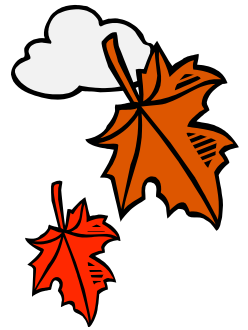




OWCS / SCOO
OTTAWA WEST COMMUNITY SUPPORT
SERVICE COMMUNAUTAIRE D'OTTAWA-OUEST



*The goldenrod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down.*

*The gentian's bluest fringes
Are curling in the sun;
In dusky pods the milkweed
Its hidden silk has spun.*

*The sedges flaunt their harvest
In every meadow-nook;
And asters by the brookside
Make asters in the brook.*

*From dewy lanes at morning
The grapes sweet odors rise;
At noon the roads all flutter
With yellow butterflies.*

*By all these lovely tokens
September days are here,
With summer's best of weather,
And autumn's best of cheer.*

By: Helen Hunt Jackson

***Wishing you a wonderful
Thanksgiving!***



OWCS Sno-Go & Sno Go Assist

Helping those in need with Snow Removal



Clients are matched with workers who will provide service automatically after each snowfall if the accumulation is 2 inches (5cm) or more. Workers will wait until the snow has stopped falling before going out to shovel. The time of service will depend upon the amount of snow that has accumulated. There can be no time guarantee. Workers will attend without advance notice. Workers are assigned a number of clients in a specific area and will shovel out each client

according to the worker's schedule. Clients need to make certain the workers have access to shovels, scoops, sand and salt in case you are not home or asleep when the worker arrives. The rate for snow removal through OWCS is \$20.00 per hour.

Occasional service cannot be provided until all regular clients have been shovelled.

Financial Assistance may be available through the **Snow-Go Financial Assist program**. **The Snow-Go Assist Program** supports approved, low-income seniors and people with disabilities who may be reimbursed up to 50% of snow removal costs to a seasonal maximum of \$250.00

For more information on these programs please contact Program Coordinator Carole Timinski at 613-728-6016. www.Ottawa.ca/snowgo

Health and Safety Corner

Phone Safety

"The phone is ringing but no one is there when I answer".

Your phone may have a technical problem but you may also be receiving calls from an automatic dialer that logs the time the phone is answered. A telemarketer uses the information to indicate when a person will be at your number to answer the phone.

"I received a call and my call display indicated a phone number 123-456-7890 or 777-777-7778 or other strange combination of numbers"

This is a phone number that has been programmed into the system so your call display indicates a different number than the originators. Although this does not mean the offer you are receiving is illegal, you should certainly have a "red flag" approach to any offer.

www.antifraudcentre-centreantifraude.ca

On June 27th OWCS hosted our Annual BBQ, Plant and Bake Sale. A great summer day was had by all! Our successful day was only possible because of all our volunteers, supporting businesses, wonderful clients and team of staff.

Thank you to volunteers Marc and Nicki for managing our Plant Sale

Thank you to volunteers Jennifer and Marion for your baking donations & sales skills!

Thank you to our volunteer musicians Ed, Fred & Nathan for your entertainment!

Thank you to our drivers who volunteered for our “Pie a Guy” fundraiser!



Drivers participates in our Pie a Guy fundraiser!



OWCS AIP outreach workers stop by the BBQ for a visit!



Staff members Sarah & Monique at the popcorn stand



Thank you to Blaine Timinski for your delicious barbecuing!

A big thank you to the following businesses for your support at our BBQ:

Back Lane Café	1087 Wellington St.	Giant Tiger	1085 Wellington St.
Daniel O'Connell's	1211 Wellington St.	Heaven's To Betsy	1111 Wellington St.
Richmond Beauty Salon	277 Richmond Road	Wabi Sabi	1078 Wellington St.
Loblaws, Carlingwood	2085 Carlingwood	Carleton Tavern	233 Armstrong St.
Flowers by Maggie	911 Richmond Rd	Grant Street Garage	1 Grant St.
The Bagel Shop	1321 Wellington St.	Time Saver Foods	1101 Baxter Rd.
ZaZaZa Pizza	1079 Wellington St.	Stella's Hair Salon	1175 Wellington St.
The Table Vegetable	1230 Wellington St.	Wellington Sandwiches	1123 Wellington St.
Windswept IT Technology	2150 Thurston Dr.	GCTC Theatre Company	1233 Wellington St.

Take a Break!

1. What am I?

My first letter is in take but not in give.
My second is in die and also in live.
My third is in go but not in stop.
My fourth I in raise but not in drop.
My last is in where but not in who.
My whole is a beast you see at the zoo.

Answers on back page

2. 24 H in a D = 24 hours in a day

- A) 26 L of the A = _____
B) 7 W of the W = _____
C) 13 L in a B D = _____
D) 5 T on a F = _____
E) 60 M in an H = _____
F) 18 H on a G C = _____

Yard Work Update

The cost for FALL CLEAN-UP is \$20.00 an hour. There is a minimum one-hour charge. Clients are to provide brown paper recycle bags. Please contact Carole for service.



Coming Soon!

OWCS is in the process of setting up online banking to provide our clients with an additional option to pay client invoices. Stay tuned!

Sam walks into his boss's office. "Sir, I'll be straight with you, I know the economy isn't great, but I have over three companies after me, and I would like to respectfully ask for a raise." After a few minutes of haggling the boss finally agrees to a 5% raise, and Sam happily gets up to leave.

"By the way", asks the boss as Sam is getting up, "which three companies are after you?" "The electric company, water company, and phone company", Sam replied.

Hair Salon at OWCS

Appointments take place on Monday.

To book an appointment call 613-728-6016.

Transportation may be available.

In home appointments are also available by our hairstylist Joanne. Call Joanne directly at 613-859-4664 to book.



OWCS is excited to have been chosen as one of the two Lead Agencies for the new Homemaking Program in Ottawa.

More information will follow in our December newsletter.



Don't forget to fall back!



**Daylight savings ends Sunday
November 2, 2014**

OWCS will be at First Unitarian Congregation of Ottawa on Saturday October 25, 2014 from 9am to 12pm for "Life's Next Chapter, It's Your Move!"

Thank you to the OWCS knitters!

New items are for sale at the OWCS Front Desk.

**We are always looking for donations of yarn to help our keep the knitters busy!
Contact Renee for more information.**



**Get behind your community.
Get behind the wheel.**

We are recruiting volunteer drivers to provide local seniors with transportation to vital medical appointments.

"After my hip surgery, I don't know what I would have done without my volunteer driver" -- an OWCS client

You can make the difference!

**CALL NOW
613-728-6016
info@owcs.ca**



OCTOBERFEST PARTY!

Friday October 17st, 2014

Lunch served at 12 noon

\$8.00/person for meal, \$5.00/ride

Limited Space

HALLOWEEN PARTY !

Friday October 31st, 2014

Lunch served at 12 noon

\$8.00/person for meal, \$5.00/ride

Limited Space

**Prizes for best Halloween costumes!
To register contact Renee at
613-728-6016**

**Thank you to all who
contributed to our Annual
Summer of Pennies and Five
and Dime Drop!
Volunteers have been
very busy rolling and
organizing all the
change!**



Did you know?

September's birth flower is the morning glory

October's birth flower is the cosmos

November's birth flower is the chrysanthemum.



Don't forget to like
us on Facebook!

facebook

**Your privacy is important to us. The Privacy
Officer at OWCS is Lee McCarthy.**

Office News

- OWCS says good bye to Algonquin Student James who completed his 6 month placement in our Day Program. Best of luck to you!
- Thank you to our student volunteers who helped out throughout the summer.
- In September OWCS said goodbye to Summer Student Pierre. We wish you much success as you return to school!
- Welcome to new students Ruba & Denys from Algonquin College who will be completing their school placements at OWCS.
- Thank you to Joe Lorincz, Wayne Beaudoin and Jennifer Reid for helping OWCS develop a wonderful song book for our Day Program.
- Thank you to volunteer Marc who worked countless hours to ensure the gardens in the front of our building looked so beautiful! To see some photos have a look at the OWCS Facebook page!
- Congratulations to Aging in Place Coordinator Ken, his wife Brenda, siblings Logan & Alexis who welcomed baby Brody in July. All the best from everyone at OWCS!

Warm Cereal Recipe



- 3 cups large flake rolled oats**
- 4 cups rolled spelt flakes (*looks like red oatmeal*)**
- 1 cup amaranth seeds**
- 1 cup quinoa**
- 1 cup raw unroasted sunflower seeds**

Mix all together in a tightly sealed jar.

To make the porridge in the morning

Place 1/2 cup mixture in a pot with 1 cup of water, add a pinch of sea salt and 1 tsp cinnamon, cover and bring to a boil.. Once it boils turn to low and simmer 15 minutes. Top with honey, maple syrup or apple sauce .

Registration for all trips begins October 8, 2014.

Call Renee at 613-728-6016

Social Sundays

Sunday October 26

Fall Leaves Tour and lunch at La Vallee in Chelsea.

Sunday November 23

Christmas Comes to Heritage House in Smith Falls. Cost for admission to Heritage House and Tea is \$7.50.

Sunday December 7

Centralaires Holiday Magic Concert 2pm
Canadian Museum of Aviation.
Cost for admission to museum is \$10.00.

Transportation \$5.00

Extra Shopping Bus

October 23, 2014

Shopping at Place d 'Orleans

November 20, 2014

Shopping at Trainyards

December 18, 2014

Shopping at Tanger Outlets

Transportation \$5.00

Regular grocery shoppings to Loblaws take place every Tuesday and Wednesday. Call Renee for more information!

Our Services

- Assisted Living Services (ALS)
- Homemaking, Respite & Personal Care
- Adult Day Program
- Transportation Programs
- Friendly Visiting, Telephone Assurance Programs
- Home Maintenance, Odd Jobs, Yard Work & Snow Removal
- Aging In Place (AIP)
- Housecleaning
- Foot Care & Hair Salon Services
- Congregate Dining and Social Outings
- Going Home Project

Take a Break Answers!

1. Tiger
2. A) 26 letters in the alphabet
B) 7 wonders of the world
C) 13 loaves in a baker's dozen
D) 5 Toes on a Foot
E) 60 minutes in an hour
F) 17 holes on a golf course

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.

Our newsletter is published four times per year. For more information please contact us.



Providing the assistance you need to stay at home

1137 Wellington Street West

Ottawa, ON K1Y 2Y8

613-728-6016

WE'RE ON THE WEB!

WWW.OWCS.CA

facebook

**Like us on
Facebook!**

Ottawa West Community Support is committed to responding to seniors and physically disabled persons needing assistance to remain living independently at home. Assistance is provided through a creative community based support service.

OWCS was initiated in 1979 by Christian churches in the west end of Ottawa who were motivated by the love of Jesus Christ, to provide practical services to all elderly persons in need regardless of race, colour or creed. It continues to be supported by churches in our community.