

# Ottawa West Community Support

December 2017

[www.owcs.ca](http://www.owcs.ca)

## In This Issue:

- . Client Christmas Party
- . Winter Safety Tips
- . Stories of OWCS
- . Holiday Hours
- . We need your support!
- . Thank you to Kitchissippi Church



The Staff and Board of Directors would like to wish all of our clients, volunteers, workers, and sponsors a Joyous Christmas and a Very Happy & Healthy New Year!



1137 Wellington Street West Ottawa, Ontario

613-728-6016

# Client Christmas Party

**When:** Thursday December 21, 2017  
**Time:** 11:30am to 2pm  
**Where:** St. George's Parish, 415 Piccadilly Ave.  
**Cost:** \$10.00 for lunch, \$6.00 for transportation

**RSVP:** To Catie at 613-728-6016 ext. 237  
**Turkey & all the trimmings!**  
**Music and a visit from Ol' St. Nick!**



## Stories of OWCS

"When I first came in for a job interview at OWCS in 1986, the first thing I noticed was a sign in the window stating that it was a smoke free building. This was a huge deal for me because in those days, smoking was still allowed in many workplaces.

After ringing the bell at the front door, I was buzzed in. There was no reception area and it was rather intimidating to walk down that empty hall into the unknown. I then saw a head popping out from up the stairs. This was my introduction to Gussie. She was the volunteer coordinator at the time. She was also in charge of producing the newsletter and of running the Friday luncheon. But her most important job, in my eye, was being the "office Mom".

Gussie had the kindest heart, a wonderful sense of humour and could belt out a tune with the best twang. She was the biggest softy and at the same time one of the strongest woman I have known. She made me feel welcome, showed me the ropes and to this day, I carry her in my heart.

When I was first employed, the entire office staff consisted of 5 people. At that time, OWCS was known as Ottawa West Seniors' Support. We occupied the main and upper floors of our present location. The basement was an apartment, rented out to a tenant (since we did not need the room). We did not own any vehicles; a school bus was rented for the grocery bus run.

Meals for the Friday luncheon were carried from the upper floor to the program room. How times have changed! We now have 30 office staff as well as hundreds of field staff and volunteers. Every inch of every floor is occupied and we have off site offices. We now have 6 vehicles and a wide range of programs.

Throughout all those changes, some things remain the same. The camaraderie and respect between all those involved with OWCS, meeting and serve amazing seniors/families each day and the shared desire to find the best possible way to answer the needs of our community"



*\*edited for space limitations* Diane, Respite Care Coordinator

1977 **40 YEARS** 2017

**Reminder!**

**Your support is needed! Once per year OWCS makes a plea for donations.** Please take a moment to complete the donation insert provided in the newsletter. **Thank you for your continued support of OWCS.**

## OWCS Holiday Hours

The Assisted Living Service (ALS) Program and Respite/Personal Care Program will continue to operate 24 hours per day throughout the holidays. **As always, the OWCS on call staff will be available by phone 24 hours per day.** We kindly ask that if you do not require service over the holiday season to please inform your program coordinator as soon as possible.

Friday, December 22	Office closes at 12 noon.
Monday, December 25	Office closed. Merry Christmas!
Tuesday, December 26	Office closed. Happy Boxing Day!
Wednesday, December 27	Office open, no onsite programs.
Thursday, December 28	Office open, no onsite programs.
Friday, December 29	Office closes at 12 noon.
Monday, January 1	Office closed. Happy New Year!
Tuesday, January 2	Office open, all onsite programs resume.



**Congratulations** to OWCS Home Support Worker Patricia Chartrand, who was selected as one of the 65 national delegates to compete in the 2017 Miss Universe Canada pageant. The delegates attended several events in the week leading up to the pageant, including a fundraising gala for the Colombian Refugees Association. The pageant was held in Toronto on October 7th, 2017.



A heartfelt thank you to **Kitchissippi United Church** who has chosen OWCS to be a recipient of their Outreach Fund . A very special thank you to Marion Reid who advocated for OWCS. Did you know? Kitchissippi United Church was formed by the joining of Westboro United Church, Northwestern United Church and Kingsway United Church, all of which were founding members of OWCS.

## Swim Bus

**OWCS** has joined forces with **Dovercourt Recreation Centre** to provide transportation from our Aging in Place buildings to **Annie's Swim** every Wednesday. Clients are able to enjoy an hour in the warm water pool. A very special thank you to **Lapointe's Fish** ([www.lapointefish.ca](http://www.lapointefish.ca)) for your support of this program!

For more information on **Annie's Swim** and other programs at Dovercourt Recreation Centre please visit [www.dovercourt.org](http://www.dovercourt.org).



**Raffle Tickets are available at the OWCS office for a chance to win a lovely gift basket! \$1.00 each or 3 for \$2.00**

# Health & Wellness Fair

On October 28, 2017, OWCS and Olde Forge Community Resource Centre hosted the 2017 Health & Wellness Fair. A wonderful day was had by all!

## A very special thank you to the following for their support:

- Bridgehead Coffee, 317 McCrae Avenue
- Subway, 1068 Wellington Street
- Amica at Westboro
- Pharmasave Victoria, 1065 Wellington Street
- Mayor Watson, Councilor Mark Taylor, Councilor Jeff Leiper, Minister Bob Chiarelli, MP Anita Vanderbeld
- The Chords Band

***For a full list of participants and sponsors please see the OWCS Facebook page.***

**Join us next year on October 13th, 2018.**



## Extra Shopping Bus & Social Sundays!

**Registration Starts December 6, 2017. Call Catherine at 613-728-6016 ext. 234**

In addition to our regular grocery outings, OWCS will be offering the following shopping excursions:

**Monday, January 8**  
Carlingwood Mall

**Thursday, January 18**  
FreshCo & Dollar Store

**Monday, January 29**  
Giant Tiger, Walkley Road

**Monday, February 5**  
Carlingwood Mall

**Thursday, February 15**  
Food Basics & Canadian Tire

**Monday, February 26**  
Kanata Centrum (Chapters etc.)

**Monday, March 5**  
Carlingwood Mall

**Thursday, March 15**  
Wal-Mart, South Keys

**Thursday, March 29**  
Tanger Outlets (Kanata)

**Sunday, February 11**

Drive around Winterlude festivities, followed by lunch.

**Sunday, March 11**

St. Patrick's Day dinner & music, St. George's Parish

Cost of \$6.00 for transportation.  
Client's responsible for all other costs.

## Winter is here!



Don't forget to call for snow removal. The cost is \$25.00 an hour. There is a minimum one hour charge. Clients are matched with workers who will provide service once 2 inches (5cm) of snow accumulates. Clients need to make certain that workers have access to shovels, scoops, sand and salt. Financial assistance may be available through the Snow-Go Financial Assist Program, which supports low income seniors and people with disabilities. Clients may be reimbursed up to 50% of snow removal costs to a seasonal maximum of \$250.00. For more information please contact Coordinator Mark at 613-728-6016 or visit [www.ottawa.ca/snowgo](http://www.ottawa.ca/snowgo)

# Health & Safety Corner

## Do the Penguin Walk this winter!

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance!
- Go S-L-O-W-L-Y



## **REMINDER TO STAFF:**

**Baggies of salt are available in the office, please take a bag next time you are in. Think twice before you walk on ice!**



## ***A Friendly Reminder to those who receive In Home Services from OWCS:***

- Workers coming to your home need to be able to access your home safely.
- We ask you to keep your driveway and path to the door clear of ice and snow.
- Please remember that many workers will be driving to your home and that street parking is not always possible, especially in the winter when street parking is restricted. If you happen to be snowed in and are expecting a worker, we ask that you call the OWCS office to inform us.
- Services may have to be delayed until a safe path to your home can be cleared.



**Thank you to former and current volunteers, clients, caregivers & staff who shared an OWCS story for our Stories of OWCS project. We have reached 40 stories, but will continue to collect them throughout 2018! Your stories have brought countless smiles to faces and brought back many wonderful memories! Thank you!**

# Christmas Star

*A diamond shines no brighter than that lovely Christmas star.  
It shines in all its brilliance; it's seen from near or far.  
A symbol of the Christ child as He lay upon the hay,  
It tells to all the waiting world a King was born that day.*

*O Bethlehem Star keep shining – give us faith and hope and love.  
Keep our thoughts forever turning to the Saviour up above.  
Give us strength and hope and courage to do our best by far  
And never falter in our faith as we watch that Christmas star.*

*Author Unknown*



*May all your troubles last as long as your  
New Year's resolutions!*

## Surviving the Holiday Blues

- Don't swallow the commercial or Hollywood hype. It isn't about perfect decorations and expensive gifts.
- Stay active over the Holiday Season. Get some fresh air, take a short walk or take your grandkids to the park.
- Start new Christmas traditions. If you've lost someone you love and this is your first Christmas without them, let yourself grieve naturally. Starting new traditions is a good way to lift your spirits.

**Distress Centre of Ottawa  
613-238-3311**

**Mental Health Crisis Line  
613-722-6914**

For information on Community Christmas Dinners  
please call the city of Ottawa at **211**.

## Stories of OWCS

"I have been trying to remember when I started to volunteer here and can't remember exactly but it's over 30 years. I learned about OWCS when my husband was ill and I needed help. OWCS was the only place I had to turn to. I thought this place is a very nice place and the people here are very spiritual so I decided to volunteer here. I started in the kitchen preparing the lunches. After each lunch I would get to socialize with the clients and sometimes I also go on the trips and assist those who could not navigate on their own.

The people at OWCS are very caring and always willing to help. I feel very comfortable here and it's the right thing to give back for the kindness they showed to me. I find it very rewarding to come in each week. When I first arrived they didn't even have computers. To do crafts and things we had to use old Christmas cards and cut out paper to make our templates!"\*



*\*edited for space limitations*

Dorothy, OWCS Volunteer

## From the OWCS Healthy Connections, Healthy Communities kitchen... Diabetic Friendly Chocolate Truffles

### Ingredients

1 1/4 cups dark chocolate chips  
2/3 cup 18% cream  
1 tbsp. Splenda  
1/4 cup butter  
1/4 cup cocoa

### DIRECTIONS

**Step 1:** Place chocolate in a large bowl.

**Step 2:** Bring cream, Splenda and butter to a boil in a medium pan.

**Step 3:** Slowly pour over chocolate and stir until smooth.

**Step 4:** Let cool in fridge for 2-3 hours.

**Step 5:** Shape mixture into small balls and dredge in cocoa.



This fall the **Healthy Connections; Healthy Communities (HCHC)** program rolled out Walking Programs at all eleven locations, and expanded to five new Aging In Place locations. HCHC now serves eleven Aging In Place buildings with five programs, including Food Chop, Community Kitchen, Community Education, Buddy Program and Walking Program. So far this year the program has reached 920 clients.

## OWCS Updates

- Welcome to the new Personal/Home Support Workers & Volunteers who joined the OWCS team this Fall
- Welcome to Erica who has joined the office team as a scheduler with In Home Services
- Congratulations to ALS Coordinator Kaytlynn, her husband Matt and big sister Daphne who welcomed baby Sydney in October
- In celebration of our 40th anniversary, monthly draws have been taking place for OWCS Staff & Volunteers. September winners are Wanda P. & Nathan T.C. October Winners are Elizabeth H. & Judy A. Thank you for all you do!
- In recognition of Community Support Month draws were held in each department. Below are the winners:

Respite Services - Angelie S.

Homemaking - Sean H.

Transportation - Patrick D.

Aging in Place - Mulu R.

Home Maintenance Terry H.

PSS—Asiya Z.

## In Honour of our 40th anniversary, we take a look back at 1977!

Top Song - *You light up my life* by Debby Boone

Popular Christmas gifts - *The Chia Pet*® and *Atari 2600*

Johnny Cash, The Carpenters, & Bob Hope all hosted Christmas TV specials

A Canadian Christmas Stamp cost 10 cents!



## It's winter in Canada!

The gentle breezes  
blow, seventy kilometers  
an hour, at thirty-five  
below

Oh, how I love Canada

When the snow's up to  
your hip

You take a breath of  
winter and your nose  
gets frozen shut!

Yes, the weather here is  
wonderful, so I guess I'll  
hang around

I could never leave  
Canada

I'm frozen to the  
ground!

Author Unknown



## Contact Us

Give us a call for more  
information about our  
services.

### Ottawa West Community Support

1137 Wellington Street  
West  
Ottawa, Ontario

K1Y 2Y8

613-728-6016

[Info@owcs.ca](mailto:Info@owcs.ca)



@OttawaWestCS



[www.facebook.com/ottawawestcommunitysupport/](http://www.facebook.com/ottawawestcommunitysupport/)

## OWCS Services

Congregate Dining

Client Intervention &  
Assistance

Foot Care Services

Homemaking

Personal Support Services

Respite Care

Transportation

Adult Day Programs

Supportive Housing /  
(Assisted Living)

Friendly Visiting/  
Telephone Assurance

Home Help/Maintenance

Going Home Project

Meals on Wheels

Healthy Connections;  
Healthy Communities

**Please help us keep our mailing list accurate. If your name is not spelled correctly or if you are receiving more than one copy please let us know. Also note our newsletter is available in both French and English. If you wish to receive a French newsletter please call the office at 613-728-6016 to have your file updated.**