

Cold Oriental Noodle Salad

- 15 ounces dried soba noodles
- 1 1/2 teaspoons dark sesame oil
- 1/3 cup rice vinegar
- 1/3 cup soy sauce
- juice from one lime
- Zest of one lime
- 2 tablespoons brown sugar
- 2 cloves of garlic, minced
- 1/2 cup chopped fresh cilantro
- 1 cup finely grated carrot
- 1/4 cup coarsely chopped salted peanuts
- 2 teaspoons red pepper flakes, or to taste (optional)

Directions

1. In a large pot, cook soba noodles according to package directions. Drain, rinse noodles with cold water, and set aside.
 2. Pour into a large bowl the sesame oil, rice vinegar, soy sauce, and lime juice. Mix in lime zest, brown sugar, garlic, and red pepper flakes; stir until sugar dissolves. Toss in carrots, peanuts, and cilantro.
 3. Cut noodles into 3-inch lengths. Stir into dressing mixture. Cover, and refrigerate at least 1 hour.
Toss salad again before serving. If dry, splash with soy sauce and vinegar.
- Serve cold.

Our Services:

- ◇ Day Program
- ◇ Assisted Living Service (ASL)
- ◇ Homemaking, Respite and Personal Care
- ◇ Transportation Programs
- ◇ Home Maintenance, Odd Jobs, Yard Work, and Snow Removal
- ◇ Aging In Place (AIP)
- ◇ Friendly Visiting
- ◇ Telephone Assurance Program
- ◇ Foot Care
- ◇ Congregate Dining

Contact Us

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Follow us on Twitter!



OTTAWA WEST COMMUNITY SUPPORT

Summer 2016 Newsletter

1137 Wellington Street West

The Season's Big News:

Summer BBQ Upcoming!

- Every year at OWCS we host our Annual BBQ. Read on for the details of this year's event!

Volunteer Luncheon

- On April 8, OWCS held a luncheon at Algonquin College to thank our myriad of wonderful volunteers. Details and photos enclosed!



Also In This Issue:

- Pie-a-Guy or Gal!
- Warm Weather Tips
- Outings for Summer 2016
- Did You Know: About the OWCS Day Program

OWCS's Annual BBQ

June 24, 2016

We are planning to hold the event in the park behind OWCS.

In case of rain, we will move the event indoors



Doors open at 11:00am

Lunch served at 12:00pm

Music and entertainment until 2:00pm

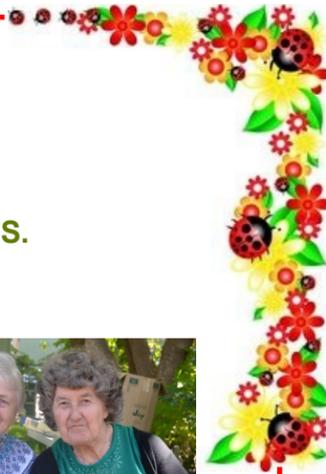


Tickets:

\$10—Includes lunch and a cold drink

\$16 — Includes lunch and a round-trip ride (within OWCS area)

Tickets on Sale Monday, May 30th at OWCS Front Desk



— Summer 2016 Outings —

Friday Luncheon Outings

- July 8 to Cat Café in Chelsea, QC
- July 22 to Hugli's Blueberry Ranch in Pembroke
- August 12 to Generations Inn in Carleton Place
- August 26 to Billings Estate for Tea
- September: To Be Determined. Please call the office in late July/August for an update.

To register please call Sarah
at 613-728-6016.

Registration begins: June 14, 2016

Extra Shopping Buses — Every Third Thursday of the Month

- ♦ July 14th: FreshCo, Bells Corners
- ♦ August 18th: Food Basics, Hampton Park
- ♦ September 15th: Billings Bridge Mall

To register please call Catherine
at 613-728-6016

Registration begins: June 14, 2016

OWCS Fundraising Corner

Help support seniors in our community!

We have always been humbled and inspired by the generosity of our clients and volunteers. 255 of you donated in 2015-16. We are grateful for all your contributions and thank you for your ongoing support!

Ottawa West Community Support was initiated in 1979 by Christian churches in the west end of Ottawa to provide practical services to all elderly persons in need. **OWCS** continues to be committed to responding to seniors and physically disabled persons needing assistance to remain living independently at home. Private contributors are one of our major sources of funding.

There are many ways you can give. Even a small amount makes a big difference for the people we serve.

Consider:

- Making a **one-time donation** online: www.owcs.ca.
- **Monthly donations.** They are easy to set up and a good way to make a bigger impact.
- **A tribute in memory.** Honour the memory of a loved one or friend with a one-time or monthly memorial donation.
- **A legacy gift.** Leaving a gift in your will is a way to continue supporting seniors in the community for many years to come.

For more information or to make a donation you can contact Jennifer Lalonde at jennifer@owcs.ca or 613-728-6016 x 236.



Welcome to the volunteers, Homemakers/PSWs, and Home Maintenance workers who have joined our team this Spring.

Welcome to Louisa who has joined our team as a scheduling coordinator for the year.

Congratulations to AIP coordinator Kelly who will be leaving for maternity leave.

We welcome Bronwyn to this position for the year.

Congratulations to ALS coordinator Kaytlyn who will be leaving for maternity leave as well! Catie & Juliette will be covering this position.

Fun Summer Facts:

- The 'Dog Days of Summer' are named after the Dog Star (Sirius) in the constellation of Canis Major.
- The average American consumes 15 lbs. of watermelon a year.
- Wasaga Beach is the longest fresh water beach in the world.



Did you know OWCS runs an Adult Day Program Monday through Thursday?

The Day Program helps to enhance the social, physical and mental health of individuals! Below is an outline of the typical day:

Morning

Meet & Greet with Tea/Coffee & Morning Snack
Discussion (group update, current events etc.)
Chair Exercises & Mental Aerobics

Lunch

Nutritious lunch provided—special dietary needs are met when possible

Afternoon

Games, Sing-Alongs, Crafts & Gardening
Musical Entertainment, Guest Speakers
Special Events—St. Patrick's Day, Easter, Christmas and more!

Cost \$17.00

(Your first visit is free!)

Ask about transportation to the Day Program!

For more information contact Allan or Sarah.
They look forward to hearing from you! 613-728-6016.



Please note that OWCS will be closed for Canada Day Friday 1 July. Should you be scheduled to receive service this day, OWCS will likely contact you to reschedule.



Ottawa West Community Support Presents

PIE-A-GUY

OR GAL

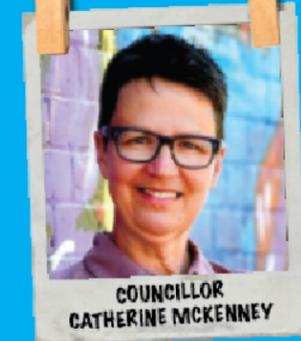
DONATE ONLINE

WWW.OWCS.CA

AND BE AUTOMATICALLY ENTERED

INTO A DRAW TO **THROW A PIE** AT EITHER

JIM WATSON OR CATHERINE MCKENNEY!



The PIE-THROWING will take place at the corner of

WELLINGTON ST W AND CARRUTHERS AVE

June 24, 2016

12:00pm

All donations go to support the Ottawa West Community Support stability fund and are tax deductible. OWCS is a registered charity (#890626104RR001) which provides service annually to 3500 seniors and physically disabled persons needing assistance to remain living independently at home.



Volunteers Needed

OWCS is currently seeking volunteers for the following positions:

- **Volunteer Driver**
We need volunteers who own their own car to take our clients to their medical appointments.
- **Friendly Visitors**
Are you interested in developing a meaningful and lasting relationship with an isolated senior? We are seeking volunteers who are willing to spend a minimum of 1 hour per week visiting with a client in their own home.
- **Telephone Assurance**
Interested in developing a relationship with a client, but have a difficult time getting around? You can volunteer for our Telephone Assurance Program. This program involves calling a client regularly at specified times to check in and also just to chat.

If any of these opportunities appeal to you, please contact Sarah Doiron at extension 237 or email her at sarah@owcs.ca

Warm Weather Tips

- ◇ Drink plenty of fluids.
- ◇ Know the signs of dehydration—including dry mouth/skin, lightheadedness, and lack of sweat.
- ◇ Look for signs of heatstroke, including profuse sweating, fatigue, nausea, and muscle weakness.
- ◇ Apply sunscreen and wear lightweight clothing when outdoors.
- ◇ Close blinds and curtains inside to lower temperatures.



Volunteer Luncheon 2016

Our Annual Volunteer Luncheon was held on Friday April 22nd, at Algonquin College Restaurant International. About 100 volunteers and staff were present to celebrate the thousands of hours that are given to OWCS each year by so many dedicated individuals.

From the Board Members to Medical Drivers, and Day Program to Office and Kitchen volunteers, OWCS has been blessed with a large group of caring people who donate so much more than their time. This lunch was a gesture to show our volunteers how grateful we are for their time and their commitment.

Special thanks to councillor Jeff Leiper who joined us.

We would also like to recognize some long-term volunteers who have stepped down from their duties this year, but who will always remain connected and important to OWCS:

- Connie Johnson – Board Member
- Margot Clarke – Board Member
- Dixie Wood – Former Board Member & Front Desk Volunteer



Thank you to all of our volunteers! We couldn't do it without you!