

# Ottawa West Community Support

December 2019

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

## In This Issue:

- We need your support!
- Client Christmas Party
- Thank you to the vendors who supported the 3rd Annual Health & Wellness Fair



*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

# Client Christmas Party

**When:** Friday, December 20th, 2019

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

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

**Turkey & all the trimmings!**

**Music and a visit from Ol' St. Nick!**

\$10.00 for lunch, \$6.00 for transportation

**RSVP: To Amira at 613-728-6016 ext. 280**



The OWCS Grocery Shopping Service can help make your grocery shopping easier and fun! Sign up to be placed on a bi-weekly shopping bus. We will pick you up, bring you to the Carlingwood Loblaw's, assist you while shopping, load your groceries and help you unload when you reach home.

Shopping trips run Tuesdays and Wednesdays, on alternate weeks at a cost of \$6.00 per trip. For more information please call Valerie at 613-728-6016 ext. 234.

## Other Shopping Excursions:

Monday, January 6 <sup>th</sup> :	Carlingwood
Thursday January 16 <sup>th</sup> :	Merivale Mall/Farm Boy
Thursday January 30 <sup>th</sup> :	Billings Bridge
Monday February 3 <sup>rd</sup> :	Carlingwood
Thursday February 20 <sup>th</sup> :	Bells Corners Salvation Army/Mission Thrift Store
Thursday February 27 <sup>th</sup> :	Baseline Walmart
Monday March 2 <sup>nd</sup> :	Carlingwood
Thursday March 19 <sup>th</sup> :	Freshco & Dollar Store
Monday March 30 <sup>th</sup> :	Billings Bridge
Monday April 6:	Carlingwood
Thursday April 16 <sup>th</sup> :	Baseline Walmart
Thursday April 30 <sup>th</sup> :	Tanger Outlets



*The colour of springtime is in the flowers; the colour of winter is in the imagination.*

*Terri Guillemets*

## Fundraising Corner

For over 40 years, OWCS has operated with financial prudence and within budget. The OWCS Board of Directors is committed to ensuring all services to seniors continue in this vein and will direct all future donations to the Stability Fund, unless otherwise specified. We are asking you to consider directing your donations to the OWCS Stability Fund. We have always been humbled and inspired by the generosity of OWCS clients and volunteers, and we thank you in advance for your support.

Please take a moment to fill out the enclosed donation slip and mail it back to OWCS, or donate online.

### To make your donation online:

Go to [www.owcs.ca](http://www.owcs.ca) and click on the **Donate Now** button. The button can be found near the top right corner of our websites main page. Next, click on the Canada Helps Donate Page or Donate Now button to continue.



### Raffle Ticket Sales

It's time for the OWCS Christmas raffle. Stop by 1137 Wellington to see the prizes to be won. The draw will take place Friday, December 20th, 2019 at the Client Christmas Party.

Cost is \$1.00/ticket or \$2.00/3 tickets

### Snow Go Assist Program

The Snow Go Assist Program allows approved, low income seniors to be reimbursed up to 50% of their snow removal costs to a seasonal maximum of \$250.00. For more information on this program please contact Mark at 613-728-6016 ext. 275.

## Office Update

- Welcome to the new Personal & Home Support Workers who have joined our team!
- Welcome to new Homemaking Coordinator Alessandra, Assisted Living Services (ALS) Coordinator Billie-Jo, Healthy Connections coordinator Gracia and new driver Russell.
- In October, OWCS said goodbye to Aging in Place (AIP) Coordinator Kelly. We wish you the best in your future endeavors.
- A very warm welcome to our new volunteers, we couldn't do it without you!
- A special thank you to the anonymous donor who made a donation that allowed clients to attend our Annual Halloween Party.

## 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.



**The Assisted Living Services (ALS) Program, Respite Program and Personal Support Service Program (PSS) will continue to operate 24 hours per day 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.**

Tuesday, December 24

Office closes at 12 noon.

Wednesday, December 25

Office closed. Merry Christmas!

Thursday, December 26

Office closed. Happy Boxing Day!

Friday, December 27

Office Closed.

Monday, December 30

Office open. No onsite programs.

Tuesday, December 31

Office closes at 12 noon.

Wednesday, January 1

Office closed. Happy New Year!

Thursday, January 2

Office open. No onsite programming.



Halloween Celebrations

**It's always a  
Fun Day  
At OWCS!**



Dress to Impress Day!



Friday Luncheon Volunteers

# Annual Health & Wellness Fair

On October 26, 2019 OWCS and Olde Forge Community Resource Centre hosted the 3<sup>rd</sup> Annual Health & Wellness Fair. A very special thank you to the vendors who attend this successful event!

- Davidson Hearing
- Tea & Toast
- Age Well Solutions
- The Redwoods
- Timberwalk Retirement Home
- Heart to Home Meals
- Seniors for Seniors
- Elder Dog Canada
- Ottawa Police Services
- Ottawa Fire Services
- Moitech
- Bayshore Home Health
- The Bed Maker
- Ottawa University Heart Institute
- Office of Theresa Kavanaugh
- Retraite en Action
- AIM Fitness
- CARP, Ottawa
- Kirsten's Foot Care
- Red Dot Alerts
- Capital Funeral Home & Cemetery
- Tubman's Funeral Home
- Parkinson Canada
- Meals on Wheels
- The Good Companions
- Unitarian House
- OC Transpo
- Office of Anita Vanderbeld
- Goldsmith Medical
- Nurse on Board
- Comfort Keepers
- Canada 211
- Canadian Safety Council
- Home Sharing
- Enviro Centre



## Lorraine's Winter Quiz

1. What is the more common name for the legume call Mangetout?
2. Who kept time with the Little Drummer Boy?
3. Which fruit has a variety called "Winter Banana"?
4. Each of the following words means snow in which European languages?  
A) Sneeuw    B) Lumi    C) Schnee    D) Neve    E) Snieg



*As the year comes to an end, OWCS remembers the clients, staff and volunteers we lost in 2019.*

## Christmas Lights

Bright Christmas stars shine on high,  
Golden stars in the wint'ry sky;  
Christmas candles in the windows bright  
Sends a greeting into the night;  
While in our hearts the Christmas flame,  
Glow with a love like who came,  
The infant Christmas of lowly birth,  
To bring good will and peace to earth.



By: Marie Irish



Christmas eve has come at last,  
The day of all most glad—  
The angels sing with joy & praise,  
Christmas Eve has come at last—  
That day of all most blessed.

By: Amy Campbell, "Christmas Hymn" c. 1872

"One resolution I have made, and try always to keep, is this:  
to rise above the little things." Author Unknown

"Be at war with your Vices, at Peace with your Neighbours,  
and let every New Year find you a better Man."

Poor Richard's Almanac, December 1755



# Classic Latkes

2 large eggs  
Kosher salt and pepper  
2 lbs. medium russet potatoes

2 medium onions  
1/2 cup matzo meal  
8 Tbsp. olive oil



## Directions:

In a large bowl mix together eggs, 1 tsp salt and 1/4 tsp pepper.

In food processor fitted with large grating disk (or on large holes of box grater), grate potatoes and onions. Add to bowl with eggs and toss to combine. Stir in matzo meal.

Heat 2 Tbsp. oil in large skillet on medium. Gently drop 5 large spoonful's potato mixture (about 1/4 cup each) into skillet. Flatten to create even pancakes and cook until browned and crisp, 4 to 6 minutes per side; transfer to wire rack or paper towel-lined plate.

Repeat with remaining potato mixture, adding more oil to skillet as necessary (when getting near the end of potato mixture, strain and discard any liquid at bottom of bowl).

*This fried favorite for the Festival of Lights symbolizes the miracle of the oil that burned for eight nights. Hanukkah or Chanukah is the Jewish eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, special prayers and fried foods. The celebration commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem, where according to legend Jews had risen up against their Greek-Syrian oppressors in the Maccabean Revolt.*

## Health and Safety Corner

### Fires and Carbon Monoxide Poisoning

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene, and other fuels. Unless fireplaces, wood and gas stoves/appliances are properly vented, cleaned and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances such as space heaters, can also be fire hazards.



### Warning Signs:

Headache      Nausea/Vomiting      Dizziness/Blurred Vision      Confusion      Weakness

*If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.*

### Precautions to Take:

- Call an inspector to have your chimneys and flues inspected.
- Open a window.
- Place smoke detectors and battery operated carbon monoxide detectors in strategic places.
- Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding and furniture.

## Lorraine's Quiz

1. Snow Pea
2. The ox and the lamb
3. Apple
4.
  - A) Dutch
  - B) Finnish
  - C) German
  - D) Italian
  - E) Polish



## 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.**