



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



*“How could I tell?”, the innkeeper asked.  
“How could I have known ‘twas He?  
They were just a carpenter and his wife come  
up from Galilee.  
I would have bade them enter;  
And found them food and wine;  
If only they’d explained to me  
If only there’d been a sign...”*



*Wishing you a Blessed Merry Christmas  
and a  
Happy and Healthy New Year !*

## It's Raffle Time!

Raffle Tickets are now available for sale at the OWCS office. Win a wonderful gift basket kindly put together by Allan. Draw to be held Friday December 19th, 2014. \$1.00 each or 3 for \$2.00. Thank you for your support!



## Health and Safety Corner

- OWCS Workers coming into 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.
- Service may be delayed until a safe path to your home can be cleared.

## Be Active this Winter

- Keep moving in the winter months to stay strong, help your balance and give you more energy.
- Do indoor balance and stretching exercises.
- Going for a walk outside? Carry a small bag of salt, sand and or non-clumping cat litter in your pocket to spread on icy patches when out walking.
- On icy surfaces, take small flat-footed steps.
- Keep in touch with friends and family. It will help the winter pass more quickly.





# OWCS Fundraising Corner!

OWCS is a non-profit, charitable organization, run by a small office staff and many dedicated volunteers. We rely on private donations from individuals. A significant portion of our funding must come through fundraising, donations and fees. Your donations are put directly into client services.

Once a year we mention this need for support and ask for your consideration. Please take a moment and fill out the donation slip inserted in this newsletter and mail it back to our center. **An official receipt will be issued for tax purposes.**



## REMEMBERING OLD TIME REMEDIES!

### Cough

Honey & Lemon Juice  
Grated Onion & white sugar

### Sore Throat

Put skunk oil on a rag and wrap it around your throat.  
Put uncooked bacon around your throat.

### Hiccups

A spoonful of sugar or peanut butter.  
Hold an ice cube against your right ear lobe.

### Toothache

Put a drop of vanilla on the painful tooth.  
Hold a mixture of warm vinegar and salt in your mouth until the pain goes away.

### Warts

Wear a straw hat for five days, then burn it.  
Rub a wart with a kernel of corn,  
then feed the kernel to a rooster.

**Has anyone ever used these remedies? Thanks to our Day Program for sharing these!**



## Halloween Party

2014

What a great day!



# Take a Break!

# Answers on back page

1. Billie was born on December 28th, yet her birthday always falls in the summer. How is this possible?
2. If you were running a race and you passed the person in 2nd place, what place would you be in now?
3. I am a fruit. I am tasty and provide lots of energy. You can also find me in a calendar. Who am I?
4. I run around a house but I don't move. Who am I?
5. What was the number one Holiday Song in 1957? 1958? 1959?

My husband and I purchased an old home in Northern New York State from two elderly sisters. Winter was fast approaching and the years first snow came early and I was concerned about the house's lack of insulation. "If they could live here all those years, so can we!" my husband confidently declared. One November night the temperature plunged to below zero, and we woke up to find interior walls covered with frost. My husband called the sisters to ask how they had kept the house warm. After a rather brief conversation, he hung up. "For the past 30 years," he muttered, "they've gone to Florida for the winter."



## Luncheon Group Christmas Party!

Friday December 19th      11:30am  
 \$8.00 for lunch, \$5.00 for transportation  
 Full Turkey Dinner & Entertainment!  
 Call Renee to register! 613-728-6016



聖誕節快樂

## OWCS Holiday Hours

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

|                         |                                  |
|-------------------------|----------------------------------|
| Wednesday December 24th | Office Closes at 12 noon         |
| Thursday December 25th  | Office Closed. Merry Christmas!  |
| Friday December 26th    | Office Closed. Happy Boxing Day! |
| Monday December 29th    | Office open, no onsite programs  |
| Tuesday December 30th   | Office open, no onsite programs  |
| Wednesday December 31st | Office Closes at 12 noon         |
| Thursday January 1st    | Office Closed. Happy New Year!   |
| Friday January 2nd      | Office open, no onsite programs  |



## New! *OWCS Homemaking Program*

- Dusting
- Washing Floors
- Laundry/Ironing
- Vacuuming
- Emptying garbage
- Assistance with shopping and errands
- Cleaning bathrooms
- Meal preparation
- Making bed/change linens
- Cleaning kitchen/bathroom surfaces

The Homemaking Program assists seniors and disabled adults living at home with housekeeping tasks and activities. These services are available to all seniors living in the Ottawa area, and may be tailored to meet the needs of vulnerable clients with chronic and/or complex medical needs. The Program will provide assistance to high risk clients who reside at home and require homemaking services. An in home assessment will be completed by OWCS staff in order to determine eligibility. A subsidized rate may be available based on this assessment. For more information on this new program please contact our office!



An information session hosted by the Parkinson Society of Eastern Ontario will be held at OWCS on Friday, January 30<sup>th</sup> from 10am to 12pm.

Anyone interested is welcome to attend. Please RSVP with Sarah by phone 613-728-6016 or email [sarah@owcs.ca](mailto:sarah@owcs.ca)

 Parkinson Society Ottawa  
Soci t  Parkinson d'Ottawa

**On Thursday November 20th, 2014 OWCS hosted our Annual Clergy Bruncheon.**

**It was a great event!**





**Like us on Facebook!**

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

## Office News

- A great big thank you to the staff of Health Canada who volunteered at our Oktoberfest and Hallowe'en Luncheons!
- In our September newsletter we thanked all the businesses who supported our BBQ, but we forgot to mention all the hard work of volunteer Judy Anderson who help with this fundraising! Thank you Judy!
- Monique Albert is rejoining the Aging in Place (AIP) team as Team Lead and will be working out of 31 McEwen and 445 Richmond Road. AIP Coordinator Mandy Fisher will remain at 1455 Clementine and also work out of 1041 Wellington.
- Sharon Coward has left her role as an AIP Coordinator and returned to working out of our main office.
- We welcome Katlynn to OWCS. Katlynn will be replacing Monique as the ALS Care Coordinator.
- Thank you to our Algonquin College students who completed their placements at OWCS. Best of luck in your school.
- Welcome to all the Personal Support Workers, Homemakers, Snow Shovellers and Volunteers who have joined OWCS this fall.
- Wedding Bells! Congratulations to our Volunteer Coordinator Renee who will be married in early 2015! All the best to Renee and Greg from all your friends at OWCS.



# Grapefruit Salad

2 grapefruits, trimmed of skin and cut into large thin slices  
1/2 red onion, peeled and thinly sliced  
1/3 cup pitted chopped black olives  
1 bunch basil, leaves thinly sliced (about 1 cup)  
2 tablespoons chopped chives  
3 tablespoons aged balsamic vinegar  
3 tablespoons extra-virgin olive oil  
Salt and freshly ground black pepper



## Directions

Place the grapefruit slices in a slightly overlapping pattern on a serving platter. Sprinkle the onion slices over the grapefruit. Then sprinkle the olives. Top with the basil and chives. Drizzle the balsamic vinegar and olive oil over the salad. Sprinkle with salt and pepper and serve.

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Registration for all trips begins on December 8th, 2014  
Call Renee at 613-728-6016

## Weekend Socials

**Saturday January 10th**

Afternoon at the Opera, MET at the movies : Il Barbiere di Siviglia

**Sunday February 15th**

Winterlude drive and lunch at Malones

**Sunday March 15th**

St. Patrick's Day dinner at St. Georges Parish

**Cost is \$5.00 for transportation.**

**Client is responsible for lunch/ticket costs.**

## Extra Shopping Bus

**Thursday, January 22nd**  
T & T Supermarket

**Thursday, February 19th**  
Bayshore Mall

**Thursday March 19th**  
Blossom Park



## 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. Billie lives in the Southern Hemisphere
2. You would be in 2nd place. You passed the person in second place, not first.
3. Dates
4. Fence
5. **1957** “Blue Christmas” by Elvis Presley”,  
**1958** “Rockin Around the Christmas Tree”  
by Brenda Lee  
**1959** “Baby, It’s cold Outside”  
by Dean Martin

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

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**WE'RE ON THE WEB!**

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**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.