

# Ottawa West Community Support

March 2019

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

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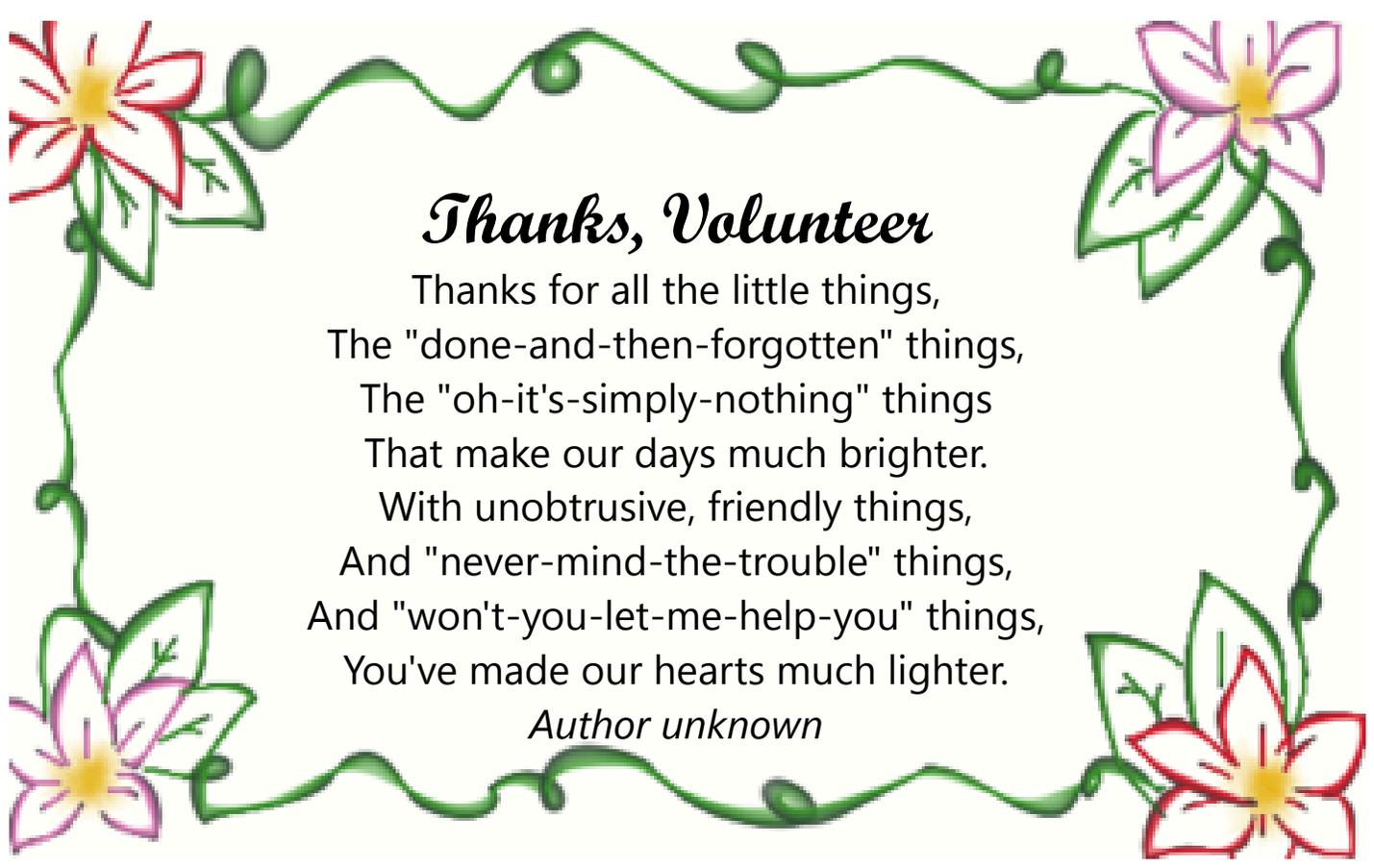
- In April we celebrate our Volunteers
- Find out more about our In Home Respite Program
- Has OWCS made a difference in your life? We want to hear your story!



1137 Wellington Street West

Ottawa, Ontario

613-728-6016



## *Thanks, Volunteer*

Thanks for all the little things,  
The "done-and-then-forgotten" things,  
The "oh-it's-simply-nothing" things  
That make our days much brighter.  
With unobtrusive, friendly things,  
And "never-mind-the-trouble" things,  
And "won't-you-let-me-help-you" things,  
You've made our hearts much lighter.

*Author unknown*

***April 7th to April 13th, 2019 is National Volunteer Week.***

***OWCS staff are in the process of planning our Annual Volunteer Appreciation Luncheon. The OWCS volunteers are an integral part of our Community Support Services team.***

***Their contribution to seniors in the community is incalculable.***

### **Introducing the Troy Brazeau Volunteer Award**

The award has been designed to recognize a volunteer who personifies the commitment, dedication and spirit of Ottawa West Community Support (OWCS). It has been named in memory of Troy Brazeau, a devoted OWCS volunteer for over 15 years who passed away unexpectedly in June 2018. Troy was a regular volunteer at the reception desk and in the transportation program. He touched the life of many clients, fellow volunteers and staff.

- Nominations are welcome from staff, volunteers & clients.
- The awardee will be announced at the Annual Volunteer Luncheon in April.



# What do OWCS Volunteers do?

- Driving clients to medical appointments
- Washing Dishes
- Helping on Shopping & Social Outings
- Setting Tables
- Friendly Visiting
- Picking up meals
- Telephone Assurance calls
- Baking for special events
- Answering calls at our reception desk
- Knitting items to sell at fundraisers
- Greeting visitors to OWCS
- Sitting on our Board of Directors
- Office Support
- Dancing at our Luncheon/Parties
- Folding Newsletters
- Working behind the scenes
- Musical Entertainment
- Translating our newsletter
- Helping in the Day Program
- And much, much more!



Interesting in learning more about volunteering at OWCS? Contact Louisa at 613-728-6016 ext. 269





## News from Aging in Place

Volunteers in Aging in Place (AIP) from 865 Gladstone Ave. and 280 Rochester Ave., have been getting together every Friday to knit items for local charities.

OWCS AIP Community Support Outreach Coordinator, Miranda Chan reports over 50 knitted items, including hats, mittens, blankets, socks, and scarves, were donated to CHEO, and the Snowsuit Fund this past Christmas Season.



## News from the Day Program

Through sleet and snow our Day Program continued to operate all winter! From Chinese New Year to Robbie Burns Day many special events took place.

The Day Program staff would like to extend a special thank you to the Unitarian House who have welcomed our new Friday Day Program with open arms.

Are you looking to get rid of old calendars and postcards? The Day Program will happily accept them for use in our Day Program. Please contact Allan or Susie at 613-728-6016.

## News from the Home Maintenance Program

A very special thank you to our snow shovellers for your tireless efforts over this difficult winter. Workers provided service around the clock on more than a few occasions! As of March 1, 2019, 264 cm of snow had fallen in Ottawa, compared to last year at this time with 181.6 cm.



***Thank you also to our clients, for your patience and understanding during these heavy snowfalls!***

## News from the Foot Care Program

This winter, many of our Wednesday clinics fell on the same day as some of the winter storms. Thank you to clients for your understanding and flexibility in re-scheduling!

A special thank you to Foot Care Nurse Kim who in addition to being a wonderful nurse has also shared her artistic talent with us! Thank you for your donation to our Christmas Raffle!



*If we had no winter, the spring would not be so pleasant*

*Anne Bradstreet*



*The Easter feeling does not end.  
It signals a new beginning,*

*Of nature, spring, and brand new life,  
And friendship, peace and giving.*

*The spirit of Easter is all about hope, love and  
joyful living.*

*Author Unknown*

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

### *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*



## **Spring Safety Tips**

## **Health and Safety Corner**

- Test your smoke and carbon monoxide detectors and change batteries immediately if needed.
- Windows should be checked to ensure they open and close properly, in case they are needed to exit.
- Always keep stairs and landings clear for safe evacuation in event of an emergency.
- Make sure your address numbers are up and visible from the street.
- Check outdoor electrical outlets and other electrical appliances for animal nests and to ensure proper wiring.
- Remove leaves and trash from carports and garages; combustible materials are dangerous if they are exposed to heated automobile components, especially under the vehicle.

**For more Spring Safety Tips visit the Ontario Association of Fire Chiefs [www.oafc.on.ca](http://www.oafc.on.ca)**

# Moroccan Chicken Tagine

1 to 2 lemons, quartered	1 teaspoon black pepper
1 whole chicken (skin removed, cut into pieces)	1 teaspoon turmeric
2 large onions, finely chopped	1/2 teaspoon salt
2 to 3 cloves garlic, finely chopped	1/3 cup olive oil
1 small handful fresh cilantro, chopped	2 handfuls pitted olives (green or red)
1 small handful fresh parsley, chopped	1/4 cup water
2 teaspoons ginger	1/2 teaspoon Ras el Hanout

## Instructions:

Add the lemon to a bowl along with the chicken, onion, garlic, cilantro, parsley, ginger, pepper, turmeric, salt, and the Ras el Hanout. Mix well. The longer the chicken is marinating, the more flavorful the chicken will be.

Preheat oven to 425 F.

Add enough olive oil to a large baking dish so it coats the bottom.

Add the sliced onions and garlic from the marinade then place the marinated chicken on top.

Add the olives and lemon on top and drizzle the chicken with the remaining olive oil.

Bake the chicken uncovered for 45 minutes to one hour, or until the chicken is light golden brown, basting occasionally.

Reduce the heat to 350 F and continue baking for another 30 minutes or longer. The chicken should be deeply browned, the juices should run clear, and the leg joints should move easily.

Remove the chicken from the oven and let it rest for 10 to 15 minutes before serving.

***Thank you to the Healthy Connections/Healthy Communities team for this recipe!***

## Office Update

- Welcome to the new Personal/Home Support Workers who joined the OWCS team this winter.
- In January we said goodbye to Aging in Place Senior Manager, Sharon Coward. We wish you the best of luck on your new career path! Mandy Fisher, who has been with OWCS for over 10 years will be taking on the role of Manager, Aging in Place.
- Welcome to Co-Op Student Tarick, who has been completing his placement in our Day Program.
- Welcome to Marie who has joined OWCS as a scheduling coordinator.
- Welcome to Sharmaine who has been completing client assessments this winter.
- Thank you to Amira who provided administration support throughout February & March.

April  
April Fool's Day

April 19, 2019  
Good Friday

April 21, 2019  
Easter Sunday

April 28, 2019  
Eastern Orthodox  
Easter

May 5, 2019  
First Day of  
Ramadan begins at  
Sundown

May 12, 2019  
Happy Mother's  
Day



May 20, 2019  
Victoria Day

## Contact Us

Give us a call for more information about our services.

### Ottawa West Community Support

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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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