

# Ottawa West Community Support

Summer 2018

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

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1977 40 YEARS 2017



1137 Wellington Street West

Ottawa, Ontario

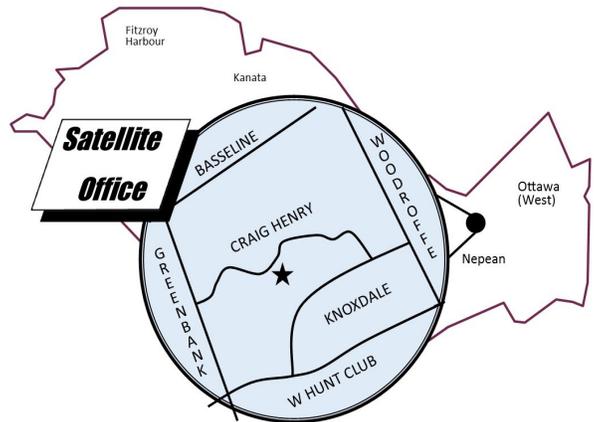
613-728-6016

# We Are Growing!

We are proud to announce that due to our remarkable growth in the Ottawa West area, we are moving some operations to a second location on June 4th, 2018. We will continue to offer the same services at 1137 Wellington Street.

However some staff will be located at 100 Craig Henry to help serve the west end. All onsite client programming remains at 1137

Wellington St. **Our phone number will remain the same 613-728-6016**



## Save the Date!

Join OWCS and Olde Forge Community Resource Centre as we host the 2018 Seniors' Health & Wellness Fair!



*Eat Well, Move More, Live Longer*

**Saturday, October 13, 2018**  
**10am to 2pm at Ron Kolbus Centre**  
**102 Greenview Avenue**



Staff and volunteers celebrate Sports Day at OWCS



Royal Wedding Celebrations!

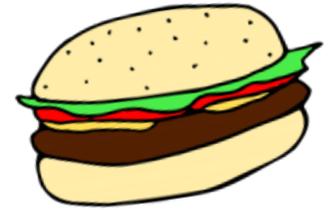


Volunteers enjoying lunch at our Annual Volunteer Luncheon

# OWCS Annual Client BBQ, Bake and Plant Sale!

**When:** Friday June 22, 2018

**Time:** 11:30 am to 2 pm



**Where:** Park behind OWCS (1137 Wellington Street)

**Cost:** \$10.00 for lunch      \$ 6.00 for transportation

**Please RSVP to Tamara 613-728-6016 by Monday, June 18th.**

**Music by Ed & Fred, with a special line dancing presentation!**

We provide as much shaded area as possible but please come prepared for the sun by wearing a hat, sunglasses and sunscreen.

Our Day Program participants have been caring for our plants and staff/volunteers have been preparing baked goods for our annual sale.



If you would like to donate plants for the sale, please call us at 613-728-6016, and we will gladly pickup your donated plants. All proceeds of this sale are used to enhance OWCS programs.



## Update from the Healthy Connections, Healthy Communities program

Healthy Connections, Healthy Communities (HCHC) is celebrating two great years of hard work and community fun. Hard to believe how quickly the time has passed. Thanks to the 284 volunteers in our eleven locations, HCHC was able to help host 256 events this year. We estimate 48,300 vegetables were chopped, with over 345 bags hand-delivered to tenants who were unable to attend. Thank you volunteers!



# Extra Shopping Excursions

Monday, July 9	Carlingwood Mall
Thursday, July 19	Walmart Baseline
Monday, July 30	Giant Tiger Walkley
Monday, August 13	Carlingwood Mall
Thursday, August 16	Food Basics & Canadian Tire
Thursday, August 30	Walmart South Keys
Monday, September 10	Carlingwood Mall
Thursday, September 20	Salvation Army & Value Village
Thursday, September 27	Walmart Trainyards



**To register, please contact Catherine at 613-728-6016 ext. 234.  
 Cost per outing \$6.00. Clients responsible for any meal costs.  
 Registration Opens Monday, June 4, 2018**

## Would a Little Extra Help Make Life Easier For You or Someone You Care About?

**Respite and Personal Care  
 Program for Seniors in  
 West End Ottawa**



Available 2 to 24 hours a day,  
 7 days a week

- ♥ Respite Care to provide relief for family caregivers
- ♥ Assistance with bathing, grooming, and dressing
- ♥ Assistance with meal planning and preparation
- ♥ Sitting Services & overnight care

**Full Fee  
 \$23.00 per hour  
 Limited subsidized  
 spaces available to  
 those who qualify**



**OWCS has been providing quality senior care for over  
 40 years in the West End of Ottawa.**

**Our workers are caring, skilled, supervised and insured.**

**613-728-6016**

**www.owcs.ca**

# Health & Safety Corner

Until they start bothering us, our feet are the furthest things from our minds! Helping people keep feet as healthy as possible is the goal of foot care specialists, which include chiropodists, podiatrists, and foot care nurses.

While these professionals can help with urgent problems, our goal is to empower you to be proactive with your foot health. With that in mind, here are some simple things that you can do each day to ensure that your feet last as long as you do!

1. Inspect your feet daily for cuts, bruises and other injuries. If you have trouble seeing your feet, you can use an inexpensive magnifying mirror or get someone to take pictures of your feet so you can get a good look at your feet. One of our clients takes pictures of his feet using his cell phone on a selfie-stick! Genius!
2. Wear light coloured socks so that bleeding from an injury can be noticed right away, especially if you have neuropathy (loss of sensation) in your feet.
3. Wash your feet daily with warm water and soap. Rinse them with clear water, and pat them dry, particularly between your toes to prevent skin breakdown. If it's difficult to reach your feet, use a hairdryer set on warm and blow them dry.
4. Apply a moisturizer to your feet at bedtime, but avoid applying it between the toes, again to prevent skin breakdown.
5. Get professional help if you have thickened nails, fungal nail infections, diabetes and/or loss of sensation in your feet. If you have difficulty cutting your nails due to arthritis, poor vision or inability to reach your feet, a foot care nurse can help maintain your feet to their optimal level of health.
6. When having foot care provided, don't be shy about asking how the instruments are sterilized. The only correct answers are single-use pre-sterilized instruments, or the provider uses an autoclave to steam sterilize the instruments. Be sure that packaged instruments are opened in front of you. Be wary of providers who avoid answering your question. You only get one set of feet and they deserve the best practice available.



**Thank you to OWCS Foot Care Nurse Kim (Best Feet Forward) for these great tips!**

**Enter to win a gift basket!**

**Raffle tickets are available at OWCS 1/\$1.00 or 3/\$2.00**



Whoever makes a garden  
Has oh so many friends;  
The glory of the morning,  
The dew when daylight ends,  
And rain and wind and sunshine  
And dew and fertile sod,  
For he who makes a garden  
Works hand in hand with God.

*Author Unknown*

## Lorraine's Random Facts Quiz

1. The top selling tie colour is?
2. What has five to six times as many muscles in its body then a human?
3. Poison oak and poison ivy are considered members of family?
4. What lake was once known as "Lake of Stinking Water"?
5. What is the hardest substance in the human body?
6. What is the world's tallest grass, growing as much as 90 cm in one day?

*See back page for answers!*

*"A father is someone  
you look up to no matter  
how tall you get"*



### Ottawa West Community Support

2017-2018

Annual General Meeting

Tuesday June 19th, 2018

10am

100 Craig Henry

Open House to follow with snacks  
and refreshments

## Linda's Basic Muffins

### Sift Together

2 cups flour  
1/4 cup sugar  
3 1/2 tsps. Baking powder  
1/2 tsp. salt

### Beat Together

1 egg  
1 cup milk  
1/4 cup oil

Preheat Oven to 400 degrees F. Grease 12 medium sized muffin cups.

Add liquid to dry ingredients and stir only until combined. (Batter will be lumpy.) Fill prepared muffin cups 2/3 full. Bake in preheated oven for 18 to 20 minutes or until golden brown. Serve warm or cool.

### Variations:

*Blueberry*—Gently fold 1/2 to 1 cup blueberries into batter.

*Cheese*—add 3/4 cup grated cheddar cheese to dry ingredients before adding liquid

*Pumpkin*—add 1 tsp cinnamon and 1/2 tsp. Nutmeg to dry ingredients. Add 2/3 cup canned pumpkin to milk mixture before adding to dry ingredients.

*Gardening is cheaper than therapy, and you get tomatoes!*

*Author Unknown*

## Office Updates

- A warm welcome to all the volunteers who have joined our team this winter!
- Welcome to all the PSW/HSW & Home Maintenance Workers who have joined the OWCS team this winter. Welcome aboard!
- Welcome to new Intake Coordinator Sarah, new student Ally and welcome back to summer student Tamara!
- In early Spring we said goodbye to OWCS Driver Jordon. We wish him all the best with his new career.
- Thank you to Driver Al for his donation of gift cards that were raffled off at our Mother's Day Luncheon. Congratulations to Francis, Joan and Roberta!
- Kudos to Home Maintenance Worker Mark N. for his article "*Look Out Sun Here We Come!*" that appeared in the April 14, 2018 edition of Newswest.
- The OWCS office will be closed on July 2nd, 2018 as we celebrate Canada Day. Assisted Living Services and Respite Care will continue to operate during this time.
- Congratulations to Coordinator Valerie on her upcoming marriage. We wish Valerie and Philip many years of happiness!



June 1st  
National Donut Day

June 17th  
Father's Day

June 21st  
First Day of Summer

July 1st  
Canada Day

July 3rd  
International Plastic  
Bag Free Day

July 22nd  
Ice Cream Day

August 6th  
Civic Monday

September 3rd  
Labour Day



Lorraine's Quiz

Answers

1. Blue
2. Caterpillar
3. Cashew
4. Lake Michigan
5. Tooth enamel
6. Bamboo

## 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 please note that 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.**