

Ottawa West Community Support

Summer 2017

www.owcs.ca

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- Happy Birthday, Canada!



CANADA 150



1137 Wellington Street West Ottawa, Ontario

613-728-6016

Coming Soon!

OWCS will be mailing our Annual Client Satisfaction Surveys to randomly selected clients. Please take a moment to fill it out and return in the enclosed self-addressed stamped envelope. Thank you!



This year we are sharing 40 Stories of OWCS.

Like us on Facebook and follow us on Twitter to see these stories!

We also need your stories!

What do you bring to OWCS? What does OWCS give you?

Your favourite day/activity/event at OWCS?

How did you learn about OWCS?

To share your story contact Amy or Sarah at OWCS 613-728-6016

Stories of OWCS

My job at OWCS was so much more than just 'work'. OWCS taught me how to serve, how to love, how to grow and, in return, be loved. I started in the Day Program and was so moved by the love and care of the staff and volunteers towards the clients. It is a special place; totally unlike any other that I had worked in before. After the Day Program, I transitioned into my role as Volunteer/Transportation Coordinator and loved working with people who had such a willingness to serve others. It was a daily inspiration.

My very first day at OWCS was during the H1N1 flu outbreak. I was to answer phones. After finishing a call I was surprised to see the sweetest little lady waiting to speak to me. She was all done up with lipstick and curled hair, around her tiny waist was a clean apron and in her gloved hands a silver tray. With a big smile she introduced herself as a kitchen volunteer and graciously set on my desk a little glass of tomato juice, salt and pepper, and a deviled egg. It was the cutest lunch tray I had ever seen and I was so touched. I knew then and there that I wanted to stay at OWCS. Never before had I worked in a place where people cared so much about the well being of others.

**edited due space limitations*



Former Employee,
Renee Timinski

Annual Client BBQ, Plant & Bake Sale

When: Friday, June 23, 2017, 12 noon to 2pm

Cost: \$10.00 per person, \$6.00 for transportation

RSVP: June 16, 2017

Please RSVP to Tamara 613-728-6016 ext. 280

Donations to the plant sale are welcome.



In addition to the bake and plant sale you will have the opportunity to *Splash a Staff* with a bucket of water!



Stories of OWCS

In June 1990 I had been retired for two months after a 40+ year career in the Canadian Armed Forces (Navy and Department of Defense). I was reading the early morning paper and sipping on a coffee when my wife called from OWCS to see if I was available to do a medical transportation for a client.

I was, and so was given the name of the client and his home address along with the address of his Doctor's office. I looked up his address on my map noting that his street, Hamilton St., is divided into two sections separated by the 417. I then called the client to introduce myself and when I ask if the client lives on the North or South side of Hamilton St. I was reminded, "You are the driver.", so I left five minutes early to ensure I was on time.

Once I arrived and we were in the car I asked the client for further directions to the Dr.'s office. I should have guessed his response would be, "You are the driver". After a few wrong turns we made it to the office where I escorted my client into the waiting room, though before I could persuade him to take a seat he had already found one ...inside an occupied examination room! Lots of screaming and commotion ensued. My first impression of medical transportation with OWCS was anything but dull!

**edited due space limitations*



Harry Abbott, Board Member

Summer Fundraiser

Celebrating 40 years of serving seniors

Find our **1977 themed jars** at OWCS, in OWCS vehicles and at supporting organizations!

Ottawa West Community Support



Flashback to 1977

World Series Champions - New York Yankees

Stanley Cup Champions - Montreal Canadiens

Number 1 TV show - Laverne & Shirley

A Canadian Postage Stamp - 12¢

On May 17th, 2017, OWCS was honoured to host Margaret Pokiak-Fenton & Christy Jordan-Fenton, authors of ***Fatty Legs & When I Was Eight***. Thank you for sharing your stories of being a residential school survivor.

Thank you to the Ottawa Public Library Rosemount Branch for organizing of this informative event.



Christy Jordan-Fenton & Margaret Pokiak-Fenton (centre)

Shopping Bus

To register please contact Catherine at ext. 234

In addition to our regular Shopping Bus to Loblaws, the following shopping trips will take place over the summer.

Monday, July 10th	Carlingwood Mall
Thursday, July 20th	Wal-Mart, Baseline
Thursday, July 27th	Giant Tiger & FreshCo, Merivale Road
Monday, August 14th	Carlingwood Mall
Thursday, August 24th	Food Basics & Bulk Barn, Merivale Road
Thursday, August 31st	Wal-Mart, Innes Road
Monday, September 11th	Carlingwood Mall
Thursday, September 21st	Wal-Mart, Barrhaven
Thursday, September 28th	Giant Tiger, Walkley Rd.



In May, OWCS hosted our Annual Clergy Luncheon. It was a wonderful opportunity to reconnect with our founding parishes in the West End of Ottawa. Thank you for continued support of the mission of OWCS.

Canada Day Fun!

1. What's the best lake in Canada?
2. If a loonie and a toonie are on top of the CN Tower, which one jumps off first?
3. What is the name of Canada's most famous sailing vessel?
4. What city is known as the 'Polar Bear Capital of the World'?
5. What famous TV show host was born in Canada?
6. The pitcher plant is the provincial flower of which province?
7. During the vote to rename the eastern part of the Northwest Territories, what name came in third?
8. What is the official flower of Saskatchewan?
9. What is the official fish of British Columbia?



See the back page for answers!

OWCS Updates!

- Welcome to the new Personal/Home Support Workers, Home Maintenance Workers and Volunteers who have joined our team this Spring!
- Welcome back to Summer Student Tamara who will be helping out over the summer!
- **Save the date!** On October 28th, 2017 OWCS and Olde Forge Community Resource Centre will be hosting a Seniors Wellness Expo at Ron Kolbus Centre. Stay tuned for all the details in our September newsletter.
- We say good bye to Aging in Place Coordinators Bronwyn and Jessie, all the best with your new adventures!
- Welcome back from maternity leave Kelly and Kaytlyn.

Monday, July 3rd,

Office Closed

Happy Canada Day!

Monday, August 7th

Office Closed

Happy Civic Monday!

Monday, September 4th

Office Closed

Happy Labour Day!

The Respite Program and on-call coordinator are available 24 hours per day, 365 days a year.

Angela's Caprese Appetizer

Ingredients

20 grape tomatoes	20 fresh basil leaves
20 mini bocconcini cheese	2 tbsp. olive oil
	Salt & pepper to taste

Directions

Toss tomatoes, mozzarella cheese, olive oil, basil, salt & pepper together in a bowl until well coated. Skewer one tomato, one bocconcini and one basil leaf.



Healthy Connections, Healthy Communities is expanding!

The first year for HCHC programs was successful beyond all expectations and will be expanding to bring Food Chop, Community Kitchen, Buddy, Appointment Accompaniment, Volunteer Education and Hall Walk programs to all eleven Aging in Place buildings. A new full-time program coordinator will be coming on staff to facilitate the expansion, and we are welcoming two new students, one from La Cite College and one from Algonquin College.

Raffle Tickets!

Win one of our lovely gift baskets.
Tickets are \$1.00 each or 3/\$2.00
Draw Date: June 23, 2017

Thank you to Baseline Communications for spending two days with OWCS filming our clients & programs. We are delighted with the end result! It will be available on the OWCS website in the near future.

Thank you to the clients, caregivers, staff and volunteers who happily participated!

Special thank you to Farm Boy, 317 MacRae for allowing us to film our grocery excursion at your store and for treating our clients like movie stars!



Canada Day Fun Answers

1. **Lake Superior!**
2. **The loonie, because it has less cents!**
3. **The Bluenose**
4. **Churchill, MB**
5. **Alex Trebek**
6. **Newfoundland & Labrador**
7. **Bob**
8. **Western Red Lily**
9. **Pacific Salmon**

Snacks to Grab & Go

- Plain Popcorn
- Popsicles made with 100% fruit juice or yogurt
- Baby carrots & hummus
- English muffin with melted cheese and apple slices
- Pumpernickel bagel with peanut butter & banana

Health Canada/Food Guide

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

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.