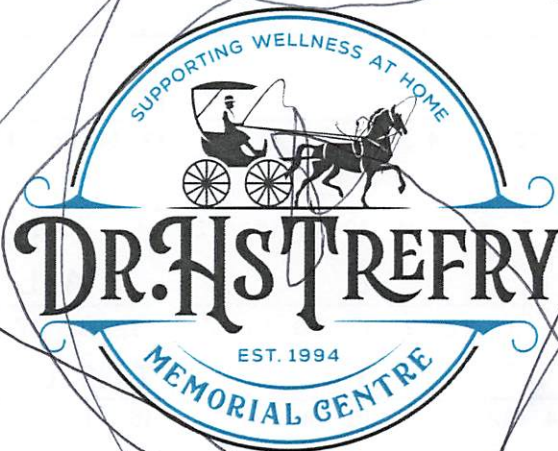


# WHAT'S UP DOC

OCTOBER 2024

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



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

Trefry Centre 705-246-0036

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

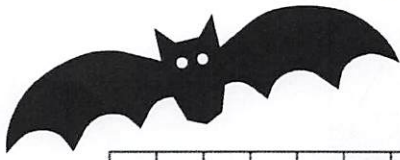
Ontario 

OCSA  
Ontario Community  
Support Association

# HALLOWEEN IS HERE

a cryptogram poem

<http://plumcrazyaboutcoupons.com/>



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
11							19				17								15						

H A L L

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H

A

11 7 25 22 22 3 6 15 20 4 14 22 24 6 14 11 26

T

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12 19 14 16 1 22 2 17 20 16 7 12 11 17 3

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25 18 15 22 16 6 22 18 26 7 13 11 26 6 4 11 7 3



15 19 14 15 20 4 14 19 11 7 13 22 4 14

24 22 26 13 11 16 9 6 24 18 16

11 17 17 6 22 18 19 11 23 14 15 22 9 22 20 7 11 7 3



15 26 20 13 3 22 26 15 26 14 11 15





# Trefry Centre Diner's Club

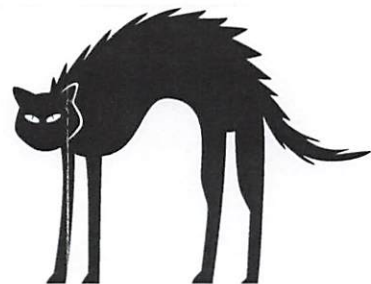
Tuesday October 29th  
RC Legion Richards Landing  
Doors open 11am

**\$16/person**

ticket online @ [www.trefrycentre.ca](http://www.trefrycentre.ca)  
or at Trefry Centre office

**Lasagna, caesar salad, garlic bread,  
Gen's famous pumpkin cheesecake,  
coffee or tea.**

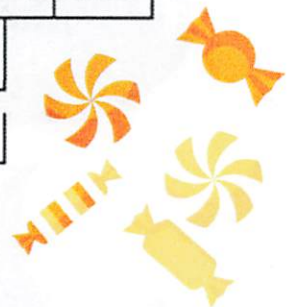
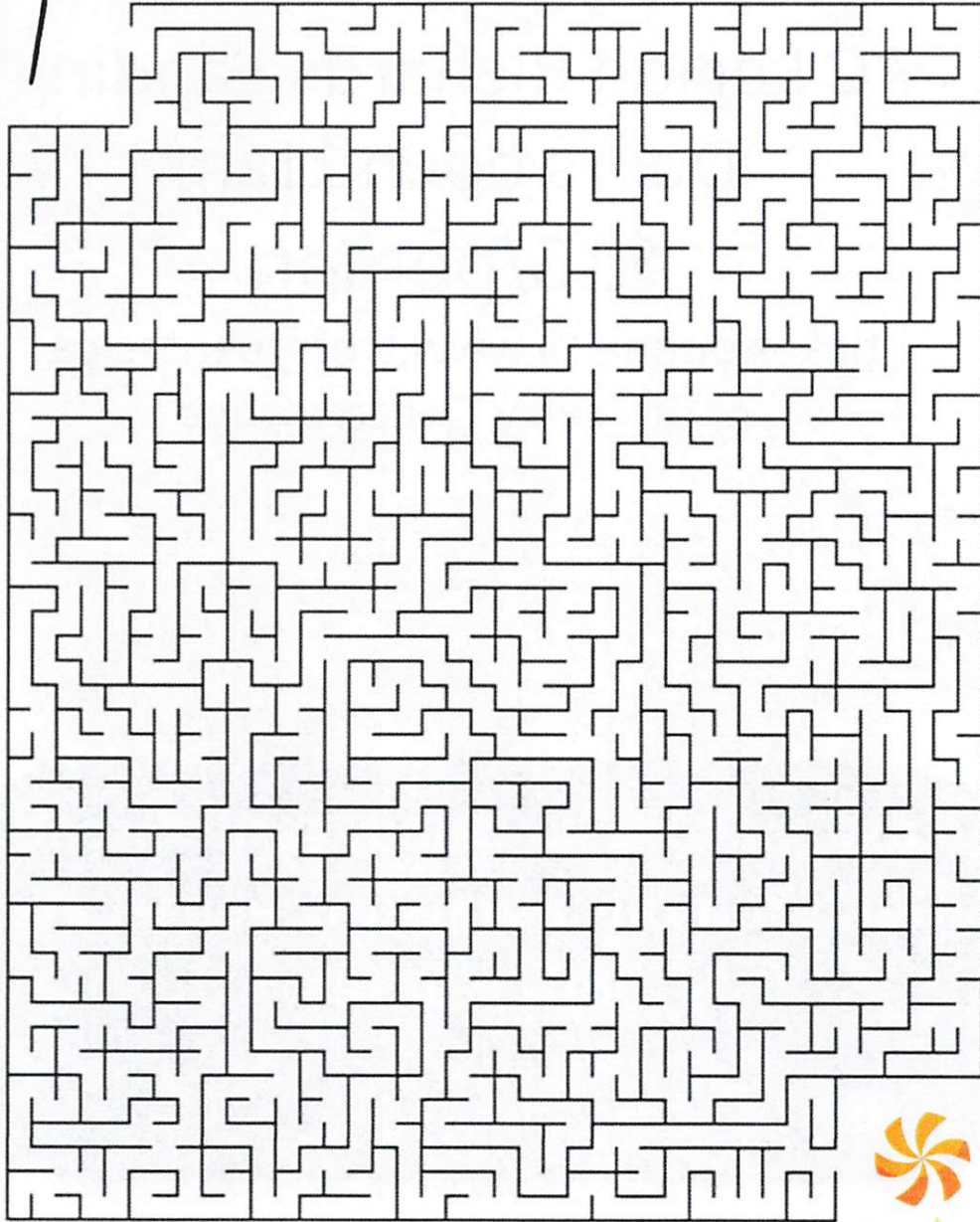
Guest speaker Adrienne Hagan  
estate planning, POA & wills



# TRICK OR TREAT!

A Maze Puzzle

<http://plumcrazyaboutcoupons.com/>







# MAT & CHAIR YOGA

YogaOnTheMoveWithKerry@gmail.com

HILTON BEACH, ONTARIO



## 2024 Fall Schedule

**Mondays in Richards Landing** at The Old Town Hall  
beginning September 23

Mat Yoga 9:30 am      Chair Yoga 11:00 am

**Thursdays in Hilton Beach** at the Waterfront Centre  
beginning September 19

Mat Yoga 9:30 am      Chair Yoga 11:00 am

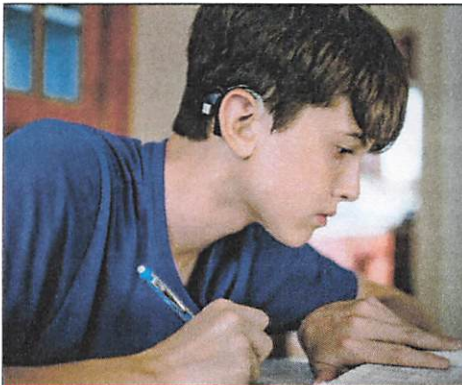


Mat Yoga is 60 minutes. Wear comfortable clothing and bring a mat.  
Cost is \$15 for advance pre-registration, \$20 drop in rate

Chair yoga is 30 minutes. Wear comfortable clothing, sock/bare feet or  
indoor shoes. Cost is \$5

**for more details, information or to pre-register:**  
**YogaOnTheMoveWithKerry@gmail.com**

follow me on Facebook: Yoga On The Move With Kerry



# Smoke and CO Alarms for People who are Deaf or Hard of Hearing

**Working smoke and carbon monoxide (CO) alarms save lives. People who are deaf or hard of hearing may not be able to depend on typical alarms to let them know there is danger.**

There are special alarms and devices to ensure everyone can be alerted in case of fire or high CO levels.

- ▶ When the smoke alarm sounds, strobe lights flash to alert people who are deaf or hard of hearing of a possible fire when they are awake.
- ▶ When they are asleep, a pillow or bed shaker should be used to wake and alert them to fire conditions so they can escape. This device is activated by the sound of a standard smoke alarm. People who are deaf may find that the shaker paired with a high-intensity strobe light is helpful to wake them.
- ▶ Smoke and CO alarms can be installed that use a low-frequency sound. These will work better to wake a sleeping person who has mild to severe hearing loss.
- ▶ These special devices and alarms can also signal when the battery is low.

Research the different products and select the ones that fit the needs of the people in your home. These can be easily installed without a professional. Products can be found in home improvement stores, online, and on manufacturer websites. Pick devices that are listed by a qualified testing laboratory, which is often disclosed on the product's packaging.

## Did You Know?

According to the National Institute of Health, one in eight people in the United States (13 percent, or 30 million) aged 12 years or older has hearing loss in both ears, based on standard hearing examinations.

## Smoke Alarms

- ▶ Install smoke alarms in every bedroom, outside each sleeping area, and on every level of the home, including the basement.
- ▶ For the best protection, choose interconnected smoke alarms. When one sounds, they all sound.
- ▶ Test alarms at least once a month using the test button.
- ▶ Replace smoke alarms if they are over 10 years old.

## Carbon Monoxide (CO) Alarms

- ▶ Install CO alarms outside each separate sleeping area and on every level of the home. This includes the basement and attic. Do not place alarms near fireplaces or fuel-burning appliances. Check to see what the law is in your community for placement.
- ▶ Replace CO alarms between 5-10 years or as stated in the manufacturer's instructions.

## Reduce Your Risk!

Installing both smoke alarms and fire sprinklers reduces the risk of death in a home fire by 82 percent, compared to having neither installed.

## Make a Plan

Everyone in the home should know the sounds and signals of the smoke and CO alarms. When the alarm sounds, get outside and stay outside. Have an outside meeting place to make sure that everyone gets out safely. Call 9-1-1 from outside your home from a mobile phone or a trusted neighbor's phone.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**

The leading information and knowledge resource  
on fire, electrical and related hazards



**GATHER THE WHOLE FAMILY** and do some searching to find the answers to these very important smoke alarm safety questions. Then, go to **Sparky.org** and take the pledge to be a FIRE SAFETY HERO.

**Location, location, location!**

Is there at least one smoke alarm:

- Inside each bedroom?  Yes  No
- Outside all sleeping areas?  Yes  No
- On every level of the home, including the basement?  Yes  No

**Action item:** Figure out **how many\*** smoke alarms you need to make each answer YES. (You need at least one on every level of your home, including the basement, outside all sleeping areas, and inside each bedroom.)

\*Our home needs \_\_\_\_\_ smoke alarms.

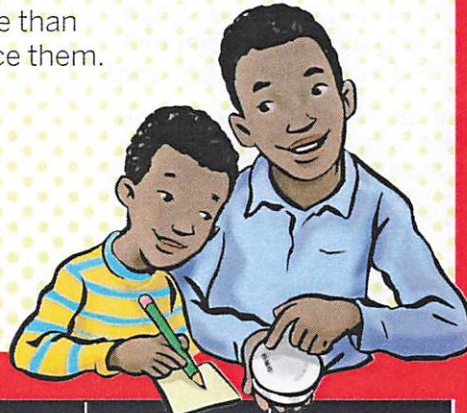
**What have you got?**

To find the answer to the question below, look on the back of your smoke alarms. You'll have to take them down to do so, so make sure to put them back up.

Do you know how old your smoke alarms are?  Yes  No

**Action item:** Fill in the chart below. If your smoke alarms are more than 10 years old, it's time to replace them.

**Smoke Alarm Checkup**



Smoke alarm	Date on back	How old	Need a new one	Working
living room	2019 Oct. 1	5 years	No	Yes



**What to do!**

Do you test your smoke alarms each month?

Yes  No

**Action item:** Test all the smoke alarms in your home at least once a month by pushing the test button.

Does everyone in your home know the sound of the smoke alarm?

Yes  No

**Action item:** Push the test button so everyone knows the sound of the alarm. Smoke alarms make a loud "BEEP, BEEP, BEEP" sound.

Does everyone in your home know what to do when the smoke alarm sounds?

Yes  No

**Action item:** Make a home fire escape plan and practice it at least two times a year. This way everyone knows what to do when the smoke alarm sounds and can get outside and stay outside.



**Kids**

Sparky.org • SparkySchoolHouse.org

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DOCTOR HS TREFRY MEMORIAL  
CENTRE

# Notice

Trefry Centre office will be closed Mon. Oct. 14th for Thanksgiving. Meals will be delivered as usual.

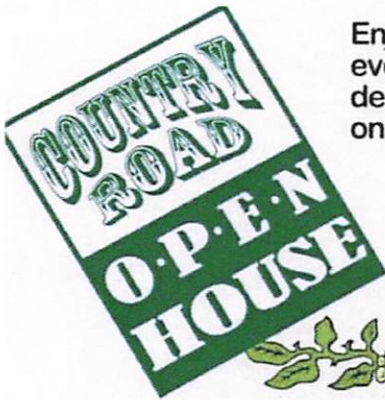


**Oktoberfest**  
UNDER THE TENT  
SAVE THE DATE  
**OCTOBER 4, 2024**  
BEER - MUSIC - FOOD

Roberta Bondar  
Park & Tent Pavilion




**Nordic Walking Group**  
Mondays @1pm  
Lakeside Park  
Thessalon



Enjoy our 29th annual self-guided Agri-tourism event. Visit farms, rural studios, village shops, demonstrations, including a historic grist mill on a working Century Farm. Fall luncheon too!

Pick up your map at Kent's Corner Rentals  
For Complete information find us at  
[www.sjicroh.wixsite.com](http://www.sjicroh.wixsite.com) or our  
Facebook page.  
call 705-246-2683



## COUNTRY ROAD OPEN HOUSE

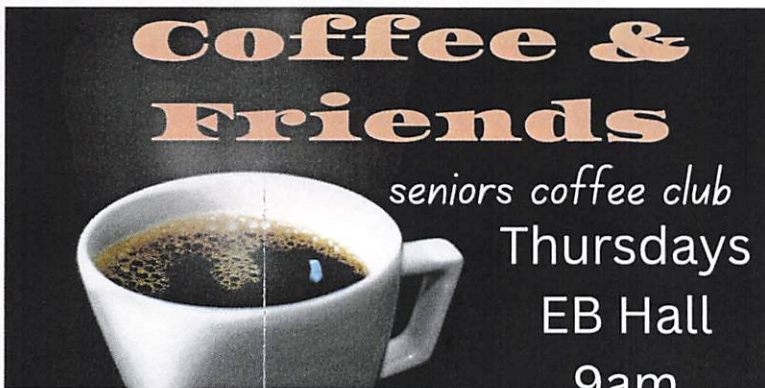
St. Joseph Island

Saturday Oct. 5th & Sunday Oct. 6th, 2024  
10am - 5pm.

Please support the Hosts displaying the Country Road Open House sign



THE ST. JOSEPH ISLAND 4-H CLUB  
**COUNTRY ROADS TOUR**  
**LUNCH**  
OCTOBER 5 & 6  
The Town Hall  
Richards Landing, Ontario

**Coffee & Friends**  
seniors coffee club  
Thursdays  
EB Hall  
9am



**Pumpkins & Potions**  
Sat Oct 19th  
1:30pm-Bruce Mines/Plummer  
Witches Dance @ library  
7pm-Guided lit pumpkin path @  
campground



# HEALING JOURNEY

## SUPPORT GROUP



**AN IN-PERSON  
PEER-TO-PEER  
GROUP FOR ADULTS  
18+ GRIEVING THE  
LOSS OF AN ADULT**

**WHEN :** SEPTEMBER 26TH - NOVEMBER 14TH  
(9 WEEKS)  
ON THURSDAYS FROM 10:00AM - 12PM

**WHERE:** RICHARDS LANDING TOWNSHIP OFFICE -  
1669 ARTHUR ST.  
RICHARDS LANDING,

**For more information or sign-up, please contact :**

**Christelle at 705-246-2477 ext. 207**



# Mental Health Education Series

Cognitive Behavior Therapy (CBT) & More

Wednesday from 1:30-3:30pm

Presented by: Dr. Shamas & HSFHT Social Work Team

Join Us: In-person @ St. Joseph Township Office  
1669 Arthur St., Richards Landing, ON.

@ Huron Shores Family Health Team—Thessalon Site Boardroom  
333 River Road, Thessalon, ON.

@ Huron Shores Family Health Team—Blind River Site Boardroom  
527 Causley St. Blind River, ON.

<b>Mind Body Connection</b>	September 25	<b>Understanding Emotions</b>	November 6
<b>Improving Sleep Quality</b>	October 2	<b>Working with Your Inner Critic</b>	November 13
<b>Anger, Boundaries &amp; Depression</b>	October 9	<b>Regulating with Empathy &amp; Validation</b>	November 20
<b>Stress, Anxiety &amp; Trauma</b>	October 16	<b>Mindfulness &amp; Gratitude</b>	November 27
<b>Recognizing Thought Distortions</b>	October 23	<b>Meditation</b>	December 4
<b>CBT Tools for Helpful Thinking</b>	October 30	<b>Changing Behaviors</b>	December 11

This series is designed to be taken as in sequence or as stand alone sessions. Come join one or all of our sessions in-person or virtually.

*For more information or to sign-up to please contact us at:*

**705-356-1666 Ext. 283**

Limited in-person seating available at each location. Please call ahead to secure your spot!





## Certain medical expenses require a certification

In this guide, the CRA identifies the medical expenses that have to be certified by a medical practitioner. Medical practitioners include a wide range of health professionals, such as doctors, pharmacists, and nurses. To view the list of practitioners who can certify medical expenses, go to [canada.ca/taxes-medical-expenses-practitioners](http://canada.ca/taxes-medical-expenses-practitioners).

## Common medical expenses you can claim

---

You can claim the following medical expenses on line 33099 or use them to calculate an amount on line 33199. Any certification needed is specified. This list is **not** complete.

For more information, see Income Tax Folio S1-F1-C1, Medical Expense Tax Credit.

### Attendant care and care in a facility

Attendant care is care given by an attendant who does personal tasks which a person cannot do for themselves. Attendant care can be received in certain types of facilities.

You can claim amounts paid to an attendant only if the attendant was not your spouse or common-law partner and was 18 years of age or older when the amounts were paid.

If an individual issues a receipt for attendant care, the receipt must include their social insurance number.

### Who can claim these expenses

You can claim as medical expenses the amounts you or your spouse or common-law partner paid for attendant care or care in a facility. The expenses must have been paid for the care of any of the following persons:

- yourself
- your spouse or common-law partner
- a dependant

A **dependant** is someone who depended on you for support and is any of the following persons:

- your or your spouse's or common-law partner's child or grandchild
- your or your spouse's or common-law partner's parent, grandparent, brother, sister, uncle, aunt, nephew, or niece who lived in Canada at any time in the year

### Amounts you can claim as medical expenses

#### Full-time care or specialized care

Generally, you can claim the **entire** amount you paid for care at any of the following facilities:

- nursing homes (full-time care)
- schools, institutions, or other places (providing care or care and training)

The care is considered to be full-time care when a person needs constant care and attendance.

Other places could include an outpatient clinic, such as a detoxification clinic; however, they do **not** include a recreational facility, such as a residential summer camp, even if it caters to persons with disabilities.

#### Note

Generally, you cannot claim the entire amount you paid for a retirement home or a home for seniors. However, you can claim salaries and wages for care in such facilities if the care recipient qualifies for the disability tax credit (see "Salaries and wages" on the next page).

**What is meant by nursing home** – A nursing home is generally a facility that gives full-time care, including 24-hour nursing care, to individuals who are unable to care for themselves. Any facility could be considered a nursing home if it has the same features and characteristics as a nursing home.



All regular fees paid for full-time care in a nursing home or for specialized care or training in an institution are eligible as medical expenses, including fees for all of the following:

- food
- accommodation
- nursing care
- administration fees
- maintenance fees
- social programming and activities fees

However, extra personal expenses (such as hairdresser fees) are **not** eligible.

### **Salaries and wages**

You may be able to claim the fees for salaries and wages paid for attendant care or care or supervision in any of the following facilities:

- self-contained domestic establishments (such as your private home)
- retirement homes, homes for seniors, or other institutions that typically provide part-time attendant care
- group homes in Canada
- nursing homes (special rules apply to this type of facility, see the chart on page 10)

Eligibility for the disability tax credit may be a requirement to claim fees for salaries and wages as medical expenses. See the reference to Form T2201, Disability Tax Credit Certificate, on the chart on page 10.

**Expenses you can claim** – You may be able to claim as medical expenses the salaries and wages paid to all employees who do the following tasks or services:

- food preparation
- housekeeping services for a resident's personal living space

- laundry services for a resident's personal items
- health care (registered nurse, practical nurse, certified health care aide, personal support worker)
- activities (social programmer)
- salon services (hairdresser, manicurist, pedicurist) **if included in the monthly fee**
- transportation (driver)
- security for a secured unit

If you are receiving attendant care in your home, you can only claim for the period when you are at home and need care or help. For an expense to be eligible as a medical expense, you must either:

- be eligible for the disability tax credit
- have a written certification from a medical practitioner that states the services are necessary

**Expenses you cannot claim** – You cannot claim the cost of any of the following:

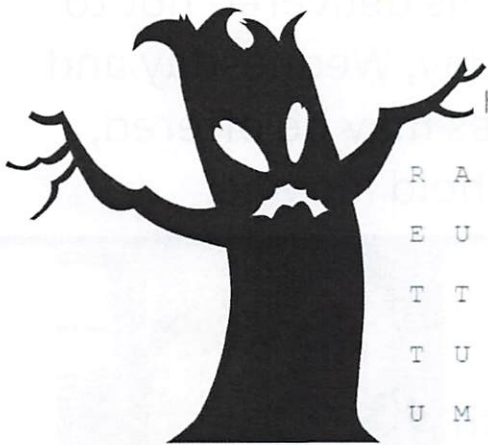
- rent (except the part of rent for services that help a person with daily tasks, such as laundry and housekeeping)
- food
- cleaning supplies
- other operating costs (such as the maintenance of common areas and outside grounds)
- salaries and wages paid to employees such as administrators, receptionists, groundskeepers, janitors (for common areas), and maintenance staff

# Trick or Treat

## Word Search



<http://plumcrazyaboutcoupons.com/>



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



- |          |             |           |
|----------|-------------|-----------|
| APPLES   | AUTUMN      | BAG       |
| BALLS    | BAR         | BEANS     |
| BUTTER   | CANDY       | CARAMEL   |
| CHEWING  | CHEWS       | CHOCOLATE |
| CORN     | COSTUME     | CUP       |
| DOORBELL | DROPS       | FUN       |
| GUM      | JELLY       | KNOCK     |
| LICORICE | MARSHMALLOW | MASKS     |
| OCTOBER  | PEANUT      | POPCORN   |
| SCARY    | SPOOKY      | TREAT     |
| TREATS   | TRICK       | TRICKS    |





# 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



## 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.