

Ottawa West Community Support

December 2016 Newsletter

In This Issue:

- *News from the Day Program*
- *Snow-Go program*
- *Healthy Connections; Healthy Communities*
- *Tips for surviving the Holiday Blues*



*Wishing you a Merry Christmas
and a
Happy and Healthy 2017!*



1137 Wellington Street West Ottawa, Ontario

613-728-6016

OWCS Holiday Hours

The Assisted Living Service (ALS) Program, Respite Program, and Personal Support Service Program (PSS) will continue to operate 24 hours per day through the holiday time. As always, the OWCS on call staff will be available by phone 24 hours a day. We kindly ask if you do not require service over the holiday season that you inform our In Home Services team as soon as possible.

Friday December 23rd	Office Closes at 12 noon
Monday December 26th	Office Closed, Happy Boxing Day!
Tuesday December 27th	Office Closed
Wednesday December 28th	Office open, no onsite programs
Thursday December 29th	Office open, no onsite programs
Friday December 30th	Office Closes at 12 noon
Monday January 2nd	Office Closed
Tuesday January 3rd	Office open, all onsite programs resume



MERRY CHRISTMAS AND HAPPY NEW YEAR!

On behalf of the volunteers and staff of the Day Program we would like to thank all the clients and their caregivers for making it another wonderful year. It is your smiles, your wit, the sharing of your stories and personal experiences that continue to inspire us to serve you better. It is the warmth of lingering over a cup of coffee, a client helping us to make homemade cookies, the bringing in of vegetables from home gardens, or the unified groan of yet another bad joke that makes each session memorable. We strive to make it a day where you are safe, you are engaged, and always feel welcome. We look forward to sharing the New Year and all the good fortune that it may bring.



Healthy Connections ~ Healthy Communities

As of mid-November, the new Healthy Connections; Healthy Communities program has reached out to over 540 seniors through information sessions, promotions and food programs, well ahead of expected numbers. Food Chop Programs are running in all six locations, and Community



Kitchens have begun at 540 Thomson and 160 Charlotte. More than 20 senior volunteers have assisted in coordinating and running program activities.



A great start to a great new program!

SNOW REMOVAL

Winter is here! Don't forget to call for snow removal. The cost is \$25.00 an hour. There is a minimum one hour charge. Clients are matched with workers who will provide service once 2 inches of snow accumulates. Clients need to make certain workers have access to shovels, scoops, sand and salt.

Financial assistance may be available through the Snow- Go Financial Assist Program, which supports low income seniors and people with disabilities.

Clients may be reimbursed up to 50% of snow removal costs to a seasonal maximum of \$250.00.

For more information please contact Program Coordinator
Mark at

613-728-6016 or visit www.ottawa.ca/snowgo



Need Help Getting Your Groceries?

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 Carlingwood Loblaws, assist you while shopping, load your groceries and help you unload when you reach your home. Shopping trips run Tuesdays and Wednesdays, alternate weeks, at a cost of \$6 per trip. For more information or to sign up, call Catherine at 613-728-6016.



Other Shopping Excursions

Monday, January 9th	Carlingwood Mall	Thursday, January 19th	Walmart, Baseline Rd
Monday, January 30th	FreshCo & Dollar Store	Monday, February 6th	Carlingwood Mall
Thursday, February 1st	Billings Bridge	Monday, February 27th	Food Basics & Canadian Tire
Monday, March 6th	Carlingwood Mall	Thursday, March 16th	Bayshore Mall
Monday, March 20th	Walmart, Baseline Rd	Thursday March 30th	Farm Boy, & Giant Tiger

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 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 are expecting a worker, we ask that you call the OWCS office to inform us.
- Services may have to be delayed until a safe path to your home can be cleared.

Surviving the Holiday Blues

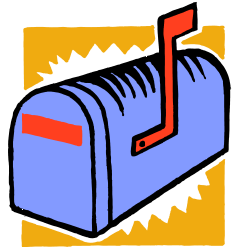
- Don't swallow the commercial or Hollywood hype. It isn't about perfect decorations and expensive gifts.
- Stay active over the Holiday Season. Get some fresh air, take a short walk or take your grandkids to the park.
- Start new Christmas traditions. If you've lost someone you love and this is your first Christmas without them, let yourself grieve naturally. Starting new traditions is a good way to lift your spirits.

Distress Centre of Ottawa: 613-238-3311

Mental Health Crisis Line: 613-722-6914

Fundraising Corner

For over 35 years OWCS has operated with financial prudence and within budget. In the fall of 2015, OWCS was informed by the city of Ottawa that we must have a stability/contingency fund equal to 1 ½ months of operating budget. Our current small contingency fund is not sufficient. The OWCS Board of Directors is committed to ensuring all our services to seniors continue and in this vein will direct all future donations to the Stability Fund, unless otherwise specified. **We are asking you to consider directing your future 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 donation slip inserted in this newsletter and mail it back to our centre.



An official donation receipt will be issued for tax purposes.

Annual Client Christmas Party

Friday, December 16

11am-2pm

Join us for Christmas Carols, a turkey dinner,
and lots of Christmas fun!

\$10 per person; \$6.00 for ride

Space is Limited. RSVP to 613-728-6016

Broccoli with Garlic & Cashews

1 1/2 pounds fresh broccoli, cut in bite size pieces
1/3 cup butter
1 tbsp. brown sugar
3 tbsp. soya sauce
2 tsp white vinegar
1/4 tsp. black pepper
2 cloves garlic, minced



Place the broccoli into a large pot with 1 inch of water in the bottom. Bring to a boil, and cook for 7 minutes, or until tender but still crisp. Drain, and arrange broccoli on a serving platter.

While broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, then remove from the heat. Mix in the cashews and pour the sauce over the broccoli. Serve immediately.

Sunday Socials

January 8 – Bingo & Lunch at Bingoland South
Feb 5 – Lunch @ Dow's Lake & Winterlude Drive
Mar 12 – St. Patrick's Day Dinner at St. George's Parish



Cost: \$6 for transportation

Individuals are responsible for their lunch & entrance fees

Walking Club

On the 2nd Tuesday of January, February & March we will be taking a group to the Superdome at Ben Franklin Park to walk on the indoor track. A fun way to stay active in the winter months!

January 10, February 14, March 14

Cost: \$6 for transportation

\$1 for entrance at the Superdome

Contact Sarah @ 613-728-6016 to register



and
suddenly
there was with
the angel
a multitude of
the heavenly host
praising God
and saying
Glory to God
in the highest, and on earth
peace, goodwill towards
men
Luke 2
13-14

聖誕節快樂

Fröhliche
Weihnachten

Veselé
Vánoce

Joyeux
Noël

Boldog
karácsonyt

Buon Natale

Feliz
Navidad

Merry
Christmas

Vrolijk
Kerstfeest

OWCS has a need for volunteers in the following areas:

Friendly Visiting

Telephone Assurance

Volunteer Drivers

If you are interested in any of the positions listed above, please contact Sarah at 613-728-6016 x237 or by email sarah@owcs.ca.



Contact Us

Give us a call for more information about our services.

**Ottawa West
Community
Support**

1137 Wellington
Street West
Ottawa, Ontario

K1Y 2Y8

613-728-6016

Info@owcs.ca



OWCS Services

Congregate Dining

Client Intervention & Assistance

Meals on Wheels

Homemaking

Personal Support Services

Respite Care

Transportation

Adult Day Programs

Supportive Housing (Assisted
Living)

Friendly Visiting/Telephone
Assurance

Home Help/Maintenance

Going Home

Personal Support Services

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.