

# Ottawa West Community Support

Summer 2022

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

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- In Home Services Update
- Thank you Minister Kamal Khera for visiting OWCS
- Wishing you a wonderful summer!



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613-728-6016



On June 8, 2022, OWCS was honoured to host **Minister of Seniors Kamal Khera, MP Yasir Naqvi** and **MP Stephane Lauzon** at our center as they announced upcoming funding to support Aging Well at Home. Thank you for visiting OWCS!

## Aging In Place and Healthy Community Healthy Connections Update

With the wonderful ongoing support from the Ottawa West Community Support (OWCS) office team, Aging In Place (AIP) and Healthy Community Healthy Connections (HCHC) team are back on site and working with community partners providing essential support for clients in need.

We are currently working closely with Somerset West Community Health Centre offering onsite diabetic clinics. The Ottawa Public Health outreach team continues to come to our monthly AIP foot care clinics, providing fabric masks, rapid test kits, and Antiviral treatment information for higher-risk individuals to COVID-19. With the help of OWCS Wellington office team, planters, granola bars, and chocolates were given out at our spring greeting events. These events brought great joy to many seniors. OWCS Adult Day program's variety of Zoom program and Family Physio's chair exercise are keeping clients active at home. With the support from HR, a new HSW was hired and more vulnerable seniors are now receiving AIP Home support services.

For the HCHC team, in addition to the ongoing Good Food Box program and food hamper deliveries to clients in need, seniors were delighted to receive information about free Tax clinics and the Friendly Voice program. The Community Kitchen program offered ingredients and the recipe for delicious pancakes with maple syrup and Tuna wraps. Drumming with William and dance programs by MASK help to brighten the seniors' day. As HCHC program is coming to an end on June 1, 2022, HCHC is hosting BBQs with OCH staff and giving out a community resource information sheet to wrap up the program and to say good bye to the seniors. As the 4<sup>th</sup> vaccine is now available, the AIP team is busy registering clients for upcoming vaccine clinics in June and planning summer BBQ events.



Congratulations to AIP Coordinator Heather who won the March 45th Anniversary award

*Ze Ling, AIP Team Lead*



## Have you heard our great news about The Grand Parade?

Ottawa West Community Support is encouraging our clients, volunteers, staff and community members to register to walk and fundraise in The Grand Parade! The Grand Parade is a fundraising walk that celebrates and supports aging Canadians and their families. This fun, family friendly event takes place on the morning of Saturday, September 17th, 2022.

Funds raised will support Ottawa West Community Support.

The OWCS walk will start and end at 1137 Wellington St. Participants will walk a 2.5km or 5km route, enjoy a treat at a rest stop along the way and return at the end of the morning to a celebration!

OWCS goal is to raise \$21,000.

To learn more about how you can be involved reach out to our office at 613-728-6016.

To donate or register to walk visit:

<https://thegrandparade.org> and search for OWCS



# Update from In Home Services

Our In-Home Services department is so happy to be working with many dedicated and committed Personal Support Workers and Home Support Workers that provide a caring and much needed service to seniors in the community. Last year (April 2021 to March 2022) our PSW's and HSW's provided 34,510 hours of service to 777 clients in the Ottawa area!!

As we celebrate our 45<sup>th</sup> Anniversary this year, we reflect on how we are blessed and grateful to be an important and trusted part of the community for so many years. We look forward to continuing to serve the community in meaningful and creative ways.

Here are some things you are saying about the In-Home Services at OWCS:

- *Thank you for being there!*
- *My personal support worker is consistent, organized and, best of all very warm and supportive. She is sympathetic to all of my concerns and she is flexible. She does client centered work.*
- *I feel very blessed with your services. All group members have always been extremely respectful and helpful.*
- *The service is excellent. I am very pleased and I like the ladies very much. I am able to live all alone thanks to your help.*

*Samantha, In Home Services Team Lead*



Congratulations to PSW Jenner for winning the March 45th anniversary award!

## Office Updates

- Welcome to the new PSW's, HSW's and Volunteers who have joined our team this Spring!
- Welcome to summer students Lawood, Olivia and Megan.
- Welcome to new driver Tony.
- Thank you to our volunteer drivers who have been helping to deliver client activity packages.
- Thank you to volunteer Nicki for growing flowers for the OWCS gardens.
- In June, OWCS said goodbye to coordinators Gracia and Caroline. We wish them all the best in their future endeavours.

# News from the Transportation Program

We're happy to say that our transportation program is in high demand! If you are interested in getting transportation to a medical appointment, call Valerie at 613-728-6016 x234. Remember- the more notice you give, the better!

Please be advised that the cost of services went up in June. You should have received more information in the mail, but if you have any questions do not hesitate to call. If you need a drive for a COVID vaccine dose, OWCS is able to provide free transportation at this time.

If May was any indication, it will be a hot summer! OWCS has a limited amount of fans available for clients in need, so if you would like a fan to keep you cool please call Valerie at 613-728-6016 x234 to arrange for a delivery. Keep Smiling!

*Valerie, Manager Transportation Services*



Congratulations to Volunteer Elizabeth for winning the April 45th Anniversary draw!

## Health and Safety Corner

### 10 Things to include in an Emergency Kit

1. Water—2 litres of water per person, per day
2. Food—canned food, energy bars and non perishables
3. Manual can opener
4. Flashlight and batteries
5. Battery-powered or windup radio and extra batteries
6. First Aid Kit
7. Special needs items—prescriptions, equipment for people with disabilities
8. Extra keys for your car and house
9. Cash—smaller bills and change for pay phones
10. A copy of your emergency plan and contract information

[www.getprepared.gc.ca](http://www.getprepared.gc.ca)

**On May 28, 2022 staff enjoyed a lovely day at Manordale Woodvale Community Support Association Fair in Craig Henry. It was wonderful to meet so many people from the community.**



Staff at the OWCS Booth

# Luncheon Program Update

Guess you could say the Luncheon Program has a very special place in my heart. It was our first on site program and I have been involved with it for pretty much the last 34 years.

Taking the luncheon on the road during Covid has been a life saver. I have been told by many clients that having a “treat” to look forward to every Friday helps them to get through the week.

We are all looking forward to the time when we can welcome everyone back on site. In the meantime OWCS will continue with our deliveries, phone bingos and concerts.



*Diane, Program Co-Ordinator*

## Canada Day Quiz

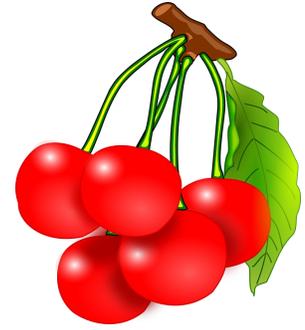
1. How many time zones does Canada have?
2. The first Tim Horton's was opened in which city?
3. What Canadian province or territory boasts the longest freshwater beach in the world?
4. When was the “loonie” introduced into Canadian currency circulation?
5. In which consecutive years did the Toronto Blue Jays win back to back World Series titles?
6. How many Canadian teams are in the NHL?
7. What is the sport known as baggaa'atowe and tewaarathon in Indigenous languages?
8. What bird won Canadian Geographic's contest to become a new Canadian emblem?
9. Which of the following was NOT a Canadian Invention?  
A) Paint Roller B) Peanut Butter C) The electric wheelchair D) Cheese Slicer
10. What does Red Green refer to as “the handyman's secret weapon”?



***See last page for answers***

## Elizabeth's Cherry Freeze

- 1 can Eagle Brand sweetened condensed milk
- 1 cup cream cheese
- 1 ½ cups Cool Whip
- 1 can crushed pineapple, drained
- 1 can cherry pie filling



### Instructions

- Blend cream cheese and Eagle Brand together
- Add remaining ingredients and fold together
- Spoon into cupcake cups in a muffin tin and freeze (makes 24 portions)  
(Or pour into 9x13 dish and freeze, then cut into slices and serve) Enjoy!

## Rob's Summer Mocktail

- 1 part orange juice
- 1 part cranberry juice
- 1 part 7up/sprite

Pour over ice, add slice of lemon and slice of lime. Enjoy!



*A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited a hospital in Brooklyn and brought along his portable keyboard. After telling jokes and singing songs at patient's bedsides, he said farewell and "I hope you get better." One elderly gentleman replied, "I hope you get better too. "*



Spring Tulips at OWCS. Photo by Mark Jenkins

## June 19

Happy Father's Day!

## June 24

St. Jean Baptiste Day

## July 1

Happy Canada Day!

## August 1

Civic Monday

## September 5

Labour Day

## Answers

1. There are 6 time zones in Canada
2. Hamilton in 1964
3. Ontario; Washaga Beach has 15 kilometres of sandy beach
4. The loonie was introduced into currency in 1987
5. 1992 and 1993
6. 7 teams
7. Lacrosse
8. The gray jay, also known as the whiskey jay or Canada jay.
9. D) The Cheese Slicer
10. Duct tape

## 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/](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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