

# Ottawa West Community Support

Spring 2018

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

## In This Issue:

- Sign up for yard work
- Thank you to Amica at Westboro
- Easter Celebrations
- In April we celebrate OWCS Volunteers



Drivers



Office Support



TAP Program



Behind the Scenes



Day Program and Friday Luncheon

1137 Wellington Street West

Ottawa, Ontario

613-728-6016

# National Volunteer Week

April 16 to April 20, 2018

**OWCS was founded by a group of volunteers over 40 years ago. Today, volunteers still play a vital role in all aspects of our organization!**

- Assisting on over 168 Shopping Excursions
- Providing over 4,000 rides
- Serving over 4,000 meals (& pouring over 10,000 cups of coffee & tea!)
- Answering over 5,000 phone calls
- Greeting over 5,000 visitors at the front door
- Folding, stuffing & stamping over 8,000 newsletters
- Maintaining our summer gardens
- Helping with our recycling
- Bringing Pet Therapy into our programs
- Knitting beautiful hats, scarfs and more!
- Visiting with clients
- Picking up Day Program meals
- Providing 1,000 hours of musical entertainment
- Dancing to over 1,000 songs
- Driving 10,000 km to get clients to medical appointments
- Washing 16,000 dishes, forks & spoons
- Completing phone calls from the OWCS offices
- Helping with social outings
- Finding OWCS riddles, poems and more
- Maintaining our outdoor sign!
- Baking for special events
- Translating our newsletter
- Sitting on the OWCS Board of Directors

## Healthy Connections, Healthy Communities (HCHC) Program

- Over 3,000 hours of volunteer assistance were provided by 426 volunteers! Volunteers have helped to chop, clean, set up, tear down, promote and generally make events successful and fun. With their amazing assistance we have hosted over 400 events this year in our eleven Aging In Place locations. We could not do it without them.



Volunteers serving meals



**The Ottawa West Community Support Board of Directors** is made up of a dedicated group of volunteers who contribute countless hours to OWCS. Thank you for bringing a wealth of knowledge, support, and compassion to OWCS. **Thank you!**



## Time to Register for Spring and Summer Yard Work!

OWCS continues to offer help with grass cutting, spring clean-ups (including raking) and minor repairs through our Service Arrangement/Home Maintenance Program. Clients who request regular grass cutting service for the season will be matched with a worker in early April.

For more information please contact Program Coordinator Mark at 613-728-6016 ext. 275.

**Please Note:** Effective April 1, 2018 the cost for this service is \$25.00 an hour. Minimum 1 hour, 15 minute increments after the first hour.



Copyright © Prolog Design and Image - Website URL: http://Doodlaktéam.com/2018

## Thank you Amica at Westboro!

OWCS would like to extend a heartfelt thank you to **Amica at Westboro** for your generous donation of Christmas Gift Baskets. The recipients were delighted with the wonderful surprise.

<https://www.amica.ca/westboro>



## Ottawa Family Cinema

Thank you to **Ottawa Family Cinema** for your donations of movie tickets throughout the winter. They have been shared with clients and volunteers.

<https://www.familycinema.ca>



## Swim Bus

OWCS continues to work with **Dovercourt Recreation Centre** to provide transportation from our Aging in Place buildings to **Annie's Swim** every Wednesday. Clients are able to enjoy an hour in the warm water pool. A very special thank you to **Lapointe's Fish** ([www.lapointefish.ca](http://www.lapointefish.ca)) for your support of this program! For more information on **Annie's Swim** and other programs at Dovercourt Recreation Centre please visit [ww.dovercourt.org](http://ww.dovercourt.org).



# Extra Shopping Excursions

In addition to our regular Grocery Shopping at Loblaws, this Spring OWCS is offering the following outings:

Monday, April 9	Carlingwood Mall
Thursday, April 19	Walmart, South Keys
Monday, April 30	Giant Tiger, Robertson Rd.
Monday, May 7	Carlingwood Mall
Thursday, May 17	Walmart Kanata Superstore
Thursday, May 31	Food Basics & Canadian Tire
Monday, June 4	Carlingwood Mall
Thursday, June 21	FreshCo & Dollar Store
Thursday, June 28	Walmart, Train Yards



## Social Sundays

Sunday, May 6	Lunch at Kristy's Restaurant, followed by a drive down the Parkway to see the Tulips
Sunday June 10	High Tea at the Café Cristal

***To register, please contact Catherine at 613-728-6016 ext. 234.***

***Cost per outing \$6.00. Clients responsible for any meal costs.***

***Registration Opens Monday, April 2, 2018***

**Did you know that there are various programs available to help with the cost of high energy bills?**

**For more information visit the following websites**

**[www.affordabilityfund.org](http://www.affordabilityfund.org)**

**[www.saveonenergy.ca](http://www.saveonenergy.ca)**

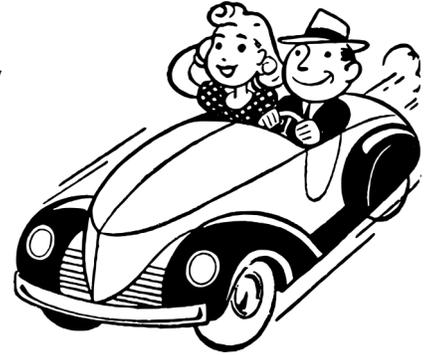
**[www.oeb.ca](http://www.oeb.ca)**



# Health & Safety Corner

## Spring Driving Tips for a Safer Drive

- With the arrival of warmer weather, be on the lookout for children playing in the streets
- Watch out for motorcycles. They may “appear out of nowhere” if you are not looking for them.
- Share the road with cyclists. Do extra checks with your mirrors.
- Be alert for animals coming out of hibernation as they become more active at dawn & dusk.
- Watch out for potholes, a leftover hazard from winter conditions.
- Stay focused on driving. Don't get distracted by the beauty of spring!



## During February, office staff were asked to provide some of their favourite riddles and quotes. Below are some of the submissions we received!

“Prefer knowledge to wealth, for the one is transitory, the other perpetual” Socrates  
*submitted by Mark*

Sláinte is táinte - Gaelic for Health & Wealth  
*submitted by Elizabeth*

“You have to be odd to be number one” Dr. Seuss  
*submitted by Valerie*

“Being rich has nothing to do with how much money you have”  
*in memory of a client, submitted by Mary Ellen*

“Never try to fool a senior, we have a lifetime of experience”  
*submitted by Diane*

**A very special thank you to volunteer Lorraine who came up with this wonderful idea!**

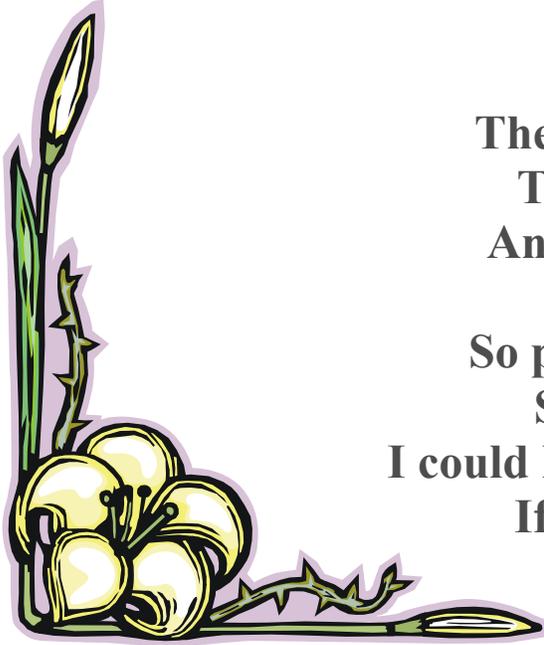


Volunteer Lorraine and Staff Mark

# Easter Morn

The fasts are done; the Aves said;  
The moon has filled her horn  
And in the solemn night I watch  
Before the Easter morn.  
So pure, so still the starry heaven,  
So hushed the brooding air,  
I could hear the sweep of an angel's wings  
If one should earthward fare.

*Edna Dean Proctor*



*Wishing you the Joy and Hope of the Easter Season*



# Happy Mother's Day

Sunday May 13th, 2018

“Mothers hold their children's hand for a short  
while, but their hearts forever” *Unknown*



# Raspberry Parfait

## Ingredients:

1 package each, vanilla & chocolate pudding  
Fresh raspberries  
chocolate wafer cookies  
mint leaves

¼ cup (60mL) granulated sugar  
2 tbsp. (30mL) cornstarch  
½ cup (125mL) cold water



## Raspberry sauce:

10 oz. (300g) frozen raspberries, defrosted  
juice of ½ lemon

Directions: Prepare puddings ahead of time. For raspberry sauce combine undrained berries and lemon juice in blender and puree. Add sugar, cornstarch and water and blend well. Pour into a sauce pan and bring mixture to a boil over medium heat, stirring constantly, then reduce heat and continue stirring for 1 minute. Remove and allow to cool. Alternate layers of pudding with raspberry sauce and fresh berries filling a parfait glass. Refrigerate for two hours then garnish with wafer cookie, fresh raspberries and fresh berries mint leaves.

## Office Updates

- A warm welcome to all the volunteers who have joined our team this winter!
- Welcome to all the PSW/HSW & Home Maintenance Workers who have joined the OWCS team this winter. Welcome aboard!
- Welcome to new ALS Coordinator Carla who is at OWCS for the year to cover Kaytlyn's maternity leave.
- In January, we said goodbye to Volunteer/Luncheon Coordinator Catie. Catie worked in many different OWCS programs and will be missed. Best of luck to her on her new adventure!
- In early February, we said goodbye to Intake Coordinator Saganah. You may not have met Saganah but you probably talked to her on the phone! Best of luck to her in her new city!
- Welcome to new drivers Blaine, Harry & Saba.
- Thank you to former employee George Kong, for his generous donation of a Smart TV to our Day Program!
- Congratulations to Day Program Manager Allan, who was chosen to participate in a special two day training with Teepa Snow. Teepa is a leader in positive approaches to brain changes. Allan will now be training additional OWCS staff on her methods. For more information visit [www.TeepaSnow.com](http://www.TeepaSnow.com)



“I lied on my Weight Watchers list. I put down that I had 3 eggs...But they were Cadbury chocolate eggs.”  
*Caroline Rhea*

**March 31, 2018**  
First Day of Passover

**April 1, 2018**  
Easter Sunday

**April 7, 2018**  
Last Day of Passover

**April 22, 2018**  
Earth Day

**April 26, 2018**  
Pretzel Day!

**May 13th, 2018**  
Mother's Day

**May 16, 2018**  
Ramadan begins

**May 21st, 2018**  
Victoria Day



## Contact Us

Give us a call for more information about our services.

### Ottawa West Community Support

1137 Wellington Street  
West  
Ottawa, Ontario

K1Y 2Y8

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

**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.**