

**OTTAWA WEST COMMUNITY SUPPORT
NEWSLETTER**

JUNE 2014



Summer Leaves

Come walk with me on a summer day
Up a logging road, a long, long way
Summer leaves are all you can see
So lovely and healthy and green as can be

The grass and the ferns, the plants close to the ground
The bushes and branches, the trees all around
It's all as green as you've ever seen
Wonderfully, beautifully, brilliantly green

The tall green treetops are ever so high
Almost touching the bright blue sky
Come walk with me in a summer breeze
And find joy, like sunlight, shifting down through the trees

Okie Howe, 90 years young

Wishing you a wonderful summer!

Is it time for a check up on your toes?

OWCS has Foot Care clinics every Wednesday and every second Thursday. Cost \$15.00.

Transportation is available. Foot Care is performed by a nurse specializing in Foot Care.

To book an appointment call Elizabeth at 613-728-6016.

Our nurses look forward to seeing you!



Summer Hours

The OWCS summer schedule will be in effect from June 30th to August 29th. During that time, the office will be open Monday to Thursday from 8:30 to 4pm and Friday's from 8:30 to 12noon. **From 12noon to 4pm on Friday, the office will be closed, but telephones will be answered and requests for service taken.** As there will be few staff in the office, your patience is requested.

The ALS and respite on-call coordinators will be available for emergencies, as usual when the office is closed. The office will be closed on Tuesday July 1st for Canada Day, Monday August 4th for Civic Day and September 1st for Labour Day.

Health and Safety

When your eyes absorb ultraviolet radiation and visible light from the sun, heat or chemicals react in eye tissue. These reactions can cause permanent damage if the eyes natural ability to heal itself is overwhelmed.

Tips for choosing sunglasses to reduce your risk:

- **Choose dark lenses.** Make sure the lenses are dark enough to keep your eyes comfortable, but not so dark that they reduce your vision.
- **Reduce glare.** If you spend a lot of time outdoors with intense glare from sunlight bouncing off water, you should wear sunglasses that block blue light. Medium to dark lenses with a grey, or slightly brown or green tint, will filter out most blue light.
- **Choose scratch-resistant coatings.** Most sunglasses have plastic lenses. These lenses are tougher than glass and less likely to shatter. If you buy plastic lenses, look for a pair with a scratch-resistant coating.
- **Check for distortion.** Check the lenses for distortion by putting the sunglasses on and looking at a rectangular pattern, such as floor tiles. If the lines stay straight when you move your head up and down, and side-to-side, then the amount of distortion is acceptable.
- **Get enough UV protection.** You cannot tell how much UV protection a pair of sunglasses will provide by their price, colour, or by the darkness of the lenses. Look for a label with UVB and UVA protection.

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/prod/glasses-lunettes-eng.php>

2014



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OTTAWA WEST COMMUNITY SUPPORT
SERVICE COMMUNAUTAIRE D'OTTAWA-OUEST



Five and Dime Drop

We will still be accepting pennies too !

Look for our coin jars at

**Ottawa West Community Support, 1137 Wellington Street
or at local stores, churches and businesses
in West End Ottawa.**

**If you are unable to drop off your pennies,
pick-up can be arranged.**

Please call 613-728-6016

**Your coins enable OWCS to continue to provide vital services
to seniors and disabled adults in West-End Ottawa.**

For more information contact the office at 613-728-6016

Summer 2014 Social & Shopping Outings

Registration for all trips begins June 9, 2014

\$5.00 for transportation. Client responsible for cost of their lunch.

Extra Thursday Shopping Trips

July 17th Farm Boy & more at Blossom Park

August 21st..... Bayshore Mall

September 18th College Square



Sunday Socials



July 13th..... Victorian Tea, Experimental Farm

August 24th Neat Café, Burnstown

September 21 Antrim Truck Stop

Extra Friday Outings

July 11th..... Balderson's and Perth

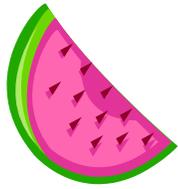
July 25th Miller's Oven, Manotick

August 8th..... Antrim Truck Stop

August 22nd..... Chelsea QU and Mackenzie King Estate

In addition to the above outings, our regular grocery buses to Loblaws and Carlingwood will operate throughout the summer.

Please Note: The Regular grocery shopping outing scheduled for July 1, 2014 will be rescheduled to July 2nd, 2014. Carlingwood First Monday of the Month outings will be delayed by one week in July, August & September due to the long weekends. For more information on shopping please contact Renee @ 613-728-6016.



OWCS Annual BBQ

Plant & Bake Sale



Will be held at 1137 Wellington

Friday June 27, 2014 11:30am to 2pm

Barbecue, Music & Dancing!

We are planning to hold the event in the park behind the OWCS office building. If it is a bright sunny day, we do encourage you to bring a hat and parasol if possible and/or to wear a hat and sunscreen. In case of rain, we will move the event indoors.

Cost \$8.00/person; \$5.00/ride

Please RSVP by June 20th, 2014 to Renee 613-728-6016

Pie a Guy!

Have you always wanted to participate in a pie throwing contest? On June 27th, you'll have your chance to take aim at one of the OWCS drivers!



Tickets will be available for \$1.00

Summer Raffle

It's that time of year again!

Your chance to win a beautiful gift basket put together by staff member Allan and prizes donated by local businesses.

Tickets available at our reception desk starting the last week of May.

Tickets \$1.00 or 3/\$2.00

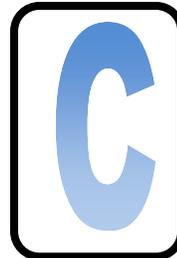
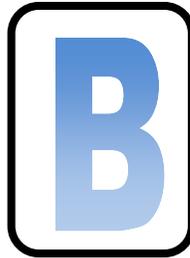
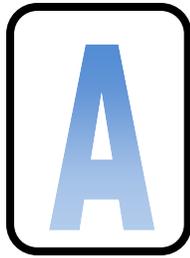
Draw will be held on June 27, 2014

Take a Break!

Answers on back page

1. What you have to do is to determine the "identity" of the playing cards below. Here are a few hints.

- ◆ There is at least one 3 to the right of the 2
- ◆ There is at least one spade to the right of another spade.
- ◆ There is at least one 3 to the left of a 3.
- ◆ There is at least one spade directly to the left of a diamond. So which card is where?



2. What month fills in the blank in each of these song titles?

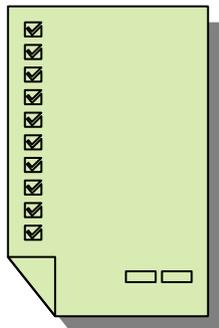
"_____ in the Rain," "See You in _____," "It Might as Well Rain Until _____."

- A) September B) July C) October D) February

3. A June Bug is what type of bug?

- A) A beetle B) a fly C) a month D) a grasshopper

In May, clients were randomly selected to complete a survey on OWCS services. Thank you to those who have completed your survey. If you haven't returned your completed survey it's not too late!



June 2014 marks the 30th anniversary of Ontario Seniors' Month. This year's theme is **Ageing Without Boundaries: 30 Years of Celebrating Seniors.**

The theme recognizes the contributions seniors have made to their community and the contributions they are still making every day across Ontario.

For more information visit:

<http://www.seniors.gov.on.ca/en/seniorsmonth>

Can you believe it?

It's been 9 years since we launched the OWCS Annual Summer of Pennies!

We've come a long way and have evolved to the "Five and Dime Drop" (and we still gratefully accept pennies!)

Please see the insert in this newsletter for more information!



Get behind your community. Get behind the wheel.

We are recruiting volunteer drivers to provide local seniors with transportation to vital medical appointments.



"After my hip surgery, I don't know what I would have done without my volunteer driver" -- an OWCS client

You can make the difference!

CALL NOW
613-728-6016
info@owcs.ca



Mable was telling her friend Dorothy that she had recently joined an aerobics class for seniors at the local fitness centre. "How did it go?" asked Dorothy. "Well, I bent, I twisted, I jumped up and down, and I perspired for half an hour, but by the time I'd finally got my leotard on, the class had ended"



Happy Father's Day to all on June 15th!
Happy First Day of Summer on June 21st!
Happy Canada Day on July 1st!



In April OWCS updated our phone system. Thank you for your patience as we learned this new system! Below is a list of staff extensions.

Lee McCarthy	Executive Director	224
Diane Chavez	Respite & Personal Care	223
Carole Timinski	Housecleaning/Yard Work & Hair Salon	225
Samantha Zukowski	Respite & Personal Care	228
Adrienne Goodwin	Accounting Department	230
Allan Cormier	Adult Day Program	231
Monique Albert	Assisted Living Services	233
Renee Timinski	Volunteering, Transportation, Luncheon & Outings	234
Anne Bell	Assisted Living & Aging In Place	236
Sarah Doiron	Adult Day Program	237
Ken Prud'homme	Assisted Living & Aging In Place	262
Amy Bevilacqua	Administration	263
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Welcome to the volunteers, students, Home & Personal Support Workers and yard workers who have joined our team this Spring!

Welcome to Sarah Dorion who will be working in our Day Program.

Welcome back to Summer Student Pierre who will be working in the office this summer.



Shopping Bus volunteers Vivian and Marc enjoy lunch at our Volunteer Appreciation Lunch



Tap Dancers Margaret and Brenda stop by to entertain us!



Volunteers Ethel and Nicki smile for the camera at our Volunteer Appreciation Luncheon

Raspberry Granita

4 (6 oz.) containers fresh red raspberries

1/2 cup honey

1/2 cup light corn syrup

4 cups water, divided

2/3 cup white sugar

Directions:

1. Place raspberries in the work bowl of food processor, and process until smooth. If an extra smooth granita is desired, press pureed raspberries through a fine sieve to remove seeds. Whisk together pureed raspberries and honey in large bowl.
2. Combine 3 cups of water, sugar and corn syrup in a large saucepan; stir to combine. Bring to a boil over high heat. Boil until sugar is dissolved, about 2 minutes; do not stir. Stir the sugar water and the remaining 1 cup of water into the puree.
3. Make an ice bath by filling a very large bowl with water and ice. Set the bowl of raspberry puree in the ice bath, and whisk until cool. Pour cooled puree into 9x13 baking dish, and cover; freeze until solid. 6 to 8 hours.
4. To make a coarsely textured granite, use a fork to scrape frozen puree into small crumbs. For deliciously silky sorbet, transfer frozen puree to a food processor and process until smooth.



What's the difference?



Ice Cream has a custard base (milk, sugar and usually egg yolks), churned to incorporate air

Gelato has a similar base but is churned slower which allows it to incorporate less air making it denser

Sorbet is dairy free and egg free, usually made from fruit juice or flavoured water and is churned like ice cream

Sherbet is similar to sorbet but includes milk or cream

Granita is just like sorbet but is made by hand



Staff, Volunteers and Our Luncheon Group celebrate Mother's Day with a Downton Abbey theme!

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. Card A = Two of spades
Card B = Three of spades
Card C = Three of diamonds
2. September
3. A beetle

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

1137 Wellington Street West

Ottawa, ON K1Y 2Y8

613-728-6016

WE'RE ON THE WEB!

WWW.OWCS.CA

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.