

WHAT'S UP DOC

April 2025



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

**Serving Seniors
65+**

**& Persons with a
Disability
Programs:**

**Adult Day Out
Transportation
Meals on Wheels
Diner's Club
Exercise
Friendly Visiting
Home
Maintenance**

THE WORD SEARCH BATTLE

Easter

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/easter>

ANGEL
BASKET
BUNNY
CANDY
COLORFUL
EASTER

EGGS
EMPTYTOMB
FOLKLORE
HOLIDAY
HOLY
HOPE

HUNT
JESUS
KING
MARSHMALLOW
PEEPS
RABBIT

SPRING
SUNDAY
TOYS

Trefry Centre Diner's Club

Tuesday April 29th
RC Legion Richards Landing
Doors open 11am
\$16/person

ticket online @ www.trefrycentre.ca
or at Trefry Centre office

**Maple mustard glazed ham,
scalloped potatoes, dessert,
coffee & tea**

**GUEST SPEAKER PHIL YOUNG
EAST ALGOMA OPP FRAUD PREVENTION**



Do you need Respite ?

FULLY INSURED RESPITE WORKER READY TO SERVE YOU

"Compassionate Respite Services for Your Loved ones"

Who Am I:

I am a fully insured respite care provider dedicated to providing relief for families and caregivers.



What We Offer:

- Short-term relief for caregivers
- Qualified and compassionate
- Personalized care plans tailored to individual needs
- Flexible scheduling to accommodate your lifestyle
- Able to work with funding of your choice
- Able to work with PASSPORT program

Why Choose Me:

- Fully insured for your peace of mind
- Experienced caregiver trained in safety and compassion
- Safe, supportive environment for your loved ones

Contact me Today!

Phone: 705-989-6111

"Let us help you take a break while ensuring your loved ones receive the care they deserve"

Caregiver Not Sleeping Well? Read this:

Sleep disturbances

Anxiety, worry, and a seemingly never-ending list of things to do can prevent caregivers from getting a restful night's sleep. Not only does this affect a caregiver's quality of life, but it can also negatively affect the care that they provide. If you are consistently having difficulties falling or staying asleep at night, there may be a medical explanation for what you're experiencing.



Ask your doctor about insomnia

Insomnia is a sleep disorder that causes people to have difficulty falling and staying asleep at night. Due to poor sleep quality, people with insomnia often wake in the morning without feeling rested. Simple insomnia can be treated with lifestyle changes, but some insomnia needs medical intervention.

Consider the possibility of sleep apnea

People with sleep apnea have difficulty sleeping due to breathing problems. Signs of sleep apnea include: loud snoring, periods with no breathing (observed by another person), gasping, or waking in the morning with a headache. People with sleep apnea often feel tired during the day. Sleep apnea is treated by Continuous Positive Airway Pressure machines (CPAP) or sometimes through weight loss.

Recognize restless leg syndrome

This sleep disturbance is characterized by discomfort in the arms/legs that gets worse at night or during periods of inactivity. The discomfort can cause irresistible urges to move. People with restless leg syndrome often experience a brief pain-free period in the morning, which is when they get the most sleep.

Caregiver Personal story

I do not take regular sleeping medications, but to function at the level I need to, I require a good night's sleep. I have tried many different approaches to improve my sleep including regular exercise, practicing mindfulness, doing relaxation exercises like deep breathing, taking a warm bath, sleeping in a cool room, and turning off my electronic devices an hour before bedtime. I even tried wearing a sleep tracker to bed so I could learn more about my sleep patterns. Many of these approaches have been helpful to me. It's good to have these "tools" in my "sleep toolbox" to help me sleep better at night and to function better during the day.

The Ontario Caregiver Organization | Organisme de soutien aux aidants naturels de l'Ontario

180 Dundas St. West, Suite 1425 Toronto, Ontario | M5G 1Z8 | Canada

1-888-877-1626 | info@ontariocaregiver.ca

Trees

chest	myr	lin	lau	eye	pop	ce	wil
low	dar	lar	buck	den	nut	tle	rel

Musical Instruments

bone	cym	pi	clar	mar	gui	imba	jo
tar	inet	vi	ola	ban	ano	bal	trom

DOCTOR HS TREFRY
MEMORIAL CENTRE

Notice

Dr H.S. Trefry Memorial Centre is closed for Easter
April 18 and 21, 2025

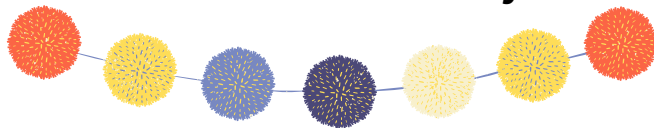
Thessalon Monthly Senior's Socials
3rd Tuesday of every month

1:00 to 3:00 pm

at the Harbour View Building, Thessalon
Marina, 56 Algoma St.

Join us for crafts, games, snacks,
socialization and fun!

Guest speakers attend on a regular basis to
share programming information available
within our community.



Spring Fling

Sat Apr 26th 10-3
Bruce Mines Hall
& The Chapel . . .



Maple Syrup Festival

The Royal Canadian Legion Branch 374

April 5th, 6th, & 12th, 13th

8:00 a.m. to 3:00 p.m.



Peace Park (Thessalon River Mouth)

Date: Friday, April 18th, 2025

Registration: @10:30am – \$2.00

Hunt: @11:15am

Ages: 12 & Under

- . Prizes
- . Egg Hunt
- . Live Bunny
- . Obstacle Course
- . Photo Booth

50+
GAME CLUB
Monday's | 2:00 PM
excluding holidays runs from September - June
**BRUCE MINES
COMMUNITY HALL**
Euchre Scrabble
Enjoy an afternoon of socializing

Advance Care Planning Day | April 16 | #ACPDday



If not you, who? If not now, when?

Who would you **trust** to make your healthcare decisions? When will you **decide**?

Learn more at advancecareplanning.ca/acpdday



Mental Health Education Series

Cognitive Behavior Therapy (CBT) & More

Wednesday from 11:30-1:30pm

Presented by: Dr. Shamas & HSFHT Social Work Team

Join Us: In-person

@ Old Town Hall
1211 Richard 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.

Mind Body Connection	April 16, 2025	Understanding Emotions	June 4, 2025
Improving Sleep Quality	April 23, 2025	Working with Your Inner Critic	June 11, 2025
Anger, Boundaries & Depression	April 30, 2025	Regulating with Empathy & Validation	June 18, 2025
Stress, Anxiety & Trauma	May 7, 2025	Mindfulness & Gratitude	June 25, 2025
Recognizing Thought Distortions	May 14, 2025	Meditation	July 2, 2025
CBT Tools for Helpful Thinking	May 21, 2025	Changing Behaviors	July 9, 2025

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!



MEALS ON WHEELS

New Menu April 2025

WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	MONDAY	MONDAY	MONDAY
Carrot soup Broccoli Chicken Casserole Peas Rice Apple Coffee Cake	Cabbage and Meatball soup French onion Pot roast Mashed Potatoes with gravy Roasted Carrot Raisin , Chocolate and Oat squares	Tomato Macaroni Soup Chicken Stew Dumplings Roasted Carrot Oatmeal Raisin Cookies	Tomato Soup Ham Roasted Potatoes Roasted Carrot Date Squares
WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
Creamy Beef and Mushroom Soup Beef Meatballs Spaghetti with Tomato Sauce Roasted carrots Lemon Snow	Bean salad with veggies Chicken Parmesean Roasted Potatoes Vegetable Medley Cinnamon Cake	Potato Salad Hamburger with a bun and toppings Coleslaw Seasonal Cheesecake	Chicken Noodle Soup Roasted Chicken Breast Scalloped Potatoes Peas Sugar Free Vanilla Cake
FRIDAY	FRIDAY	FRIDAY	FRIDAY
Greek Salad Stir fried sausage with cauliflower Scalloped Potatoes Green Beans Chocolate Peanut Bars	Tortellini Soup Chili Peas Corn Bread Rhubarb Cake	Cauliflower Soup BBQ Pork Chop Roasted potatoes Vegetable Medley Apple Crisp	Quinoa Salad Baked Fish Roasted Potatoes Coleslaw Cinnamon Pin Wheels

Diabetic desserts, gluten free and dairy free options available as needed.

Seniors 65+ or persons with a disability,
living between Echo Bay and Desbarats, including St Joseph Island,
all income levels are eligible for

Meals on Wheels

Hot meals, cooked fresh & delivered to your door .

\$13.80/DAY FOR SOUP, MEAL AND DESSERT
(AS LOW AS \$9.60 WITH SLIDING SCALE BASED ON HOUSEHOLD INCOME)

4 week rotating menu with
diabetic dessert option

CALL 705-246-0036 OR VISIT
TREFRYCENTRE.CA
FOR MORE DETAILS



Dr HS Trefry Memorial Centre
1601 C Line Richards Landing ON P0R 1J0

Ontario



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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



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.



Friendly Visiting

Seniors living alone, or lonely can be matched up with a volunteer for weekly in home visits.