

WHAT'S UP DOC

July 2025



**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

Ontario 



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

**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**



PARTICIPATE IN A RESEARCH STUDY

Assessing the Impact of DAY programs on individuals living with Dementia and their family/friend Caregivers (AIDA-DemCare: Ethics #2024-089)

What do we want to know?

We want to understand whether attending adult day programs improves outcomes for people living with dementia and their caregivers. We also aim to identify which personal and program factors influence participation and outcomes. We will examine whether outcomes differ for people with dementia and their caregivers who attend day programs versus those who do not. Our goal is to show the benefits of day programs and how they can be improved.

How will we do this?

A study team member will complete a **60-minute survey** with caregivers and, if possible, the person living with dementia. Surveys will be done by phone, Zoom, or in-person at the start of the study, and again after six months and one year.

Individuals living with dementia & their caregivers

Day program cohort

Community cohort

Baseline



1st follow-up



2nd follow-up



Survey

- Demographic information
- Caregiving tasks
- Access to care services
- Concerns with health & well-being
- Memory problems & dementia symptoms
- Physical & mental health
- Quality of life

Baseline



1st follow-up



2nd follow-up



Interested?

Contact Stella Medvedyuk at
stellam2@yorku.ca or
647-786-8993

We speak:

中文
廣東話
Русский
فارسی

Participants will receive
a **\$15 coffee gift card**
and enter a draw to win
an iPad!

www.yorku.ca/health/carswellchair/

Rural challenges

Many rural areas have older populations than urban communities. Despite their demographics, rural communities may not have adequate caregiver supports and resources available. This may further increase the burden on caregivers who live in rural areas.

Unique Challenges and Benefits

Caregivers in rural areas face unique challenges. Long distances to services and a lack of specialized health care services are common challenges. However, there are also benefits for caregivers in rural areas. For instance, rural communities tend to have stronger circles of support, that can sometimes provide caregivers with a supportive network.

TIPS

Seek out support

Support for caregivers in rural areas may look different than caregiver supports in urban areas. Consider asking family, friends, colleagues, or other local community organizations or groups for support. Forming connections and supportive relationships often helps reduce feelings of burden for caregivers.



Adopt technologies

Technology can be useful for rural caregivers. For example, wearable devices, such as fall detectors, video cameras or door alarms can help caregivers monitor the person they care for to ensure safety.

Embrace online information

The internet offers caregivers plenty of helpful information, access to online support networks, and other beneficial services. When you're browsing the internet, be sure to use sites that offer reliable and accurate health information. Internet connection may not always be reliable, so using the public library to connect with their Internet and resources can also be a valuable option.

Need Assistance?

[The Ontario Caregiver Helpline is here to help](#)

The OCO shared information and caregiver stories in the webinar entitled, “Understanding Caregiver Challenges in Rural Communities” [Watch the OCO webinar today!](#)

Word Search

CAMPING



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

Campfire

Flashlight

Air Mattress

Marshmallows

Stars

Insects

Lantern

Swimming

Wildlife

Sleeping Bag

Adventure

Canoe

Hiking

Batteries

Tent

Fishing

Backpack

Nature

Bugs

The Swing

By Robert Louis Stevenson

Summer Poems

How do you like to go up in a swing,
Up in the air so blue?
Oh, I do think it the pleasantest thing
Ever a child can do!
Up in the air and over the wall,
Till I can see so wide,
Rivers and trees and cattle and all
Over the countryside—
Till I look down on the garden green,
Down on the roof so brown—
Up in the air I go flying again,
Up in the air and down!

The Beech Tree

By Rose Fyleman

I'd like to have a garden
With a beech tree on the
lawn;
The little birds that lived
there
Would wake me up at dawn.
And in the summer weather
When all the leaves were
green,
I'd sit beneath the beech
boughs
And see the sky between.



Free Routine Dental Care for Eligible Seniors

The Ontario Seniors Dental Care Program (OSDCP) provides high quality dental care to all seniors who qualify.

Who is eligible?

You may be eligible if you:

- Are 65 years of age or older
- Are a resident of Ontario
- Have an annual net income of \$25,000 or less for a single senior or a combined annual net income of \$41,500 or less for a couple
- Have no other form of dental benefits, apart from the Canadian Dental Care Plan (CDCP), including private insurance or dental coverage under another government program such as Ontario Works, Ontario Disability Support Program or Non-Insured Health Benefits. Clients may qualify for the CDCP and still be eligible for the OSDCP provided the client meets the eligibility criteria.

Where can I get dental care?

Dental care services are provided through Public Health Units (PHU) and participating Community Health Centres (CHC), Aboriginal Health Access Centres (AHAC), as well as mobile dental clinics in some areas.

What services are covered?

- Examinations and assessments
- Preventive services
- Restorative services to repair broken teeth and cavities

- Oral surgery to remove teeth or abnormal tissue
- X-rays
- Anesthesia
- Endodontic services to treat infection and pain
- Periodontal services to treat gum conditions and diseases.

What about dentures?

Prosthodontic services, including dentures, will be partially covered. Please speak to your local public health unit for more information.

How do I apply?

There are several options available for applying for the Ontario Seniors Dental Care Program:

- Apply online at ontario.ca/SeniorsDental
- Print, fill out, and mail your application
- Visit your local Public Health Unit or participating CHC or AHAC to pick up an application form and/or get support with completing your application.

What happens if I am approved?

Once your application has been approved, you will be mailed a welcome package and a dental card. To receive services, present this card to the Public Health Unit, Community Health Centre, or Aboriginal Health Access Centre providing the service.

You will be notified each year of your eligibility for continued participation in the program, or about how to re-apply to the program if that is required.

And if I need help?

Call 416-916-0204
Toll-Free 1-833-207-4435
TTY 1-800-855-0511

294 Willow Avenue – Sault Ste. Marie ON – 1-888-892-0172
9 Lawton Street – Blind River ON – 1-888-356-2551
302 – 31 Nova Scotia Walk – Elliot Lake ON – 1-877-748-2314
18 Ganley Street – Wawa ON – 1-856-7208



Notice

Trefry Centre office will be closed Tuesday July 1st for Canada Day

Bruce Mines Canada Day Celebrations , July 1st,

Games, Bouncy Castles, Live Music, Food, Pony Rides, Fireworks and more...



July 1st Richards Landing

- *Canada Day Tractor Trot (9 am)
- *Pancake Breakfast (8 am- 12 pm)
at Legion Branch 374
- *Paddle Parade (12.30)
at WI park

**Echo Bay
Extravaganza
July 13
At Sports
Complex**



**Richards Landing
Community Night
& Boat Parade of Lights
July 25
at Centennial Grounds and
Municipal Marina**



**Johnson Township's 53rd
Community Day
Saturday, July 12, 2025.
Parade at 4:30pm
Starting at 4pm Various food
booths under the Pavilion.
Games and bounce castles at the
Community Centre.**

**Arts at the Dock
July 20
11 am - 5 pm
Hilton Beach Marina**

**Hilton Beach
Classic Car Show
July 26
10 am - 3 pm
at waterfront**

**St Joseph
Island Museum**

Teddy Bear

Picnic

July 27

1-4 pm

**Admission by
donation or free
if you bring a
teddy bear, or
wear a fancy hat.**



GO NORTH

**The Go North Music Festival
St Joseph Twp Centennial
Grounds
July 24-25**

**A family-friendly event,
featuring musical acts from
across Canada, local artisans,
local craft beer and delicious
food**



**Thessalon
Community Days
July 31 - Aug 4 th**

**St Joseph Island
Museum
Tea Day
July 13
1-4 pm**



Easy Strawberry Bread

This is super moist and tender strawberry bread, filled to the brim with fresh summer berries. I usually make the quick bread with melted coconut oil, but a neutral oil like vegetable oil works too. Drizzle the cooled bread with creamy vanilla icing.

- 2 cups (250g) **all-purpose flour** ([spooned & leveled](#))
 - 1 and 1/2 teaspoons **baking powder**
 - 1/4 teaspoon **baking soda**
 - 1/2 teaspoon **salt**
 - 1 large **egg**, at room temperature
 - 3/4 cup (150g) **granulated sugar**
 - 1/4 cup (50g) packed **brown sugar**
 - 3/4 cup (180ml) **buttermilk**, at room temperature*
 - 1/3 cup (80ml) **vegetable oil** or **melted coconut oil**
 - 2 teaspoons **pure vanilla extract** or **vanilla bean paste**
 - 1 and 1/2 cups (230g) chopped fresh **strawberries**, tossed in 1 Tablespoon of flour
-
- 1/2 cup (60g) **confectioners' sugar**, sifted
 - 1 Tablespoon (15ml) **heavy cream** or **milk**
 - 1/4 teaspoon **pure vanilla extract** or **vanilla bean paste**



Instructions

1. Preheat oven to 350°F (177°C). Grease an 8×4-inch loaf pan with nonstick spray. Set aside.
2. **Make the bread:** In a large bowl, whisk the flour, baking powder, baking soda, and salt together until combined. Set aside.
3. In a medium bowl, whisk the egg, granulated sugar, brown sugar, and buttermilk together until combined. Make sure there are no brown sugar lumps remaining. Whisk in the oil and vanilla.
4. Slowly pour the wet ingredients into the dry ingredients and gently whisk until there are no more lumps. Avoid over-mixing. Gently fold in the strawberries. Pour/spoon batter into prepared loaf pan.
5. Bake for 55–70 minutes, making sure to loosely cover the bread with aluminum foil halfway through to prevent the top from getting too brown. The bread is done when a toothpick inserted in the center comes out clean with only a few small moist crumbs. All ovens vary, so begin checking every 5 minutes around the 55-minute mark.
6. Remove bread from the oven and allow the bread to cool in the pan set on a wire rack for 1 hour. Remove bread from the pan and place the loaf directly on the wire rack to cool completely.



Picnic Check List

Word Scramble

SCTONNDEMI _____ NSTUSELI _____

ASKNPIN _____ BTNKEAL _____

RHTAS GBA _____ DKNRSI _____

UGB YRPSA _____ WKIERC AETBKS _____

DSSCNAWEHI _____ AAMREC _____

ATEWR _____ ROOUOTD GSMEA _____

INEC TANLOOIC _____ RESFH TFIRU _____

CIE SPCKA _____ NSEUNERSC _____

PTAOOT PISHC _____ PPRAE SPTALE _____

ROESHTM _____ SCIMUM _____

ROHWT WPLILO _____ EHESEC & SCRRAKEC _____

ROEOLC _____ OLTBET ORENEP _____



Picnic Check List

Word Scramble

SCTONNDEMI _CONDIMENTS_____ NSTUSELI _UTENSILS_____

ASKNPIN _NAPKINS_____ BTNKEAL _BLANKETS_____

RHTAS GBA _TRASH BAG_____ DKNRSI _DRINKS_____

UGB YRPSA _BUG SPRAY_____ WKIERC AETBKS _WICKER BASKET_

DSSCNAWEHI _SANDWICHES_____ AAMREC _CAMERA_____

ATEWR _WATER_____ ROOUOTD GSMEA _OUTDOOR GAMES_____

INEC TANLOOIC _NICE LOCATION_____ RESFH TFIRU _FRESH FRUIT_____

CIE SPCKA _ICE PACKS_____ NSEUNERSC _SUNSCREEN_____

PTAOOT PISHC _POTATO CHIPS_____ PPRAE SPTALE _PAPER PLATES_____

ROESHTM _THERMOS_____ SCIMUM _MUSIC_____

ROHWT WPLILO _THROW PILLOW_____ EHESEC & SCRRAKEC CHEESE & CRACKERS

ROEOLC _COOLER_____ OLTBET ORENEP _BOTTLE OPENER_

RICHARDS LANDING

COMMUNITY NIGHT

EVERY DOLLAR
YOU SPEND WILL
BE MATCHED BY A
GENEROUS
ANONYMOUS
DONOR

CELEBRATING

Matthews Memorial Hospital

FRIDAY. JULY 25TH 2025

NEW EARLY START TIME: 6.30 pm

Parade with Pipe and Navy Bands

begins at 6:30 pm on Littleton Street,

Tag the QR code below

for Parade FLOAT categories and PRIZES

Game Booths -The Nip and Tuck- Kids Train
Food Booths -Dunk Tank -Games of Chance

Fun for EVERYONE and GREAT FOOD too!

This has become a WEEKEND EVENT teamed up with
THE GO NORTH MUSIC FESTIVAL !!!



SCAN ME

RICHARDS LANDING CENTENNIAL GROUNDS

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.



Transportation ; Trefry Centre volunteers provide rides to and from medical appointments, shopping, banking, Trefry programs and other outings. Reduced rates 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



Home Maintenance Program

Reimbursing low income seniors for costs like snow removal, housekeeping, and yard work to help keep them living at home.



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.

Coffee Connections/Tech Support/Internet Cafe

Join us at the centre every Tuesday 9:30am for a social hour, coffee, & muffin. Bring your device and connect to our guest internet. Ask questions and get tech support help from our volunteer.

