

Ottawa West Community Support

Fall 2024

www.owcs.ca

In this issue:

- Aging in Place Update
- Virtual Programming
- Celebrating Community Support Month!

Happy
Thanksgiving



1137 Wellington Street West

Ottawa, Ontario

613-728-6016

October is Community Support Month! Each year, community support services assist over one million seniors and people with disabilities in Ontario, providing over 25 different services. This month, we celebrate to raise awareness about the value of these services and thank the staff and volunteers who make them possible!

- **October 7 – 11:** Meals on Wheels Week
- **October 9:** Congregate Dining Day (Luncheon Program)
- **October 11:** Assisted Living Services Day
- **October 14–18:** Community Care Worker Week
- **October 15:** Telephone Reassurance Day
- **October 16:** Respite Services Day
- **October 17:** Falls Prevention and Exercise Day
- **October 18:** Crisis Intervention and Assistance Day
- **October 21 – 26:** Adult Day Program Week
- **October 25:** Home Help/Maintenance/Homemaking Services Day
- **October 28:** Transportation Services Day



Join us in celebrating and spreading the word about the vital services that help our community thrive! Thank you to our staff and volunteers who make them possible!



Aging in Place and Active at Home Update

With the wonderful 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 seniors in nineteen OCH locations.

What a joyful summer in Aging in Place! The AIP team has worked closely with Ottawa Community Housing (OCH) Community Developers and other community partners to offer 19 AIP BBQ events. Lots of seniors came out and had a great time.

AIP is delighted to welcome Mia back to the team! After a few years away, Mia rejoins us. She replaces KerryAnne, whom we are sad to say goodbye to.

The AIP team is working diligently to meet the clients needs. Four new AIP Home support workers (HSWs) have joined the AIP HSW team. The AIP Homemaking team is working hard to ensure that vulnerable seniors have a clean place to call home. The Ottawa Public Health outreach team will start Healthy Living education at all 19 locations in the fall. The OWCS Adult Day program's Zoom sessions and Family Physio's chair exercises are keeping clients active at home. Many in-person social events and health promotion clinics are offered at different AIP buildings. Some recent events include a well-attended ID copy session, Home takeover education session, diabetic clinic, Paramedic Health clinic, heart clinic, monthly coffee social, celebration of life, and many painting events. AAH offers ongoing yoga classes, painting events, pancake breakfasts, and coffee and tea socials.

As we wrap up the summer fun, the AIP team will be busy with Fall Meal social events and registering clients for the Christmas Exchange. :)

Aging in Place services are available at the following addresses:

181 Bruyère St.	721 Chapel	160 Charlotte
1455 Clementine Ave.	1041 Wellington St.	205 Gladstone Ave.
865 Gladstone Ave.	616 Kirkwood Ave.	300 Lacasse
31 McEwen Ave.	280 Montfort St.	445 Richmond Rd.
1909 Russell Rd.	395 Somerset St.	800 St. Laurent Blvd.
540 Thomson St.	263/265/267 Viewmount Ave.	1650/1660/1670/1680/1690 Walkley Rd.

NO SCENTS IS GOOD SENSE!

Thank you for keeping the OWCS offices and vehicles scent free!

Update from In Home Services

Our In Home Services team continues to offer a variety of help in the home. Thank you to our team of coordinators in the office and PSWs in the community who make these services possible. Thank you to Nurse Nancy for sharing the following information:

World Mental Health Day is October 10

- Any activity that keeps your mind engaged and working towards solving programs contribute to brain health such as reading, writing, playing games, doing puzzles and playing instruments
- Getting in exercises and movement benefits physical health and helps manage stress, anxiety and depression
- Staying connected with people who are important to you helps with loneliness and feelings of isolation
- Developing a new hobby! It helps strengthen brain connections, new connections are developed and improves brain health

RSV Awareness Week is October 13 to 19

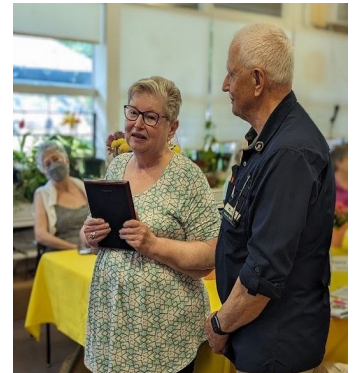
- Respiratory Syncytial Virus (RSV) is a highly contagious respiratory virus that is spread through contact with the infected object/sick person
- Symptoms: congestion, runny nose, sore throat, or fever; may develop a wet cough, wheezing, shortness of breath, difficulties breathing, and/or pneumonia

Tips to reduce your risk

- Wash your hands
- Stay hydrated
- Avoid close contact with sick people
- Clean surfaces to prevent the spread of RSV

Troy Brazeau Volunteer Award

Congratulations to volunteer Linda, this year's recipient of the 6th Annual Troy Brazeau Award. Linda was presented the award at the Annual General Meeting on June 18th, 2024. Linda is a Telephone caller, a Friday Luncheon Volunteer, and a Tuesday receptionist. Your kindness and creativity always shines through! Thank you Linda!



Congratulations to Mr. Ferguson of Giant Tiger Express (1085 Wellington) on your retirement. Giant Tiger and Mr. Ferguson has been regular supporters of OWCS for many years.

Office News

- Welcome to our new PSW/HSW and Volunteers who joined the OWCS team this summer!
- Welcome to Mia, the Aging in Place (AIP) Coordinator. Mia was one of the original AIP coordinators when the program started over 15 years ago, and it is great to have her back.
- Thank you to our summer students Danica, Christine, Conner, and Wendy for all their help this summer. We wish you all the best of luck as you return to school.
- Thank you to the Canadian Automobile Association (CAA) for generously donating movie tickets for our volunteers and staff.
- Thank you to Pharmasave Victoria (1065 Wellington) for your generous donation of a bath seat and other supplies this summer.
- Thank you to Heal Hub Pharmacy (1163 Wellington) for your informative presentation.
- Thank you to everyone who donated plants and baked goods for our Annual Plant & Bake Sale. It was a great success again this year!



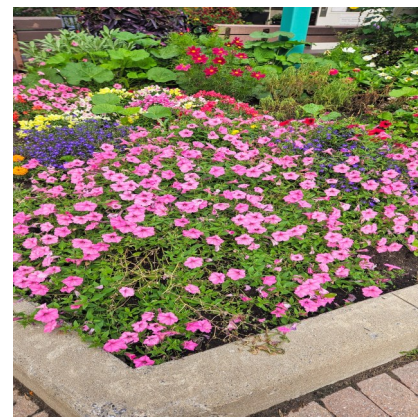
OCTOBER SHOPPING
\$8
THRIFT STORES
MONDAY OCTOBER 7TH
IKEA & MICHAELS
THURSDAY OCTOBER 17TH
MERIVALE MALL
MONDAY OCTOBER 21ST
WALMART
THURSDAY OCTOBER 31ST
To Register, call Valerie at
613-728-6016 x234

The flyer features a purple background with orange and yellow accents, including a jack-o'-lantern and spider webs. The text is in white and yellow, with a yellow banner for the price.

The 2024 Client Satisfaction Surveys are in the mail! Please ensure you return your survey in the self addressed stamped envelope.

We value your feedback!

Thank you to the volunteers who kept the OWCS gardens looking beautiful all summer!



*May the beauty & blessings of
Thanksgiving bring warmth &
peace to your home this season.*

*Wishing you a blessed and
plentiful Thanksgiving.*

*My family told me
to stop telling
Thanksgiving jokes,
but I said I couldn't
stop cold turkey.*

*What do you call a
small pepper in the
fall?*

A little Chili

Find the Hidden Animals in These Sentences

Example: That will **be a** real help - Answer bear

1. Eric owes me ten cents
2. It's only a kilometer away
3. When I withdrew, Al rushed in
4. Your comb is on the table
5. We made errors in each one
6. Is he the sixth or seventh?
7. At last, I, Gerald, have won!
8. She came late everyday

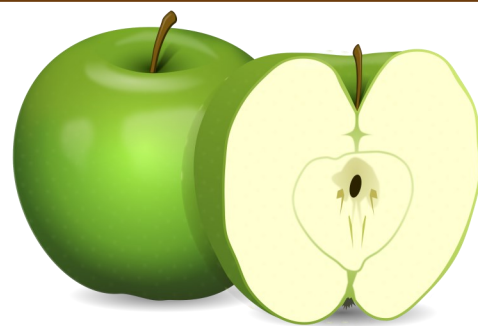
Answers on back page!



Driver John feeding the deer on an Aging in Place
outing to Parc Omega

Stephanie's Baked Apples

- 4 apples, tart and green
- ½ cup of brown sugar
- 2 tsp cinnamon, ground
- ¼ tsp of salt
- 4 tbsp of butter



Preheat your oven to 375 F

Rinse and dry apples. Using a paring knife or an apple corer cut out the cores leaving the bottom ½ inch of the apples intact. If using a paring knife, first cut out the stem area and then use a small metal spoon to scoop out the seeds. Cut the holes so that they are an inch or so wide.

Put the apples in a baking dish and stuff each apple with brown sugar, salt and cinnamon. Place 1 tbsp of butter on top of sugar and cinnamon.

Bake until tender at 375 F for 30-45 minutes until apples are cooked through and tender, but not overcooked and mushy.

When done, remove the apples from the oven and baste them with the juices from the pan.

Terrific with a side of vanilla ice cream!



We extend our heartfelt thanks to everyone who attended the OWCS Annual General Meeting in June!



September 30th
National Truth and
Reconciliation Day

October 14th
Thanksgiving
(Office Closed)

October 31st
Hallowe'en

November 11th
Remembrance Day



REMEMBRANCE DAY
Let's We Forget

Summer Time
Quiz Answers

1. Cow
2. Yak
3. Walrus
4. Bison
5. Deer
6. Horse
7. Tiger
8. Camel

Contact Us

Give us a call for more
information about our
services.

Ottawa West
Community Support

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@OttawaWestCS



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*

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