

Ottawa West Community Support

Spring 2017

www.owcs.ca

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- OWCS celebrates **40 years** of serving our community
- Register for spring yard work
- In March we celebrate St. Patrick's Day
- In April we celebrate our Volunteers



1977 **40 YEARS** 2017



1137 Wellington Street West Ottawa, Ontario

613-728-6016

April is Volunteer Appreciation Month!

Volunteers are an essential part of the OWCS team!

“Volunteers don't get paid, not because they're worthless, but because they're priceless.”



Sherry Andersen



Last year Ottawa West was blessed to have 110 volunteers provide 10,000 hours of service.

Ottawa West is *immeasurably thankful* to our countless volunteers for all the work and time you give OWCS! Our annual Volunteer Luncheon is going to be held during the week of April 23-29.

An invitation will be sent in the mail.

Did you know?

Volunteers help out in the following areas:

- Setting the tables
- Washing dishes
- Dancing with clients
- Sitting on our Board of Directors
- Folding 8000+ newsletters annually
- Taking clients to medical appointments
- Visiting clients
- Picking up the lunch
- Helping with shopping buses and social outings
- Playing music for the Day Program
- Assisting with our Annual BBQ
- And all the extra behind-the-scenes services!





2017 marks 40 years of OWCS serving seniors in our community. This year we will be sharing stories of our past and present! Below is a small snippet from “*A historical review—the Ottawa West Seniors Citizens Support*” By Charles Hurst

“OWCS roots can be traced back to 1968 when Parkdale United Church established a Long Range Planning Committee. Over the next few years it was decided that the needs in the community were senior citizen support, child support and health maintenance.

By March 1, 1977 the Senior Citizens Support Program was in place with fifteen volunteers who agreed to provide two hours of assistance a week. Office space (a desk, two chairs and a phone!) was provided in the basement of Parkdale United Church.

The first call came from an elderly gentleman who called after a heavy wind storm asking for help to cut some branches on his broken tree. It would have been a poor beginning if this request was to be turned down. A volunteer was recruited who was also a skilled tree surgeon.

By May with funds provided by a Young Canada Works Grant, four students were employed to carry out a survey and spread the word about the services. Additionally they were tasked with providing grass cutting, yard work and heavy housework for those in need.

That summer a crisis call was received from an elderly widow who was fearful of a family member. Volunteers quickly researched resources for the woman and provided her with support.

By fall the seniors in the community had finally recognized that help was as close as their telephone...”

Today we are fortunate to provide 4000 seniors and adults with disabilities over 200,000 hours of service each year! Thank you for being a part of our journey.

This year we will be bringing you 40 stories from 40 people who will share their stories about OWCS. Make sure to like us on Facebook and follow us on Twitter to see these stories!

We want your stories!

Has OWCS made a difference in your life?

What is your favourite thing about OWCS?

Contact Sarah or Amy at 613-728-6016, amy@owcs.ca, or sarah@owcs.ca to share your story

Fun facts about 1977

- Minimum wage in Ontario was \$2.65
- The #1 rated TV show was Laverne & Shirley
- The #1 movie was Rocky
- 10 lbs of potatoes could be purchased for 98 cents!
- The mayor of Ottawa was Lorry Greenberg

OWCS continues to offer help with grass cutting, spring clean ups (including raking) and minor repairs through our Service Arrangement / Home Maintenance program. For more information please contact Program Coordinator Mark @ **613-728-6016 ext. 275**



Clients who request regular grass cutting service for the season will be matched with a worker in late March.

Social Sundays & Extra Shopping

To register please contact Catherine at ext. 234

Extra Shopping Buses

April:

Monday, April 3rd – Carlingwood Mall
Monday, April 10th – Salvation Army & Value Village, *Merivale*
Thursday, April 20th – Elmvale Acres Mall
Thursday, April 27th – Herongate Mall

May:

Monday, May 1st – Carlingwood Mall
Thursday, May 18th – Gloucester Centre (Walmart etc.)
Thursday, May 25th – FreshCo/Dollar Store
Thursday, June 1st – Walmart Kanata Centrum

June:

Monday, June 5th – Carlingwood Mall
Thursday, June 15th – Farm Boy + Giant Tiger (Blossom Park)
Monday, June 19th – Food Basics and Canadian Tire
Thursday, June 29th – Billings Bridge Mall

Sunday Socials

April:

Sunday, April 9th
Vanier Muséo Park – Sugar Shack

May:

Sunday, May 7th
Tulip Festival drive
+
lunch at Malone's

June:

Sunday, June 4th
Tea at Mackenzie King Estate

Spring Fever!

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"



This year, OWCS will be taking part in The Happening Festival, celebrating local artists, designers, musicians, and businesses on Wellington West.

On Friday, May 5th, ceramic artist Steffi Acevedo will be hosting a display of pottery in front of Ottawa West Community Support from 10am to 4pm.



DID YOU KNOW?

The shamrock was initially a teaching tool, used to explain the Holy Trinity of Father, Son, and Holy Spirit to the pagan Irish.

Invite Your
Friends!



OWCS St. Patrick's Day Party

Friday, March 17

11am-2pm

St. George's Parish

415 Picadilly Ave.

Call Sarah to RSVP

613-728-6016 x237

Lunch \$10

Ride \$6



Join us for good food, Irish music, and dancing!

Thank you to Shanghai Restaurant for hosting a Karaoke Fundraiser for OWCS! A great time was had by all!



Health & Safety Tips for Spring

Test your smoke and carbon monoxide detectors, change batteries immediately if needed.

Check your fire extinguishers.

Check for overloaded or damaged extension cords, replace where needed.

Ensure you have an emergency preparedness kit in case of incidents such as power outages and flooding.

Practice your families fire escape plan so everyone knows what to do in case of an emergency.

Windows should be checked to ensure they open and close properly, in case they are needed as an exit.

Properly store household chemicals and never mix cleaning agents.

Recycle: Get rid of old newspapers, magazines and junk mail. These items tend to pile up and can greatly contribute to the severity and spread of fire.

-Ontario Association of Fire Chiefs

Hintonburg's Street of Rock
is performing a
benefit concert
on Sunday, March 5
from 1-3pm at the
Carleton Tavern.

Donations at the show will
help support the contingency
fund for
**Ottawa West Community
Support**

**Sunday, MARCH 5
1-3pm**



Daylight Savings
Time begins
March 12, 2017.
Don't forget to
Spring Forward!

Guacamole

3 medium ripe avocados, halved, pitted & peeled
2 tbsp. freshly squeezed lime juice
1 small red onion, very finely chopped
1-2 green chiles, finely chopped
1 tomato, seeded and chopped
Sea salt to taste

In a bowl crush the avocado and lime juice with a fork until smooth. Add onion, chilies & tomato and mix until combined. Season to taste with salt. Serve with bread sticks or tortilla chips on the side. Best to eat on the day it is made!



Office Update

- *Welcome to the new volunteers, homemakers, and Personal Support Workers who have joined the OWCS team this winter!*
- *Welcome to new AIP Coordinator Jessie, new assessors Philippe and Sarah, and new driver Aron.*
- *Thank you to Mandy, who has taken on the role of Healthy Connections; Healthy Living Coordinator.*
- *We bid a fond farewell to AIP coordinators Stacey & Annick, and to Volunteer Coordinator Renée. You will be missed!*

May you have

The gladness of Easter which is Hope

The promise of Easter which is Peace

The spirit of Easter which is Love

Wishing you a Blessed Easter



*Public
Holidays*
2017-2018

- ◆ **Good Friday:**
April 14, 2017
- Note: The Ottawa West Main Office is closed Easter Monday as well*
- ◆ **Victoria Day:**
May 22, 2017
- ◆ **Canada Day**
July 1, 2017
- ◆ **The Ottawa West Main Office is closed for the Civic Holiday**
August 7, 2017
- ◆ **Labour Day**
September 4, 2017
- ◆ **Thanksgiving Day**
October 9, 2017
- ◆ **Christmas Day**
December 25, 2017
- ◆ **Boxing Day**
December 26, 2017
- ◆ **New Year's Day**
January 1, 2018
- ◆ **Family Day**
February 19, 2018

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.