

# Ottawa West Community Support

**December 2023**

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

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*The Staff and Board of Management would like to wish all our clients, volunteers, staff and sponsors a Joyous Christmas and a very Happy and Healthy New Year!*



**1137 Wellington Street West**

**Ottawa, Ontario**

**613-728-6016**

# Benefit Concert

This holiday season, come and enjoy an exceptional musical performance by the Statistics Canada Choir!

- Festive Carols
- Lively Traditional Songs
- Classical works by Fauré, Rutter and Schubert

**When:** Saturday, December 9, 2023, at 3:30pm

**Where:** Kitchissippi United Church  
630 Island Park Drive

**Tickets:** [www.universe.com/stcxmas](http://www.universe.com/stcxmas)

**Adults:** \$15.00

**Youth:** \$10.00    **Children 12 & under FREE!**

*Please join us afterwards for refreshments in the church hall.*

For more information, please contact the office at 613-728-6016



Caring for a family member or friend can be rewarding, but sometimes it can leave you feeling stressed or drained of energy. Respite care can provide you with the much-needed break you need. Without it, you as a caregiver are susceptible to experiencing feelings of extreme stress and of becoming sick, leaving you no longer able to care for your loved one.

While receiving respite care many caregivers run errands or take the time to do something they enjoy such as read, shop, exercise, or catch up with friends.

Caregivers can benefit from receiving anywhere from a few hours of support a week to an extended period of respite care. Ottawa West Community Support offers the first two hours of care a week at \$10.00 an hour. Until March 31, 2024 additional hours at this rate are available.

**Reach out to our In-Home Services department at 613-728-6016 ext. 273, if you are interested in learning more about our Respite Care program.**





# Update from the Day Program

Holiday greetings from the Day Program staff, clients and volunteers. We have had a busy few months engaging in all kinds of activities.

We had a trip to Billings Estate for a play and lunch, Visits from the Thanksgiving Turkey, daily dancing and singing with our talented and charming musicians.

We even celebrated “talk like a pirate day”. We greeted and taunted passers by with shouts of “Shiver me timbers” and “walk the plank”. Much fun was had by all.

Our online programming continues to run 6 days a week. If you're interested in more information about the FREE classes we offer, please reach out to Allan or Susie to register or for more information. Our December schedule is enclosed. We hope you all have a blessed and restful winter season. Take care and keep in touch.

*Allan, Susie and the gang.*



## JOIN OUR GROCERY BUS!

Every second Tuesday morning

Loblaws (Carlingwood) or  
Food Basics (Merivale)

**\$8 per outing**

For seniors in the OWCS traditional catchment area

To accommodate clients and groceries,  
walkers are not permitted.

**To register or for more information,  
call Valerie at**

**613-728-6016 x 234**



## Brain Teasers

1. Get it  
Get it  
Get it  
Get it

2. **Jack**

3. **Big Big**  
Ignore Ignore

4. **NO NO**  
**RIGHT**

*Answers on back page*

## MAKE A DIFFERENCE IN YOUR COMMUNITY!

At Ottawa West Community Support, our focus is on making life easier for seniors and adults with physical disabilities in the community. Our services provide essential care for our neighbours, reducing feelings of isolation and easing the strain on long-term care facilities and hospitals. With your support we can continue to be a life line for our community.

OWCS relies on the generous donations of our friends and neighbours. Each gift is important and makes a difference to those we serve.

A tax receipt will be issued for all donations of \$20.00 or more.

Please take a moment to complete the insert in this newsletter and return to OWCS in the enclosed envelope or donate online at <https://owcs.ca/get-involved/donations> by clicking the **Donate Now** button or scanning the QR Code below.

To donate over the phone, please call the office at 613-728-6016 and ask for Tsehay, Ken or Elizabeth in our accounting department.

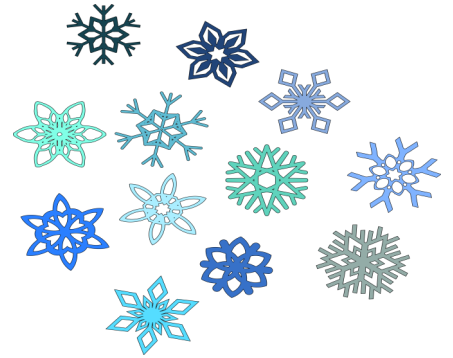
*Our registered charity number is: 890626104 RR 001*



## Snow Go Assist Program

With funding provided by the city of Ottawa, the Snow Go Assist Program allows approved, low income seniors to be reimbursed up to 50% of their Snow removal costs to a season maximum of \$250.00.

For more information on this program please contact Robert at 613-728-6016 extension 275.



We kindly ask that you refrain from attending OWCS onsite programs if you are experiencing signs of a contagious illness.



Thank you!



*As the year comes to an end, OWCS remembers the clients, staff, volunteers and friends we lost in 2023.*

**The Assisted Living Services (ALS) Program, Respite Program and Personal Support Service Program (PSS) will continue to operate through the holiday season. As always, the OWCS on call staff will be available by phone for emergencies.**

**We kindly ask you to inform our In Home Services team as soon as possible if you do not require service over the holiday season.**

Friday, December 22	Office Closes at noon.
Monday, December 25	Office Closed.
Tuesday, December 26	Office Closed.
Wednesday, December 27	Office Open no onsite programming.
Thursday, December 28	Office Open no onsite programming.
Friday, December 29	Office Closed.
Monday, January 1	Office Closed.

## **Aging In Place and Active At Home updates**

With the wonderful and ongoing support from the Ottawa West Community Support (OWCS) office team, the Aging In Place (AIP) and Active At Home (AAH) teams continue to work with community partners to serve the seniors in need. Last month, we hosted a celebration event, officially marking the AIP program expansion from 11 to 19 Ottawa Community Housing locations.

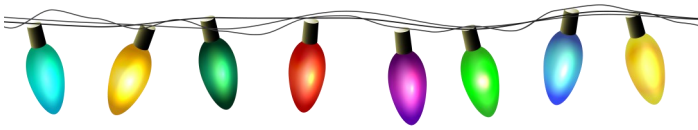
The AIP team works diligently to connect clients with needed resources, setting up home support services and running free Foot Care clinics and social events. In the fall, working closely with Ottawa Public Health, the AIP team offered Dental screening for more than 400 seniors. Currently, the AIP team is busy helping clients apply for Christmas vouchers and Hampers provided by the Christmas Exchange program. So far, the team has applied for vouchers or Hampers for more than 600 households, and we are still going! The OWCS Adult Day program's Zoom sessions and Family Physio's chair exercise programs keep clients active at home. Many in-person activities such as painting events, chair exercises, and costume parties have brought seniors out and allowed everyone to have a great time with their neighbors and friends.

In addition to the ongoing yoga classes, the seven Active at Home locations have introduced garden and laughing yoga sessions.



It is hard to believe that Christmas is around the corner. Thanks to the fantastic support from the OWCS volunteers, who have been busy wrapping up, there will be a small gift package for clients at the upcoming AIP Christmas events. Ho, Ho, Ho :)

*Ze Ling, Manager Aging in Place*



## ***This Christmas***

*Mend a quarrel  
Seek out a forgotten friend*

*Write a love letter  
Share some treasure*

*Give a soft answer*

*Encourage youth*

*Keep a promise*

*Find the time*

*Forgive an enemy*

*Listen*

*Apologize if you were wrong*

*Think first of someone else*

*Be kind and gentle*

*Laugh a little*

*Laugh a little more*

*Express your gratitude*

*Gladden the heart of a child*

*Take pleasure in the beauty and wonder  
of the earth*

*Speak your love*

*Speak it again*



## **Advice from a Snowman**

**Be a jolly, happy soul**

**Spend time outdoors**

**Stay cool**

**It's OK to be a little bottom heavy**

**Avoid meltdowns**

**Be well rounded**

**Live well, life is short!**

**Bright is the Christmas season**

**Outshining all the rest**



**We cherish those who mean so much**

**With loved ones we are blessed**

**So have a Happy Christmas**

**And a joyful New Year too!**

## **A FRIENDLY REMINDER IF YOU RECEIVE IN HOME SERVICES:**

- 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 some 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 expect OWCS service, we ask that you contact the OWCS office and inform us.
- Services may have to be delayed until a safe path to your home is cleared.





# Gingerbread Oatmeal

- 2 cups milk of choice
- 2 cups water, or more milk
- 1 cup steel cut oats
- 1 tsp flax seed (optional)
- 1 tsp flax meal (optional)
- 2 ripe bananas
- 2 tsp mild molasses
- 1 tbsp maple syrup
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1/2 tsp ground cloves
- 1/8 tsp salt



1. Bring milk and water to a boil, add oats, and reduce heat to medium. If using flax, add now.
2. While oats are cooking, mash bananas. When no clumps remain, add to oatmeal.
3. Once more of the liquid has absorbed, add molasses, maple syrup, ginger, cinnamon, cloves, and salt. Stir.
4. When you're pleased with the consistency of the oatmeal, transfer to a bowl. Add a splash of your milk of choice and any other additional toppings (pecan pieces, crystallized ginger, raisins, sliced fruit).

## Rate Increase Notice

**OWCS strives to keep our rates as low as possible; however, due to increased costs, the rates for the following Ottawa West Community Support (OWCS) programs will increase as of January 1, 2024.**

**Should you have any questions, please contact the office at 613-728-6016**

Program	Rate—January 1, 2024
Foot Care	\$30.00 per appointment
Respite & Personal Care	Regular Rate \$30.00 an hour, 2 hour minimum. Subsidized Rate no change
Homemaking	Regular Rate \$ 35.00 an hour. 2 hour minimum . Subsidized Rate no change
Heavy Housecleaning	\$35.00 an hour
Home Maintenance	\$30.00 an hour
Grass Cutting	\$30.00 an hour
Other Yard work	\$30.00 an hour

**Should you have any questions please do not hesitate to call the office.**

**613-728-6016**

December 8–15  
Hanukkah

December 21st  
Winter Solstice

December 25th  
Merry Christmas!

December 26th  
Happy Boxing Day  
Kwanzaa

January 1, 2024  
Happy New Year!



聖誕節快樂

### Brain Teaser Answers

1. Forget it
2. Jack in the box
3. Too big to ignore
4. Right under the nose

## Contact Us

Give us a call for more  
information about our  
services.

### Ottawa West Community Support

1137 Wellington Street W  
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\*

*\*available at specific locations*

**Please help 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.**