

# Ottawa West Community Support

Fall 2023

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

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## Wishing you a Happy & Plentiful Thanksgiving



1137 Wellington Street West

Ottawa, Ontario

613-728-6016

# Home Maintenance Program Update

**Are you looking for help with fall cleanup?** OWCS can help by arranging to send one of our yard workers. Fall yard cleanup costs \$25.00 per hour (1 hour minimum charge). Clients must provide brown paper bags and any necessary equipment.

**It is also time to register for Snow Removal.** The cost for snow removal is \$25.00 per hour. There is a minimum of a one-hour charge. Clients are matched with workers who will provide service after 2 inches (5cm) of snow accumulation. Clients must ensure workers can access shovels, scoops, sand, and salt.

*Please note: The Home Maintenance Program is available within the following service area: Preston Street (East), Woodroffe Avenue (West), Baseline Rd (South), Ottawa River (North).*

## **Financial assistance may be available through the Snow Go Financial Assist Program.**

The Snow Go Assistance Program supports low-income seniors and people with disabilities. Eligible clients can be reimbursed up to 50% of snow removal costs to a seasonal maximum of \$250.00.

Visit [www.ottawa.ca/snowgo](http://www.ottawa.ca/snowgo) to learn more.

**For more information, please contact Program Coordinator Robert at 613-728-6016 ext. 280**



## Health and Safety Corner

- Fall is a great time of year to ensure your fire and Carbon Monoxide (CO) alarms are powered and working properly. Fire deaths are much more common in homes without working alarms. CO is odorless and invisible, so an alarm is essential.
- Don't fall for Flu Myths! There is no cure for the flu, the best offense is a good defense—get the flu shot! Good hygiene is also one of the best ways to prevent the flu. Wash your hands and cover your mouth when you sneeze or cough.
- Be road ready this Fall. Avoid stopping on piles of wet or bunched up leaves and maintain distance between you and the car in front of you.
- **Don't forget to Fall Back!** Daylight savings time ends Sunday, November 5, 2023

## Do your part!

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

Thank you.





# Aging in Place and Active at Home Updates

With ongoing support from the wonderful 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 seniors in need.

Thanks in large part to the generosity of Ottawa Community Housing (OCH) and the hard work of OWCS drivers, all of the new AIP buildings now have dedicated space and are providing on-site support. Essential programs such as social outings, Foot Care, Home Support, and social events have rolled out in the eight new locations. A celebration of this AIP expansion will be held this fall.



The AIP team works diligently to respond to requests from seniors and to connect them with essential resources. Foot Care clinics and Home Support services are in high demand. Over the summer, working with OCH and Ottawa Public Health (OPH), many fun BBQ events brought seniors together to enjoy the season and have a good time with friends and neighbours. In addition to these programs, a variety of Zoom sessions offered by the OWCS Adult Day Program as well as on-site chair exercise classes are keeping clients active at home. Thanksgiving is now around the corner, and the AIP team is in full planning mode for social events to celebrate!

The AAH program continues in seven OCH locations, offering yoga classes and urgent client intervention. OWCS was delighted to receive additional funding this year which will be used to offer Mental Health First Aid training for volunteer leaders, as well as gardening/plant therapy, Laughing Yoga, and a few fun Multicultural Arts for Schools And Communities (MASC) sessions.

*Ze Ling, Manager Aging in Place*

## Day Program Update

It's always a fun day in the Day Program! Thanks to the musicians who have kept us entertained over the summer months!

Looking to stay active this Fall? Join our online programming.

See the enclosed schedule in this newsletter. To learn more please reach out to Allan or Susie at 613-728-6016!



**CA & Sonny perform**

# Fall Updates

- Please join us in wishing a Happy Retirement to Footcare and Home Maintenance Coordinator Mark and Driver Aron. Mark and Aron found OWCS after retirement from their first careers and both agree this was their favourite workplace! We wish them all the best and look forward to seeing them stop in for visits.
- Robert M. has accepted the role of Footcare and Home Maintenance Coordinator. Rob has been with OWCS for over three (3) years as a Community Support Coordinator working with the Luncheon, Transportation, and Volunteer Programs.
- Welcome back to Scheduling Coordinator Aaron, who has returned from maternity leave. Aaron looks forward to speaking with clients and staff.
- Welcome to new Aging in Place coordinators Ryan, Cici, Francis and KerryAnne.
- In August, we said goodbye to Summer Students Olivia, Megan, Chetina, Kevin, and Mahanya; we wish them success in their school year.
- Thank to Constable Joseph who came out to speak with volunteers and staff about Community Policing.
- Thank you to Ottawa Fire Prevention for your presentation on Fire Safety.
- Thank you to everyone who donated plants and baked goods for our Annual Plant & Bake Sale. It was a huge success!



## October is Community Support Month in Ontario!

Community support organizations like Ottawa West Community Support (OWCS) have deep roots within the community and are committed to providing services to help seniors stay at home as long as possible. Across the province up to a million people receive service each year.

Throughout October please help us raise awareness and celebrate the staff and volunteers who make the following services possible:

October 4	Congregate Dining Day (Luncheon Program)
October 6	Assisted Living Services Day
October 9 - 13	Community Care Worker Week
October 10	Telephone Reassurance Day
October 11	Respite Services Day
October 13	Client Intervention and Assistance Day
October 16 - 20	Adult Day Program Week
October 20	Home Help/ Maintenance Services Day
October 23	Transportation Services Day



# Update from the Transportation Program

Like the OWCS garden, our transportation program has been in full bloom! We're back to doing group outings for our Aging in Place program, including all our new buildings. We've also started bringing back shopping trips for local clients, and we continue to get a lot of requests for medical transportation.

We recently said goodbye to our retiring driver Aron. We wish him well in his next chapter, and still hope to see his smiling face pop by on occasion. We added new driver John L to our team (not to be confused with our long-time driver John M). I know our wonderful clients have already made him feel very welcomed, so thank you!

As always, if you have any questions about our transportation program for yourself or a loved one, please do not hesitate to contact Valerie at 613-728-6016 x234.

## TROY BRAZEAU VOLUNTEER AWARD

On June 21, 2023, OWCS presented the 5th Annual Troy Brazeau Volunteer Award to volunteer Derek Fortune.

Derek has been a dedicated OWCS Volunteer for over 17 years. We thank you for your support, guidance and oversight.

*Congratulations!*



Derek Fortune, Janet  
Brazeau and Jean Kroes

## JOIN OUR GROCERY BUS!

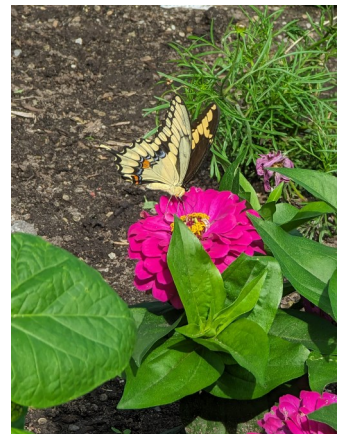
Every second Tuesday morning  
Loblaws at Carlingwood



For clients in OWCS traditional catchment area.  
To accomodate clients and groceries walkers are not permitted.

**To register or for more information, call  
Valerie  
613-728-6016 x 234**

Thank you to  
everyone who  
kept the OWCS  
gardens at 1137  
Wellington looking  
great this summer!





# Thanksgiving

*By: Lydia Maria Child*

*Over the river, and through the wood  
Trot fast, my dapple-gray!  
Spring over the ground,  
Like a hunting-hound!  
For this is Thanksgiving Day.  
Over the river, and through the wood,  
And straight through the barn-yard gate.*

*We seem to go  
Extremely slow, —  
It is so hard to wait!  
Over the river and through the wood —  
Now grandmother's cap I spy!  
Hurrah for the fun!  
Is the pudding done?  
Hurrah for pumpkin pie!*



“It is not happy people  
who are thankful. It is  
thankful people who are  
happy”

# Fall Trivia

1. What is the full moon which occurs closest to the autumn equinox called?
2. What does September mean in Latin?
3. What English poet wrote the poem “To Autumn”?
4. Before the 16th century, what was fall called?
5. According to superstition, catching leaves in autumn brings what?
6. What country did Hallowe'en originate in?
7. In what city was the First Oktoberfest held?

*See back page for answers.*



Fall photo by Mark J.

1137 Wellington St.

# Billie Jo's Healthy Morning Glory Muffins

1 1/4 cup whole wheat flour  
2 tsp. baking soda  
1/2 tsp. ground ginger  
3 large eggs  
1/3 cup avocado or olive oil  
1 tsp. orange zest  
2 cups grated carrot  
1/2 cup raisins

1 cup quick cooking oats  
2 tsp. cinnamon  
1/2 tsp. salt  
3/4 cup unsweetened apple sauce  
1/3 cup maple syrup or honey  
1/4 cup orange juice  
1 cup grated apple  
1/2 cup chopped pecans (optional)

Preheat oven to 400 degrees F. Line a standard muffin tin with paper liners.

In a medium bowl whisk the flour, oats, baking soda, cinnamon, ginger and salt until well combined.

In a large bowl, whisk eggs, applesauce, oil, maple syrup, orange zest, and orange juice until well combined.

Pour the dry ingredients into the bowl with the wet and stir until just combined. Do not over mix. Fold in grated carrot, apple, raisins and pecans.

Bake until golden brown and toothpick inserted in the center of a muffin comes out clean, about 22 to 24 minutes. Enjoy warm or at room temperature.

## RESPITE CARE

*Would a little extra help make life easier for you or someone you care about?*

### OUR SERVICE:

- ✓ Respite Care to provide relief to family caregivers
- ✓ Assistance with bathing, grooming and dressing
- ✓ Sitting Services and overnight care



MORE INFORMATION



CONTACT OUR IN HOME SERVICES TEAM AT  
613-728-6016

**September 30**  
National Day for Truth  
& Reconciliation

**October 9**  
Happy Thanksgiving

**October 31**  
Happy Hallowe'en

**November 5**  
Day Light Savings Time

**November 11**  
Remembrance Day



**November 13**  
World Kindness Day

### Fall Trivia Answers

1. The Harvest Moon
2. Seven
3. John Keats
4. Harvest
5. Good Luck
6. Ireland
7. Munich

## Contact Us

Give us a call for more  
information about our  
services.

### Ottawa West Community Support

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[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) & HISH

Friendly Visiting/ \*  
Telephone Assurance

Home Help/Maintenance\*

Going Home Project

Meals on Wheels\*

Active at Home\*

*\*available at specific locations*

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