

# WHAT'S UP DOC

September Issue 2023

**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)



## Please Join Dementia Learning Series FOR CAREGIVERS



Sessions from 7:00-8:30pm in person  
at 61 Great Northern Road in the Board Room

Tuesday September 12<sup>th</sup>, 2023

- What is Dementia: How Does Dementia Affect Behaviour?
- How Dementia Affects the Person & the Family.

Tuesday September 19<sup>th</sup>, 2023

- Effective Communication: Tips & Strategies
- Coping with Emotional Conflicts.

Tuesday September 26<sup>th</sup>, 2023

- Responsive Behaviours: Causes and Strategies

Tuesday October 3<sup>rd</sup>, 2023

- What Do You Do When Care Needs Are Increasing?
- Making and Living with the Long Term Care Decision

*There is no fee for this program however **pre-registration is required.**  
Please call **705-942-2195** to register*





# FALL WORD SEARCH

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



acorns	cobweb	harvest	October	seasons
apples	corn	hayride	orange	September
autumn	Fall	jackets	pumpkin	squash
bonfire	festivals	leaves	quilt	squirrel
brown	foliage	maize	rake	sweaters
chestnuts	football	migrate	red	Thanksgiving
chilly	gourds	November	scarecrow	wagons
cider	green	nuts	scenic	yellow



# Seniors

## Cooking Club

hydro  
one

ENERGIZING LIFE COMMUNITY FUND

Operation  
Actively Aging

# **PRESERVING THE HARVEST "MAKE & TAKE"**

## ECHO BAY HALL

STARTS AT 10:00AM (ESTIMATED 3 HRS.)

WEDNESDAY, SEPTEMBER, 13<sup>TH</sup>

AND

WEDNESDAY, SEPTEMBER 20<sup>TH</sup>

Join Trisha for this social cooking experience!  
TOGETHER WE WILL MAKE PRESERVES FOR EACH  
PARTICIPANT TO ENJOY AT HOME!!

## **DIFFERENT RECIPES EACH WEEK!!**

Please contact Trisha if you plan on attending.  
We want to make sure there is enough for everyone  
to have a sample to take home that we prepare!!

**Maximum participants per session will be 16.**



# DOCTOR HS TREFRY MEMORIAL CENTRE

## Notice



**Hello everyone, my name is Marcy Clark, and I am the new Manager for Seniors and Persons with a Disability at the Dr. Harold S. Trefry Memorial Centre.**

**I am originally from the north shore, but I have lived in Richards Landing for 26 years. I am a Registered Practical Nurse and during my career I have worked at Algoma Manor, the Group Health Centre & my own business called Landing Feet First – doing in home nursing footcare.**

**I also worked part time at the NCU and for the last 2 years I have been working at the Township of St. Joseph Municipal Office as the office assistant, then Deputy Clerk Treasurer. With all of these positions as past experiences, I am confident and very excited to be in my new role.**

**Please feel free to email, call or stop in at the Dr. Trefry Centre to learn about any programs that are running or to catch up.**

## PSW Outreach Program Update:



**The PSW Outreach program is pleased to announce two new staff members. Stacie Koch RN will be providing case management as well as clinical assessment services. Beth Lane is our newest PSW. Both new staff members are residents of St Joseph Island.**

**The Algoma District Services and Administration Board has given extended and expanded our funding which will allow us to stretch our services further along the north shore. We are making a continued effort to acquire permanent funding for this very valuable and innovative program.**

# **SENIOR'S SEPTEMBER HARVEST LUNCH SOCIAL**

**Wednesday, September 27<sup>th</sup>  
Echo Bay Hall**

**Doors open at 11am for social hour  
Lunch will be at 12pm**



ENERGIZING LIFE COMMUNITY FUND

**Operation  
Actively Aging**

## **LUNCH MENU:**

**CABBAGE ROLLS, PEROGIES, MIXED GREEN HARVEST SALAD  
& APPLE CRISP FOR DESSERT**

**Please contact Trisha if you are interested in attending  
so we have an idea of numbers for lunch!**

**705-297-4024 or email [tdaynard@ontera.net](mailto:tdaynard@ontera.net)**

**PLEASE RSVP BY FRIDAY, SEPTEMBER 15<sup>TH</sup>**





**STARTING  
SEPTEMBER  
22ND**

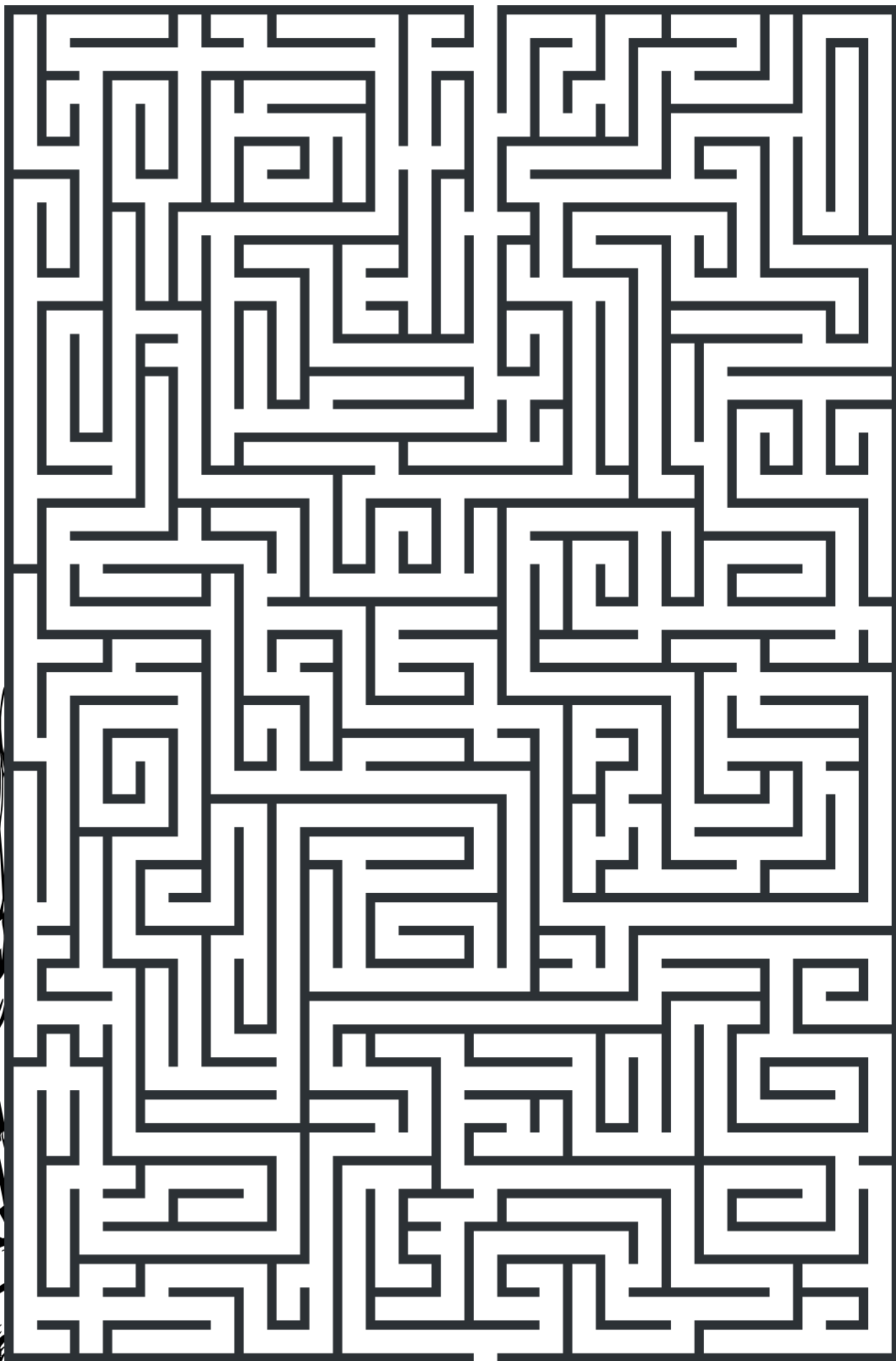


**EXERCISE CLASS  
LAIRD HALL  
FRIDAYS 10-11AM**

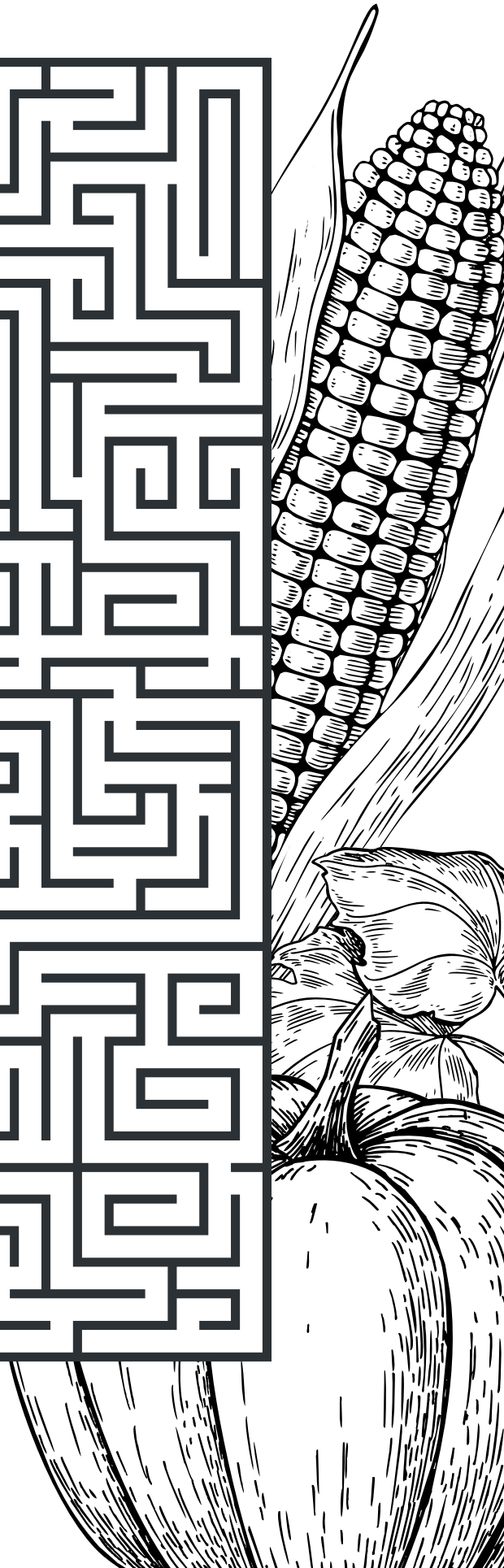
**FREE OF CHARGE**

Instructor  
Margo Gibson

Call  
**705-246-0036**  
to register for a class



Finish





# Carmel Gingerbread Cupcake's

## Ingredients:

- 1 ½ cups all-purpose flour
- ¾ cup sugar
- ¼ cup packed brown sugar
- 2 tsp baking powder
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground cloves
- ¼ tsp salt
- 1 large egg, room temp
- ½ cup 2% milk
- 1/3 cup canola oil
- ¼ cup molasses
- 1 tsp vanilla extract



## Frosting Ingredients:

- 3 cups confectioner's sugar
- 6 tbsp butter, softened
- 1 tsp Carmel extract
- 3 to 4 tbsp 2% milk
- Carmel sundae syrup

## Directions:

1. Preheat oven to 350°. Line 12 muffin cups with paper liners.
2. Whisk together the first nine ingredients. In a separate bowl, whisk together the egg, milk, oil, molasses, and vanilla extract. Then Add your flour mixture and stir just until moistened.
3. Fill prepared cups two-thirds full. Bake until a toothpick inserted in center comes out clean, 15-18 minutes. Cool in pans for 10 minutes before removing to wire racks; cool completely.
4. For frosting, beat confectioners' sugar, butter, extract, and enough milk to reach desired consistency. Spread over cupcakes. Drizzle with caramel syrup before serving.

**Total time** = prep 25 min, bake 15 minutes. **Makes** = 1 dozen (12)

# ST. JOSEPH ISLAND *Country Road Open House*



Enjoy this colourful fall agricultural tour as you visit farms, shops and artists throughout St. Joseph Island !

*September 30 and October 1      10 am - 5 pm      705-246-2683*



## *28th Annual Country Road Open House*



-Saturday and Sunday the weekend before Canadian Thanksgiving-

Enjoy fall colours on scenic country roads as you drive from place to place on this self guided agritourism event and help us celebrate the harvest !

Visit farms, rural studios and village shops.

Witness demos and/or participate in activities as you shop from a wide selection of fall produce, preserves, baking, quilting, woodworking, knitting, artwork and much more!

*Look for updates on Facebook at  
St. Joseph Island Country Road Open House*





Fall  
Blessings

# 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**



Need help with or have questions about  
your cell phone or iPad?

Senior Friendly Tech Support

**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**



## Transportation

Drivers are available to bring  
clients to our programs, to  
medical appointments, or  
other outings.

## Exercise Classes

**10am Tuesday with Anne at  
Bruce Mines 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.