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# The Home Help Understood

Welcome to our premiere edition!

In this publication, you will find stories, recipes, a crossword and other fun and interesting things.

We hope that you enjoy the content of *The Home Help Understood Newsletter* when you are having your morning coffee, afternoon tea or whenever you have or want to take a moment to sit back and relax.

We here at Simcoe Huronia Home Services also encourage you to submit your stories so we can let others share in your life experiences or the life accomplishments or achievements of others.

We also are looking to you to send us your recipes so we can include them as well.

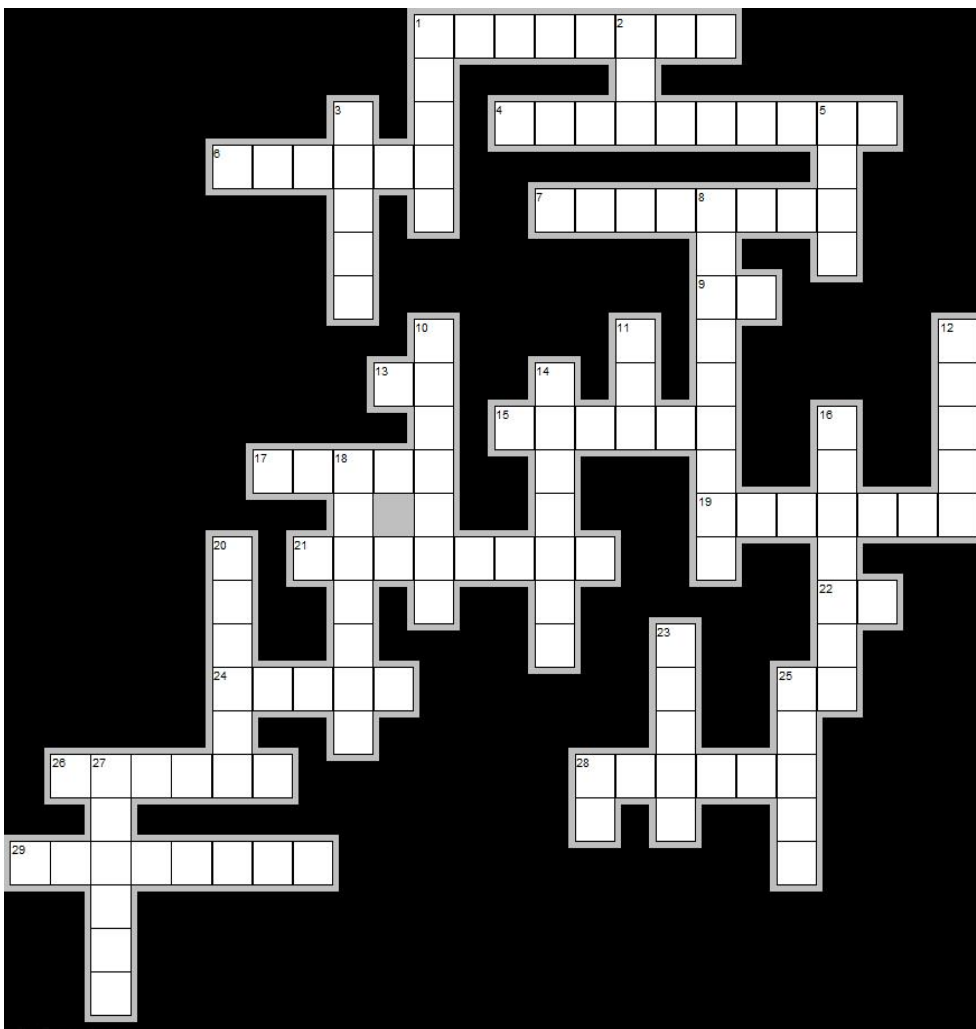
If you have any other suggestions for our issues, please contact me. I would love to hear them.

I hope you enjoy our first issue of *The Home Help Understood Newsletter*.

## They Said It!

We say thumbs up to the Prime Minister for saying no to changing the words to O' Canada

## The Home Help Understood Crossword Crossword Theme - All Places & Things CANADIAN



### Across

1. National sport
4. Ninth largest lake in the world (two words)
6. Canada's capital
7. The north most of the arctic islands
9. Internet extension
13. Canadian best-seller from Yann Martel: Life of \_\_\_\_\_
15. Prime Minister of Canada in 2005
17. An object that has, for Natives, symbolic value for a tribe or a person
19. Third most spoken language in Canada
21. One of the two official languages. Write it as a native speaker of that language would write it
22. New Brunswick
24. Pointe Pelee is at the extreme \_\_\_\_\_ of Canada
25. Nova Scotia
26. Sport practiced in Whistler
28. Animal emblem of Canada
29. Its capital city is Winnipeg

### Down

1. Highest mountain of Canada
2. Beaufort, Lincoln or Labrador
3. The most popular of our national parks
5. Canada ranks second largest in \_\_\_\_\_
8. Largest river
10. Canada is the world's third largest producer of this mineral
11. Federal tax
12. Major river and one of the three territories co-discovered insulin, this Canadian won the 1973 medicine Nobel prize
14. Queen Charlotte's \_\_\_\_\_
18. Most populated city in the country
20. Large bay surrounded by Quebec, Ontario, Manitoba and Nunavut
23. \_\_\_\_\_ Canadian Mounted Police
25. Cape Columbia is located at the extreme \_\_\_\_\_ of Canada
27. Huron - Iroquois word for "village"
28. British Columbia

For answers, see back page

## This Issues Recipe Tomato & Potato Soup

Serves: 2  
Prep time: 5 minutes  
Cook time: 35 minutes  
Ready in: 40 minutes



### Main Ingredients:

Tomatoes: 4 medium  
Vegetable Stock: 1 cup  
Potatoes: 1 small, peeled and shredded  
Basil Leaves: 10  
Cream: 2 tbsp  
Salt: 1/8 tsp (or according to your taste or limit)  
Black Pepper: 1/8 tsp (or according to your taste)

### Directions:

Boil water in a medium size saucepan.  
Reduce the heat and put the tomatoes in the water for 2-3 minutes.  
Drain the water and let the tomatoes cool slightly. Skin and then puree the tomatoes.  
Place the tomato puree and vegetable stock in a medium size saucepan over medium heat.  
Simmer for 20 minutes.  
Add the potato (shredded) to the tomato mixture and simmer for 10 more minutes.  
Finely chop 8 basil leaves and add them to the tomato mixture.  
Stir in the heavy cream and season with salt and pepper. Let heat for few more minutes.  
Do not boil.  
Pour the soup in serving bowls. Decorate the bowls with the remaining basil leaves and serve

## Seniors Assistance

The OPP has established a Seniors Assistance Team. Listed below are a few examples of the types of scams the OPP want seniors to be aware of and how to avoid them.

**Telephone Scams** - Con artists prey on the fact that seniors are too nice for their own good and are hesitant to say no. Remember, if something sounds too good to be true, then it probably is.

**Home Improvement Scams** - Beware of persons showing up unannounced at your door requesting your business with regards to home improvements. They may not be legitimate and won't deliver what they promised.

**Bank Cards and ATM's** - As we age, there is a need to sometimes rely on others for assistance. A current trend has the senior handing out his/her bank card and PIN # (Personal Identification Number). Assure you can rely on a person before handing over your PIN #.

**Home Safety** - People tend to feel more secure in their own homes. It's important to take a few extra minutes to make sure you are as safe as possible. Always keep your doors and windows locked; even when at home. Install a peephole. Ask for proper identification from deliverymen or strangers - don't feel intimidated into opening your door. If a stranger shows up at your door looking to use your phone - talk to them through your locked door and offer to place the call for them.

*For more information, contact the Crime Prevention Team by calling (705) 329-7680.*

## Test Your Knowledge Question

What is the meaning behind the name Ontario and where was the word Ontario derived from?

Answer will appear in our next issue

## ANSWERS: The Home Help Understood Crossword - All Places & Things CANADIAN

### Answers - Across

1. Lacrosse	21. Francais
4. Great Bear	22. NB
6. Ottawa	24. South
7. Ellemere	25. NS
9. Ca	26. Skiing
13. Pi	28. Beaver
15. Martin	29. Manitoba
17. Totem	
19. Italian	

### Answers - Down

1. Logan	14. Banting
2. Sea	16. Islands
3. Banff	18. Toronto
5. Area	20. Hudson
8. Mackenzie	23. Royal
10. Diamond	25. North
11. GST	27. Kanada
12. Yukon	28. BC



## About Simcoe Huronia Home Services

Simcoe Huronia Home Services was established in 2002 and provides reliable, dependable and affordable old-fashioned home help services for seniors and individuals with physical limitations that want to remain in their homes and continue to live an independent and dignified lifestyle.

The business is owned and operated by Michael Stark and is located in Barrie, Ontario.

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Give us a call or send us a quick email and we will make sure you don't miss an issue!

Please consider signing up to receive our Newsletter via email. We try to minimize our paper use and printing whenever possible.

## Send your recipe or story to:

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