

# Ottawa West Community Support

June 2023

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

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**Wishing you a Wonderful Summer!**



1137 Wellington Street West

Ottawa, Ontario

613-728-6016

## Celebrating Our PSWS!

May 19<sup>th</sup> was Personal Support Worker Day! In honour of the day we showed our appreciation to the amazing PSWs who provide exceptional care to you, our OWCS clients.

Please join us as we continue to thank them for their hard work, dedication, and the little things they do regularly to make clients feel supported and respected. Take a moment to thank your PSWs for being such a significant asset to the OWCS community! Here are some of the things your peers are saying about their PSWs:



### Client testimonials

*"I am very fond of her and respect her very much. I thank OWCS for linking me with this wonderful person. We have a very good relationship and she is an asset to the organization."*

*"My PSW is very competent and pleasant. I really enjoy her company. We have interesting conversations and we laugh together."*

*"She is a gem. She really knows how to help."*

### A glimpse into the dedication of our PSWs:

A PSW about seeing clients during the April ice storm- *"It's my duty and it was a pleasure to see them, even with the bad weather conditions. During that time they needed my help the most."*

## Annual General Meeting

Tuesday, June 20

10am

Join in person or virtually  
For more information  
contact 613-728-6016 or email  
amy@owcs.ca

Over the summer, program surveys will be mailed out to clients. Please take a moment to complete the survey and return to OWCS.



**OWCS values your feedback!**

## Aging in Place 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 serving seniors in need.

In addition to diligently responding to requests from seniors and connecting them with essential resources, offering Foot Care clinics and Home Support services, we are working with Ottawa Public Health on medicine

management and clean out events. A variety of zoom sessions offered by the OWCS Adult Day program and on site chair exercise classes are keeping clients active at home. Many in person activities such as painting and dance events have brought seniors out to have a great time with their neighbors and friends. With the amazing support from the Ottawa Community Housing team and OWCS Wellington team, Jennifer, Megan, and Ling just wrapped up meet and greet events at all 8 newly expanded AIP locations. Seniors, at the locations, have been extremely welcoming and are anxious to see the program start as soon as possible. We are so excited to get things up and running as quickly as possible. Our Active at Home program offers ongoing yoga classes, urgent client intervention, and Foot Care clinics in most of the 8 locations. It will be great to be able to offer more!

Now that summer seems to be well on its way, the AIP team is busy planning for summer BBQ events.

Ze Ling, AIP Team Lead



## Ottawa West Community Support has successfully been accredited by the Canadian Centre for Accreditation (CCA).

CCA accredits a wide range of community-based human service organizations with a tailored program that promotes excellence and quality. Accreditation with CCA supports organizations to continually improve the quality and efficiency of the programs and services they provide.

## Update from the Day Program

Summer greetings from the Day Program. We've been enjoying getting out for daily walks with clients and staff, sunning ourselves in the front garden, and watching the spring/summer flowers blooming. A few months ago the City of Ottawa came to trim our maple tree on the front lawn. We're hoping for some more sun this summer to change the look of our gardens.



We've had some new visitors to the Day Program recently. Some a little more furry than the others.

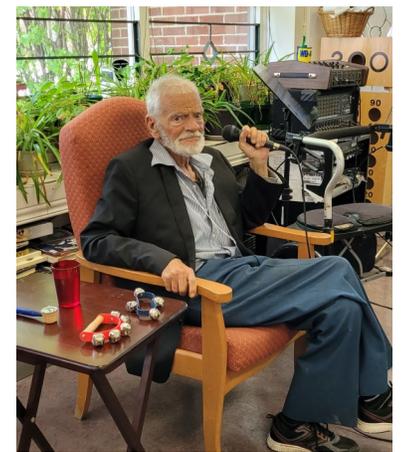
We have had our musicians coming in to play guitar, piano, and even banjo and mandolin! We've even had one of our own clients join in with a microphone!

Our online exercise classes have continued and have grown in size.

We're grateful to the committed trainers we have that lead these classes live multiple times each week.

We are still grateful to have our friends coming in each day to join us in our fun. Take care and enjoy the summer months!

Susie, Allan and the gang!



## Office Updates

- Welcome to the new Personal and Home Support Workers who have joined the OWCS team this Spring.
- Welcome to new office staff Nancy and Yasmeera.
- Welcome to new Aging in Place Coordinators, Cici and Ryan.
- Welcome to summer students Megan, Olivia and Kevin.

## Update from the Transportation Program

Spring brought the return of some old programming, including the Grocery Bus! Our grocery bus will take clients to the Carlingwood Loblaws bi-weekly on Tuesdays starting in June. We are also looking at additional trips to different shopping destinations across the city.

Shopping trips are available to eligible clients in the OWCS traditional catchment area.

If you're interested in more information, please contact Valerie at 613-728-6016 x234.

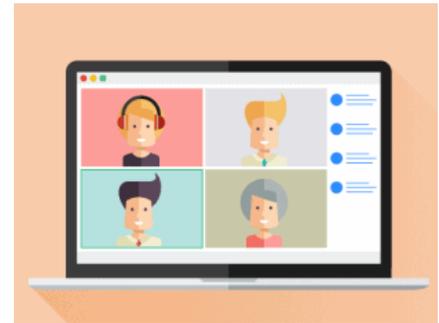


## Join our virtual programming this summer!

Throughout the week, OWCS offers Tai Chi, Fall Prevention Exercises and Chair Yoga on Zoom.

For more information please reach out to Allan or Susie at 613-728-6016

See the enclosed insert for the June 2023 schedule.



## Health and Safety Corner

### Safety Tips when out for a summer walk

- Start with short walks and work up to 30 minutes of walking (or what you feel comfortable with)
- Invite a friend along.
- Walk along shaded routes where possible.
- Use sunscreen of SPF 15 or higher, wear a hat and sunglasses.
- Try not to walk during the hottest time of the day.
- Carry a water bottle with you and take a break as needed!



Are you lonely and fed up?  
Just make a cup of tea.  
Nothing like it to dispel  
Self-pity you'll agree.  
Two cups cost but little more.  
Take them with you and go next door!



A wife was making a breakfast of fried eggs for her husband.

Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'



1. What is the oldest National Park in Canada?
2. Of Canada's 10 provinces, which has the lowest population?
3. What is the largest lake in Manitoba?
4. Montana shares a northern border with which 3 Canadian provinces?
5. "The Great One", Wayne Gretzky started his hockey career in what year?
6. What dessert is named after a city in British Columbia?
7. Who is the one Canadian that has won the National Basketball Association (NBA) MVP Award?
8. Fin the Whale is the mascot of what Canadian NHL Team?
9. Who was the 11th Prime Minister of Canada?

*Answers on back page*



**Are you in need of a fan to beat the summer heat? OWCS has a limited number of fans available for clients in need. Please reach out to Valerie at 613-728-6016 ext. 234**

# Quesadilla

Quesadillas are a warm, tasty way to use up leftover cooked vegetables and small amounts of cooked meat. For a complete meal, serve with a piece of fresh fruit and a glass of milk.

## Ingredients:

- 1 whole wheat soft tortilla (7 inch or 18 cm)
- ¼ cup (60 mL) shredded low-fat mozzarella cheese
- ¾ cup (175 mL) cooked vegetables (use leftovers if you have them!)
- Cooked meat (optional)



## Instructions:

1. Chop vegetables and grate cheese before you start to cook.
  2. Heat a non-stick frying pan over medium heat.
  3. Place tortilla on heated pan.
  4. Quickly place cut up vegetables on top of tortilla and cover with grated cheese.
  5. Lift up half the tortilla and fold over the other half, enclosing the vegetables and cheese, & lightly press on top to hold together.
1. Cook until the tortilla is lightly browned and crispy.
  2. Flip over and cook the other side.
  3. Cut in half and serve with a small amount of salsa.

## Suggested Vegetables:

*Asparagus, broccoli, yams, red peppers, carrots, mushrooms and/or onions.*

## Emergency Contact Update

Clients are asked to ensure that OWCS has a current name and telephone number on file of an individual who can act as an emergency contact. Should you have a medical emergency while participating in an event or receiving service at home OWCS staff would be able to call your contact should you require assistance.



Apple Blooms at OWCS! Photo by Mark. J.

## Answers

1. Banff
2. Prince Edward Island
3. Lake Winnipeg
4. British Columbia, Alberta, Saskatchewan
5. 1979
6. Nanaimo Bar
7. Steve Nash
8. Vancouver Canucks
9. RB Bennet

**Canada Day**  
July 1

**National Ice Cream Day**  
July 16

**Civic Monday**  
August 7

**National Relaxation Day!**  
August 15

**Labour Day**  
September 4



## Contact Us

Give us a call for more information about our services.

### Ottawa West Community Support

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613-728-6016

[Info@owcs.ca](mailto:Info@owcs.ca)



[@OttawaWestCS](https://twitter.com/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)
- 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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