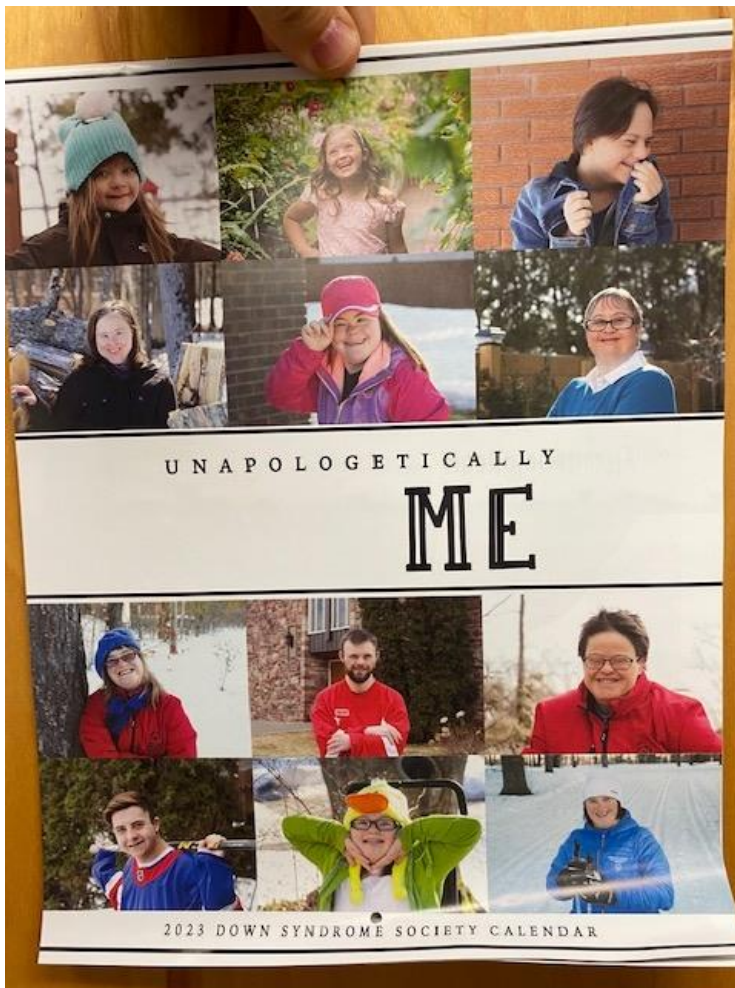
Robert also credits teachers on his courses for adapting their classes to help him remember information, by recording the lectures he attended so he could listen to them multiple times.

One of his professors, Jeff Preston says he is "thrilled" by Ron's achievement.

"I think what Ron has shown is that all sorts of people can succeed in a university classroom when provided with the right environment and supports to nurture success," he added.

The walk across the stage to collect his degree culminates in a 60-year wish for Robert. He said he had always wanted to attend university and instead had a 20-year career as a radio and television journalist in Saskatchewan and Alberta and worked as a political aide to former Prime Minister Pierre Trudeau.

In early November, he turns 85 years old. With one diploma to hang on his wall, he has plans to begin studies for a master's degree and hopes to research ways of living better with Alzheimer's disease, with his own experience as a model for others.



Down Syndrome Society Yearly Calendar

Make your 2023 joyful, comical, goofy, mischievous, with a sprinkle of compassion, athleticism, and friendliness to make it unstoppable!!

Twelve months of friendly faces, to make your year!!!

Pick one up at the Dr. Harold S Trefry Memorial Centre and other locations in our area.

For more information on the Down Syndrome Society, you can visit www.cdss.ca

I HOPE YOU
DON'T MIND
THAT I PUT DOWN
IN WORDS HOW
WONDERFUL
LIFE IS WHILE
YOU'RE IN THE WORLD!

elton john

NOVEMBER 2022



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Carpet Bowling at Legion 1-3pm each Monday \$2	1 \$2 Coffee Connections & Internet Cafe 9:30am	2 Gordon Lake Hall Open House 7-9pm	3	4 Hen's & Stitches 10-12	5 Christmas Luncheon & Bake Sale SJI Legion 11:30-1:30
6	7 Exercise 10am Bruce Station	8 \$2 Coffee Connections & Internet Cafe 9:30am	9 Exercise 10am Centre & on Zoom	10 Exercise 10am Bruce Station	11 Centre Closed Meals will be delivered	12 Tis the Season Craft Show BM Hall 10-3
13	14 Exercise 10am Bruce Station	15 \$2 Coffee Connections & Internet Cafe 9:30am	16 Exercise 10am Centre & on Zoom	17 Exercise 10am Bruce Station	18 Hen's & Stitches 10-12	19 Holly Jolly Craft Show HB Hall 10-3
20	21 Exercise 10am Bruce Station	22 \$2 Coffee Connections & Internet Cafe 9:30am	23 Exercise 10am Centre & on Zoom	24 Exercise 10am Bruce Station	25 Hen's & Stitches 10-12	26
27	28 Exercise 10am Bruce Station	29 Coffee Break fundraiser for Alzheimer Society Trefry Centre 9:30-10:30	30 Exercise 10am Centre & on Zoom	Bruce Station Adult Day Out every Tues. 9:30am -3pm	Echo Bay Adult Day Out every Wed. 9:30am -3pm	Richards Landing Adult Day Out every Thurs. 9:30am -3pm

Trefry Centre Program Info



Meals on Wheels

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

Monday-Wednesday-Friday at NOON



Exercise Classes In-Person

**10am Mon & Thurs with Anne
at Bruce Station Hall**

10am Wed with Margo at Trefry

Wed classes are also on Zoom.



Hen's & Stitches

Bring your knitting, crochet or needle point and work on it in a social setting.

Friday's 10am-12pm



Visit our Internet Cafe **Tuesday's at 9:30**
Bring your iPad for a senior friendly lesson
or use one of ours to connect.

New Horizons Seniors Grant

Toonie Tuesday Coffee Connections

Every Tuesday 9:30-10:30am @ Trefry Centre

Meet up with friends for a social hour with coffee & muffin for \$2



Adult Day Out

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

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