

Ottawa West Community Support

Spring 2024

www.owcs.ca

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- Be Alert of Scams
- Program Updates
- Celebrating National Volunteer Week!



Wishing you a Joyful Easter and Happy Spring!



1137 Wellington Street West

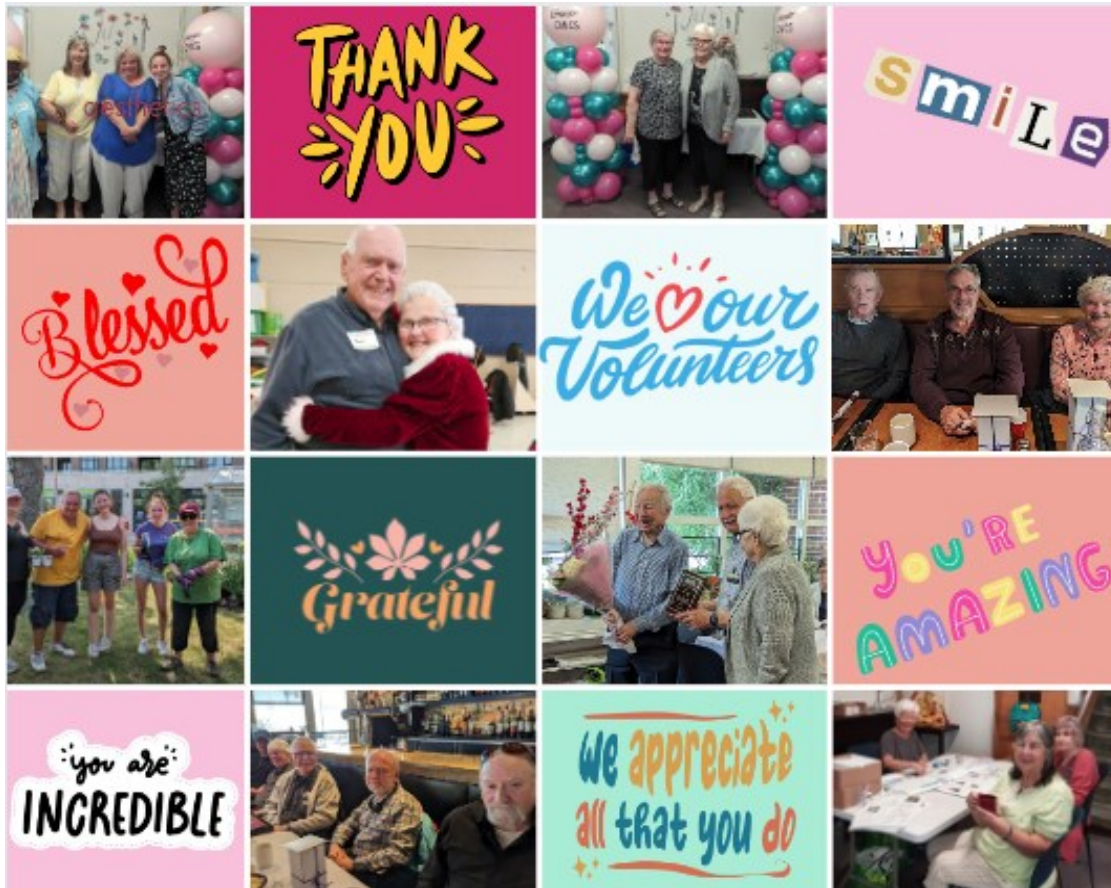
Ottawa, Ontario

613-728-6016

National Volunteer Appreciation Week

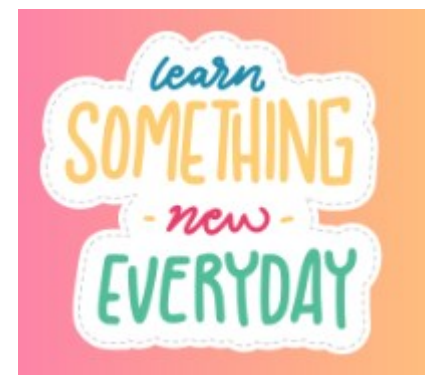
April 14 to April 20

This year, Volunteer Canada's theme is *Every Moment Matters*, which is true for OWCS volunteers. Thank you to our amazing volunteers for sharing your time and talents with us! Your dedication and support make a world of difference for clients and our community.



OFFICE UPDATES

- Welcome to the new Personal/Home Support workers who have joined the OWCS team throughout the winter season!
- Welcome to new Assisted Living Services (ALS)/ and High Intensity Services at Home (HISH) Coordinator Stephanie.
- Throughout the winter, staff & volunteers participated in various training sessions. Training included Educational Immersive Dementia Experience (EDIE) as well as CPR & First Aid.



GREETINGS FROM THE DAY PROGRAM

Happy Spring!

We have been keeping busy with our program running Monday through Thursday. We have welcomed new friends in the last few months and are happily planning various activities to keep them engaged and learning a thing or two! We have had our musicians keep us on our toes dancing, we had a toga party with one of the groups, and of course we still have drumming with William about once a month.



Fun with Toga's in the Day Program!

We have kept our online exercise classes running over Zoom, and we still play bingo twice a week over the phone. Call us to learn more!

We hope your springtime is full of new growth, trying new experiences and warmer weather.

Allan, Susie, and the gang!

Update from Aging in Place and Active at Home Programs

With the wonderful ongoing support from the Ottawa West Community Support (OWCS) office team, the Aging In Place (AIP) team continues to work with community partners serving seniors in need at 19 OCH locations.

The Aging in Place (AIP) team works diligently to connect clients with needed resources, set up home support services, and run complimentary Foot Care clinics and social events to meet clients' needs. In the Spring, AIP will work closely with Ottawa Public Health to offer Emergency Preparedness education sessions at all 19 locations. In our newest 8 locations, Somerset West Community Health Centre will offer onsite diabetic screening. With help from the Wellington office's volunteers, AIP clients received a lovely Valentine's Day gift and a frozen meal. They celebrated with their friends at the Valentine's Day events organized by OCH Community Developer and AIP coordinators.



The OWCS Adult Day program's various Zoom sessions and Family Physio's chair exercise keep clients active at home. Many in person activities such as drumming events, dance events, and chair exercise classes have brought seniors out and allowed everyone to have a wonderful time with their neighbours and friends.

In addition to yoga classes, drumming events, Gold Mandalas, and watercolor painting are offered at 7 Active At Home locations. With spring around the corner, OWCS volunteers are wrapping small Easter egg gift packages to help AIP Seniors welcome spring.

Ze Ling, AIP Manager

THANK YOU!

Thank you to the Chorale Statistique Canada Choir for performing a fundraising concert for OWCS.

It was a lovely concert and a full house!

We also extend a heartfelt thank you to our neighbours for their generosity over the Christmas season!

- The Extraordinary Baby Shoppe
1097 Wellington St. W.
- Spaniel's Tale Bookstore
1131 Wellington St. W.
- Solva Senior Living



JOIN OUR GROCERY BUS!

Week #1: Loblaws (Carlingwood)

Week #2: Food Basics

\$8 per outing

To register or for more information,
call Valerie at

613-728-6016 x 234

For seniors in the OWCS traditional catchment area
To accommodate clients and groceries, walkers
are not permitted.

TRANSPORTATION PROGRAM

Greetings from the transportation program!

We're starting to build back our group outings! We still have space on our grocery bus. We're also doing some extra shopping trips! Every month we go to different stores in Ottawa.

If you want more information, or would like to register, call Valerie at 613-728-6016 ext. 234.



Updates from our In Home Services

Respite Care

Are you needing help with personal care? Meal prepping? Laundry? Groceries? We are here to help you in your home! Call our office for more information to see how we can help you get the services you need to live independently at home. Reach out to OWCS Intake Clerk Sheena at 613-728-6016 ext. 273 to learn more.

Assisted Living Services (ALS)

The ALS program has expanded! We have added more spots to add clients to the service and the team. Our ALS team is excited to welcome new clients into service. A referral from Home and Community Care is required to access this service.

Healthy Dates and Tips

April is National Oral Health Month

As you grow older, there is increased risk of developing tooth decay, gum disease, dry mouth and oral cancer. Visit a dentist yearly even if you wear dentures and check your mouth for changes to your teeth, gums, and tongue.

May is Hypertension Awareness Month

Take preventative measures to maintain or decrease your blood pressure! Destress, limit alcohol use, do 150 mins of physical activity a week, quit smoking, and get 7-8 hours of sleep a night to take care of your health and to take care of your blood pressure.

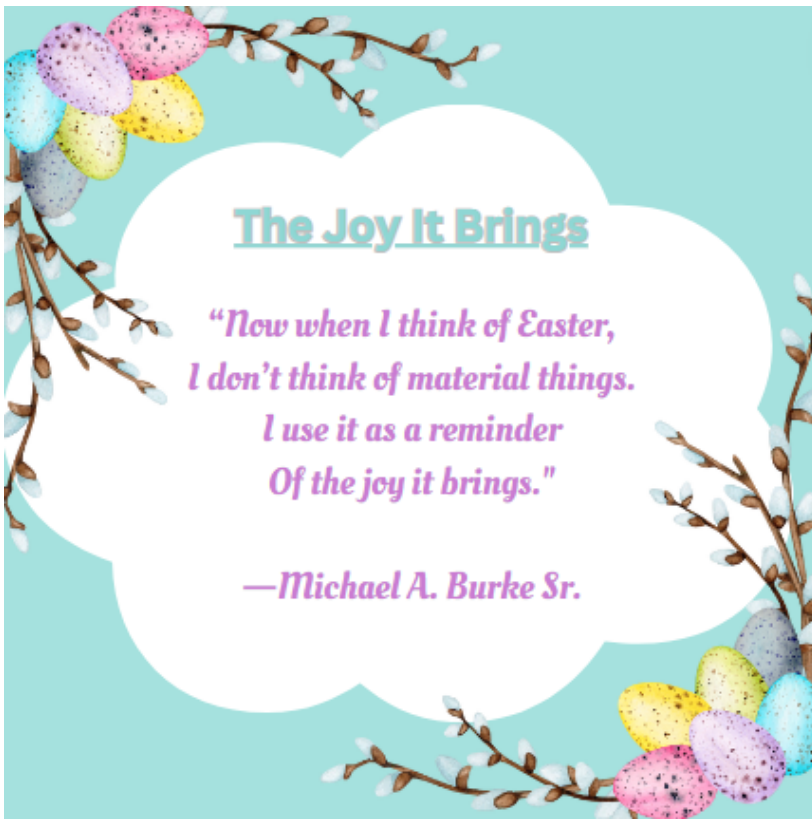
Thanks to our instructors, Emily and Yuko, OWCS has been out in the community hosting exercise classes at various buildings in our service area.

OWCS continues to offer online Zoom programming to help everyone stay active!

To learn more, please see the insert in this newsletter or reach out to Allan at 613-728-6016 ext. 231



"Everything's better when we're together."



The Joy It Brings

*“Now when I think of Easter,
I don’t think of material things.
I use it as a reminder
Of the joy it brings.”*

—Michael A. Burke Sr.



**Why does the
Easter Bunny
have such a good
compexion?**

He eggs-foliates!

Habits for Happiness

1. Be kind
2. Eat Well
3. Exercise
4. Meditate
5. Be honest
6. Dream big
7. Be patient
8. Judge less
9. Smile often
10. Love yourself
11. Forgive easily
12. Show gratitude
13. Think positively
14. Drinks lots of water
15. Believe in yourself
16. Keep an open mind
17. Put your needs first
18. Don’t make excuses
19. Speak well of others
20. Listen to understand

Solve the puzzle!

(answers on the back page)

ecnaIG

ALL THINGS
all things

FEET FEET
FEET

Travel
—————
CCCCCCCCCCCC

Strawberry Rhubarb Dump Cake

4 cups rhubarb
4 cups fresh strawberries (sliced)
1/4 cup orange juice
1 tbsp. sugar
1 tsp. cinnamon
1/4 tsp. ground nutmeg
3/4 cup butter, melted
1 box spice cake mix



Preheat oven to 350°.

In a large bowl, combine the first seven ingredients; transfer to a greased 13x9-in. baking dish. Drizzle with 3 tablespoons butter; sprinkle with cake mix. Top with remaining butter.

Bake until golden brown and bubbly, 45-55 minutes. Serve warm. Top with whipped cream, if desired.

Be on the alert for scammers!

These days there seems to be nowhere to hide from scammers. They come to the door offering water heaters, furnaces and duct cleaning. They call threatening you with jail time unless you send money. And they email/text you asking for a favour to help a friend/neighbour/child/grandchild. Frustratingly, with the growth in artificial intelligence (AI), these scams are getting harder to detect.

Common Signs of a scam

- Pressure to make a quick decision either overnight or on the spot and are threatening if you don't comply.
- Requests to keep matters confidential and not share the details with local authorities or family and relatives.
- Urgent messages demanding you contact the sender immediately.
- Being asked to provide money in unusual formats such as gift cards, bit coin and prepaid credit cards.
- An email from an unknown sender with a link or attachment. This can look like an email coming from someone you know but when you look at the email address, it is not from someone you know.

Protect yourself from getting scammed

- Ignore emails from unknown senders and block the sender from sending additional suspicious emails. If you're not sure, hit delete!
- If you receive a message from an unknown sender, don't open any attachments or follow any links to third-party websites.
- Beware of upfront fees or offers of money that seem too good to be true.

Senior Frauds and Scams

Infographic

Common Scams

1 Phishing Scams

Phishing is an attack where a scammer calls you, texts or emails you, or uses social media to trick you into clicking a malicious link, downloading malware, or sharing sensitive information.



2 Grandparent Scam

Grandparent scams (also called emergency scams) are common scams that target seniors. These scams usually involve a phone call from someone who pretends to be your grandchild.



3 Phone or Voicemail Scams

You receive a call or a voicemail from a criminal who is posing as a government agency or member of law enforcement.



4 Romance Scams

If you meet someone online but have not seen them in-person, and they begin to ask you for money, it's likely a romance scam.



Tips on How to Protect Yourself

- Call the sender to verify legitimacy (e.g. if you receive a call from your bank, hang up and call them).
- Always be wary of links or attachments that you weren't expecting.
- Avoid sending sensitive information over email or texts.

- Never offer information to the caller.
- Ask the caller a few personal questions, press your caller for details.
- Never provide your credit card number over the telephone or Internet.
- Never wire money to someone under uncertain conditions.

- If you receive a call from a scammer, hang up or delete the voicemail message.
- Block the caller's phone number and report the calls to the Canadian Anti-Fraud Centre.

- If your love interest asks you to send money, be very suspicious.
- Ask them for a recent photo or do a video call.
- Fraudsters often claim they are in another part of the world as the reason for not being able to meet in-person.

For more information

Elder Abuse Prevention Ontario
416-916-6728 | www.eapon.ca
admin@eapon.ca | @EAPreventionON

RESOURCES

Canadian Anti-Fraud Centre
www.antifraudcentre-centreantifraude.ca
Government of Canada
www.cyber.gc.ca



Elder Abuse
Prevention
Ontario



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 Bingo! 11:15 Zoom Tai Chi with Yuko! <small>All Fools' Day</small>	2 1:00 Zoom Fall Prevention exercises with Emily!	3 10:00 Zoom Chair Yoga with Vivian!	4 9:30 Zoom Tai Chi with Yuko!	5 1:00 Zoom Fall Prevention exercises with Emily!	6
	8 10:30 Bingo! 11:15 Zoom Tai Chi with Yuko!	9 1:00 Zoom Fall Prevention exercises with Emily!	10 10:00 Zoom Chair Yoga with Vivian!	11 9:30 Zoom Tai Chi with Yuko!	12 1:00 Zoom Fall Prevention exercises with Emily!	13
14	15 10:30 Bingo! 11:15 Zoom Tai Chi with Yuko!	16 1:00 Zoom Fall Prevention exercises with Emily!	17 10:00 Zoom Chair Yoga with Vivian!	18 9:30 Zoom Tai Chi with Yuko!	19 1:00 Zoom Fall Prevention exercises with Emily!	
21	22 10:30 Bingo! 11:15 Zoom Tai Chi with Yuko! <small>Passover Begins Earth Day</small>	23 1:00 Zoom Fall Prevention exercises with Emily!	24 10:00 Zoom Chair Yoga with Vivian! <small>Administrative Professionals Day</small>	25 9:30 Zoom Tai Chi with Yuko!	26 1:00 Zoom Fall Prevention exercises with Emily! <small>Arbor Day</small>	27
	29 10:30 Bingo! 11:15 Tai Chi with Yuko!	30 1:00 Zoom Fall Prevention exercises with Emily!	<h1>April 2024</h1> <h2>Ottawa West Community Support</h2>			

April 1st
Easter Monday

April 5th
Eastern Orthodox
Easter

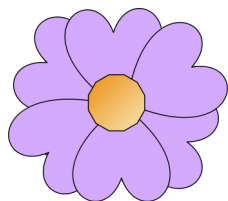
April 8th
Solar Equinox

April 9th
Eid al Fitr begins

May 12th
Mother's Day

May 20th
Victoria Day

June 1st
National Eat a Big
Lunch Day!



Solve the Puzzle
Backwards glance

All things great & small

Two left feet

Travel over seas

Contact Us

Give us a call for more information about our services.

**Ottawa West
Community Support**

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Info@owcs.ca



@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*

Healthy Connections;
Healthy Communities*

**available at specific locations*

Please help 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 please note that 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.