

WHAT'S UP DOC

February Issue 2024

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



THE WORD SEARCH BATTLE

Fast Food

Difficulty: Hard

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


Play this puzzle online at: <https://www.wordsearchbattle.io/topic/fast-food>

BEEFSANDWICH
BURGERKING
BURRITO
CHEESECURDS

DOUGHNUTS
FISHSANDWICH
HASHBROWNS
HOTDOG

HUMBURGER
MACANDCHEESE
NACHO
PIZZA

SMASHBURGER
TACO
TAQUITO



Diner's Club

Tuesday, February 27th

RC Legion Richards Landing

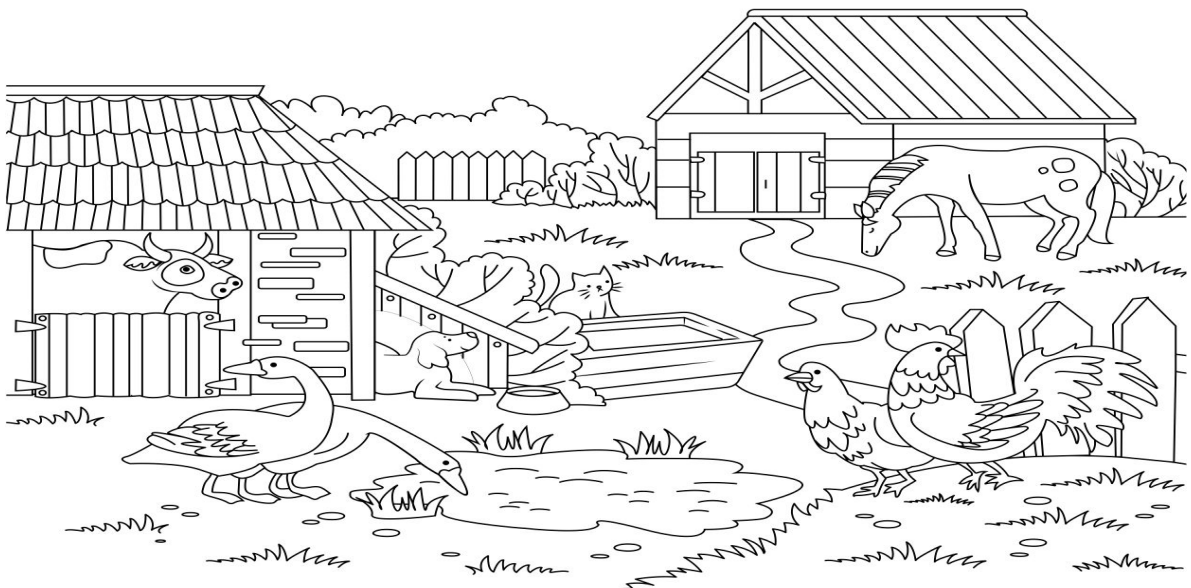
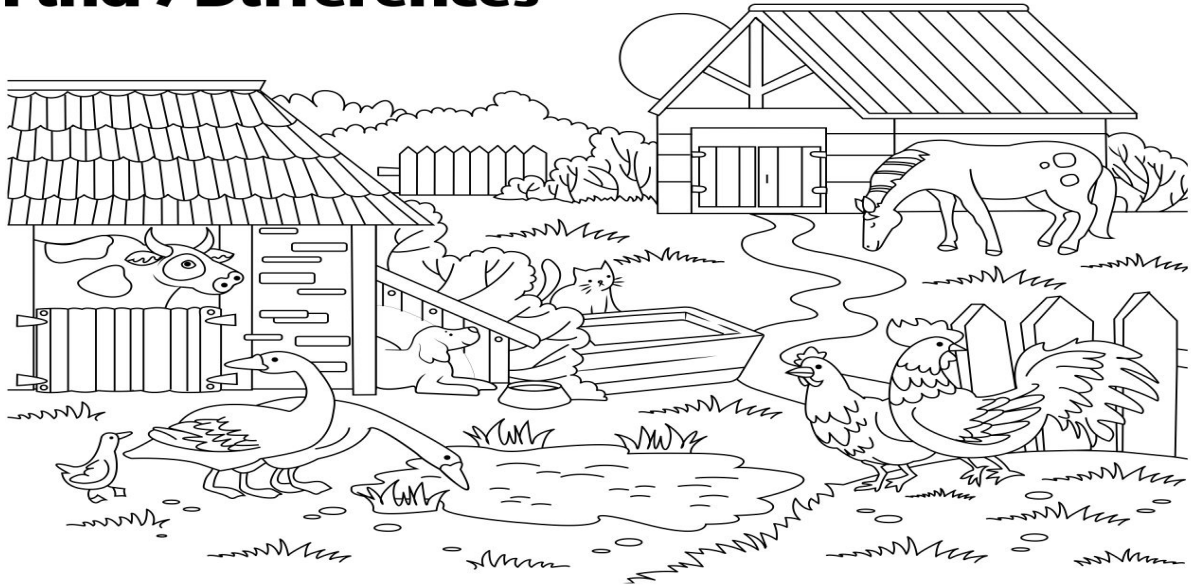
Doors open 11am

\$16/person

ticket online @ www.trefrycentre.ca

**Mixed greens salad with a roasted garlic,
herbed balsamic vinaigrette**
**Penne in a rose sauce with sausage, roasted
peppers, mushrooms, and spinach**
**Chocolate cake with a lemon frosting, topped
with a strawberry compote.**

Find 7 Differences



Roasted Maple Carrot Soup

Ingredients

- 900g / 2 pounds carrots (about 5 large carrots)
- 2 tbsp maple syrup
- 1 red onion
- 4 garlic cloves
- 1.25 litre / 5 cups vegetable stock
- 1/2 tsp ground coriander
- 1/2 tsp ground turmeric
- 1/4 tsp chilli flakes*
- Cracked black pepper



Instructions

1. Pre heat oven to 200C/400F.
2. Cut carrots into 1 inch chunks and place on a baking tray. Drizzle with 2 tbsp olive oil and generous amount of cracked black pepper and salt. Place in the oven for 40-50 minutes until soft through. Add maple syrup and toss in the last 15 minutes. **(Carrots do take a while to roast until soft so you can't rush this step. They will take around 50 minutes until tender. Don't be tempted to blend them before because you won't get a smooth soup.)**
3. Whilst the carrots are roasting heat 1 tbsp olive oil/vegan butter in a saucepan. Fry finely diced onion for a few minutes until softened.
4. Add finely chopped garlic, fry for a minute then add the coriander, turmeric, chilli, good sprinkling of cracked black pepper. Fry for 30 seconds.
5. Add vegetable stock and leave on a low heat until carrots are roasted. They should be tender and soft through.
6. Place all the ingredients in a blender (if you want super smooth soup) or use a stick blender if you like a bit of texture. Please let the stock cool down a bit if you are using a blender and do it in 2/3 loads if needed so the blender doesn't overflow with hot soup!
7. If you like it a bit thinner, you can add some extra water. Taste and season with salt and pepper (just be careful with the salt as some stock is saltier than others).
8. Return to the pan on a low heat until ready to serve. Top with some vegan cream, fresh herbs and some cracked black pepper. Serve with your favourite bread and butter!
9. Will keep well in the fridge for a few days or freeze well. Allow to cool fully before freezing.

Notes *You can add as little or as much chilli as you like. A 1/4 tsp chilli flakes should give it a nice warmth without being spicy but different brands can vary in spiciness.

All About the Ontario Photo Card

What is the Ontario Photo Card?

The Ontario Photo Card is a government-issued identification card that provides photo identification for Ontario residents who do not have a driver's licence.

Key Features:

- **Valid Proof:** Recognized as official photo identification across Ontario.
- **Long-lasting:** Valid for five years before renewal is needed.
- **Security:** Equipped with the same security features as the Ontario driver's licence.

Why is it Essential for Non-Drivers?

- **Daily Identification:** Whether it's picking up a package, verifying your age, or accessing certain services, having a photo ID is often required.
- **Banking & Financial Transactions:** Many banks and financial institutions require valid photo identification for account setup, transactions, and verifications.
- **Travel within Canada:** While not a substitute for a passport, the Ontario Photo Card is often accepted as ID for domestic flights and train journeys.
- **Social & Community Inclusion:** Participation in many community and social activities often requires a form of identification.

Who Might Benefit from an Ontario Photo Card?

- Seniors who no longer drive.
- Individuals who choose not to drive.
- Teenagers and young adults who don't yet have a driver's licence.
- People with medical conditions preventing them from driving.
- New residents or immigrants to Ontario.

Who Is Eligible?

- Ontario residents over the age of 16 who do not possess a driver's licence.
- Applicants must be physically present in Ontario for at least 153 days in any 12-month period.



How to Apply

You can apply for an Ontario Photo Card in person at a [ServiceOntario centre](#) if you:

- do not have a driver's licence
- are a resident of Ontario
- are 16 years of age or older

You will need to bring the following to a ServiceOntario centre:

- original [identity documents](#) (for example, birth certificate) to prove your legal name and date of birth
- your [marriage certificate](#), if you are applying under your married name

Cost and Delivery

- \$35 to get or renew your Ontario Photo Card.
- Once your application is processed, your Ontario Photo Card will be mailed to you within 4 to 6 weeks.

Did You Know?

- If you require assistance with any part of the application process, you can have someone accompany you to help. You don't need a Letter of Authorization or Power of Attorney (POA) for third-party assistance.
- For enhanced accessibility, you can request that braille be applied to your photo card at no additional cost.

Support More information about the Ontario Photo Card is available online at Ontario.ca/PhotoCard. For more information, visit the official [ServiceOntario](#) website or contact a [local ServiceOntario centre](#). Anyone who faces difficulties applying for an Ontario Photo Card or booking an appointment should contact ServiceOntario at [1-866-532-3161](tel:1-866-532-3161) (TTY: [1-800-387-5559](tel:1-800-387-5559)).

Notice Board

Two tax credits to keep in mind when filing your taxes

The Home Accessibility Tax Credit is a non-refundable tax credit of up to \$20,000 of your eligible expenses for renovations that make a home more accessible.

The Multigenerational Home Renovation Tax Credit provides support for constructing a secondary suite for an older adult or an adult with a disability who is eligible for the disability tax credit.



Canada

North East Region Virtual Care Clinic



7 days a week from 1:00 - 9:00 PM

Book an Appointment with a Nurse Practitioner

Dial: 1-888-684-1999
Visit: www.nevirtualcare.ca



- Located in the North East Region of Ontario
- Patient who requires timely medical care for imminent concerns not life or limb threatening

UKULELE WORKSHOPS

Trefry Centre Richards Landing

Fridays 2:00-3:30pm
February 2nd & 16th
March 1st & 15th
April 5th & 19th

Call 705-246-0036 to register

Beginners welcome and ukuleles available to borrow!



INCOME TAX CLINIC

Wednesday March 27th
Trefry Centre 1:30-3pm

Free service for seniors 65+ & persons with a disability.

Call us to book your appointment
705-246-0036

INCOME TAX CLINIC

DR. HS Trefry Memorial Centre

**1601 C Line Road
Richards Landing**

**Wednesday, March 27, 2024
1:30PM - 3:00PM**

Please call 705-246-0036 to schedule your appointment



PLEASE BRING WITH YOU:

- T4'S AND/OR T5'S
- CHARITY / MEDICAL RECEIPTS
- RENT RECEIPTS
- MONTHLY BUS PASS RECEIPTS
- ANY OTHER DOCUMENTS YOU WOULD LIKE TO CLAIM



United Way
Sault Ste. Marie &
Algoma District



Canada Revenue
Agency

Agence du revenu
du Canada



Dr. HS Trefry Memorial Centre is celebrating 30 years!

We're hosting a party on Friday June 14th



Save the date!

Follow us on Facebook for updates &
ticket info coming soon!



Trefry Centre Program Info

Adult Day Out

Providing respite for caregivers. A safe, fun environment for loved ones to spend with our staff & volunteers.

Tues-Bruce Mines, Wed- Echo Bay, Thurs-Trefry Centre



Need help with your device? Want to learn how to do something new?

**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

*all income levels eligible



Accessible Transportation
We have an agreement with Algoma Manor to use their accessible van, to bring clients to medical appointments.



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 register or to get a link for the Zoom class.