



OWCS / SCOO
OTTAWA WEST COMMUNITY SUPPORT
SERVICE COMMUNAUTAIRE D'OTTAWA-OUEST



Easter Blessing

*May God bless you at Easter,
And keep you all year through.
May God give you all the faith you need,
To live your hopes anew.
May His love and wisdom always help
To guide you on your way.
May His light shine down upon you now
To bless your Easter Day.*

Happy Spring to All!

It's Spring Time!

Ottawa West provides spring clean ups and yard work service each year starting in the spring. Should you desire help, please contact the office at 613-728-6016 and we will connect you with a coordinator!



Health and Safety Corner: Spring Cleaning Tips

- Dust with old wool clothing. The wool creates static, meaning there's no need for polish or spray.
- Clean cutting boards by spraying with vinegar and leaving to set overnight.
- Microwave kitchen sponges for two minutes to kill germs.
Be careful: They will be hot, so let cool for 2 minutes before removing from microwave.
- When using a ladder, be careful not to reach too far. A handy rule of thumb is to keep your belly button within the sides of the ladder.

Gardening Health and Safety Tips

- Wear gloves to lower the risk of skin irritations, cuts, and certain contaminants.
- Lower your risk for sunburns by wearing long sleeves, wide-brimmed hats, sun shades, and sunscreen.
- If you are outside for long periods, make sure to drink lots of water
- Take breaks often. Try to rest in shaded areas so that your body's thermostat will have a chance to recover.
- Eat healthy foods to keep you energized.



Please Be Advised

Please be advised that there have been numerous reports of fraudulent phone calls from individuals claiming to be from local hydro companies. Ottawa Police are warning customers to be on the lookout.

You may experience a phone call claiming your power will be shut off unless you make an immediate bill payment. Please do not give out your information, and immediately contact police.

The police officer assigned to Wellington West is Cst. Dawn Neilly.

She can be reached at 613-236-1222 ext. 5871

Interested in becoming a volunteer driver?

Ottawa West Community Support is currently looking to add to our wonderful crew of volunteer drivers. Our drivers provide a key service for many of our clients, transporting them to OWCS programming and to various individual medical appointments.

Should you have interest in helping us in this regard, please contact Renée at 613-728-6016.

The Gift of Time is Priceless

Valuable is

the work that you do

Outstanding is how you

always come through

Loyal, sincere,

and full of cheer

Untiring in our efforts

throughout the year

Notable are

the contributions you make

Trustworthy in

every project you take

Eager to reach

your every goal

Effective in the way

you fulfill your role

Ready with a smile

like a shining star

Special and wonderful —

that's what you are!

Thank you to all of our invaluable volunteers!



Christmas Party

2014

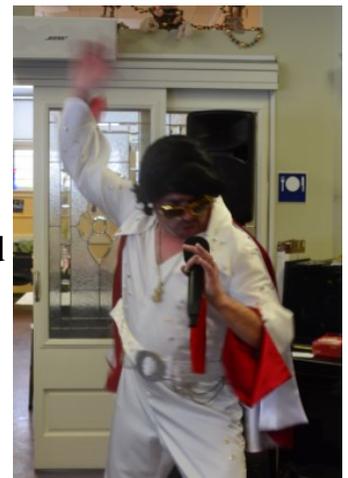
What a great day!



Elvis Presley

Elvis Aaron Presley was born January 8, 1934. On January 8, 2015, Ottawa West had the good fortune to have a wonderful impersonator in our midst.

Thanks for the fun!

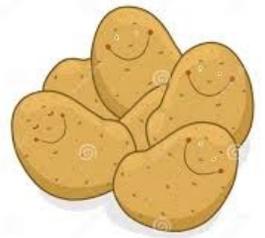


Take a Break!

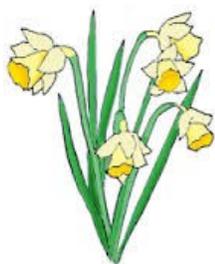
Answers on back page

1. Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?
2. The more it dries, the wetter it gets. What is it?
3. What becomes shorter when you add two letters to it?
4. What invention allows you to look straight through a wall?
5. Your mother's brother's only brother-in-law is asleep on your couch. Who is asleep on your couch?

The Spuds had three daughters, all of whom went away to college. There they met and dated several different people. All three became engaged at the same time, and went home to tell their parents. The oldest daughter said, "Mom, Dad, I have some good news. I'm getting married!" The parents asked, "So who is the lucky fellow?" "His name is Daniel Russet," the daughter said, with a hint of pride in her voice. "Wonderful!" The proud parents exclaimed. "The Russets are a distinguished line of potatoes!" The middle daughter said, "Mom, Dad, I have good news, too. I'm also engaged to be married." "And who are you going to marry, dear?" "His name is Benjamin Idaho," the daughter replied. "Oh, the Idahos are a fine old potato family," Mom and Dad Spud said. "We're so happy for both of you!" The youngest daughter's turn came. She said, "Mom, Dad, you won't believe this. I'm engaged, too!" "And who is your lucky fellow?" the parents wanted to know. His name is Tom Brokow," was the reply. At this the parents looked at their youngest daughter with a disapproving stare. "But, honey," they gasped. "That won't do at all! Why, he's just . . . a *common tater!*"



Thank you to Sergio Chavez, the family of Allan Kwan and the boys of Grant Street Garages and all the anonymous snow shovellers who so kindly helped us with Snow Removal at our building this season!



Volunteer Appreciation



Volunteers are at the heart of Ottawa West Community Support. Without their support and dedication, OWCS would be unable to offer the scope of services it presently provides. We hope our volunteers will give us the opportunity to thank them by attending our annual Volunteer Appreciation Luncheon, which will take place April 16, 2015.

Are you looking for help with letter writing? Looking to touch up your English-as-a-second-language?

Ottawa West Community Support currently has a volunteer offering to provide one-on-one help to clients looking to learn and/or brush up on English skills.

For more information, please contact the OWCS Office at 613-728-6016

Ottawa West Community Support Foot Care Clinic

Assessment

- Circulation
- Diabetes Assessment
- Skin, Nails

Care

- Cut nails
- File nails
- Corn care

- ◇ Foot Care is offered to seniors and disabled adults
- ◇ Clinics are held on Wednesdays and every second Thursday
- ◇ The fee is \$15 per visit
- ◇ Appointments are booked every 8 weeks. If required, rotations can be made for 6 weeks. If an appointment is missed or cancelled, the client will be placed on a waiting list and added to the next available clinic date
- ◇ The initial appointment will take 20-30 minutes. Follow-up visits take approximately 20 minutes.
- ◇ Please do *not* soak your feet before the appointment

For more information on this new program please contact our office!

Extra Friday

Phone Renée at 613-728-6016 to register.

Join the Friday Lunch group for a presentation by RBC on 'How Seniors Can Identify and Protect Themselves from Fraud'.

Friday, April 17, 2015

11am

Lunch and entertainment to follow
Transportation available if needed
\$8.00 for lunch and \$5.00 for a drive

Fun Events

Mother's Day Vintage Tea

Get dressed up with your fancy hats and gloves, and join us for a Downton Abbey-inspired High Tea.

Friday, May 8, 2015

11:30am

Transportation available if needed
\$8.00 for lunch and \$5.00 for a drive

Office Update

- A great big welcome to the volunteers, Homemakers and Personal Support Workers who have joined our team this winter! Welcome to Kaytlyn, Valerie, and Catherine who joined our office team in December.
- Our Respite/Personal Care Program and Homemaking Programs have been very busy! These two programs will now be working together as our In Home Services Department.

Staff Directory

Position	Name	Extension	Department Email
Executive Director	Lee McCarthy	224	Executive@owcs.ca
Accreditation Lead	Anne Bell	236	info@owcs.ca
Manager, Client Services, CSS	Amy Bevilacqua	263	info@owcs.ca
Sr. Care Coordinator, In Home Services	Diane Chavez	223	InHomeServices@owcs.ca
Care Coordinator, In Home Services	Carole Timinski	225	InHomeServices@owcs.ca
HR Coordinator, Field Staff, CSS/AIP/ALS	Samantha Zukowski	228	HR@owcs.ca
Interim Scheduling & Intake, In Home Services	Valerie Haycock	271	InHomeServices@owcs.ca
Interim Scheduling & Intake, In Home Services	Catherine Labrecque	273	InHomeServices@owcs.ca
Volunteer/Transportation Coordinator	Renee Timinski	234	Volunteer@owcs.ca
Finance & Reporting Department	Adrienne Goodwin	230	Accounting@owcs.ca
	Ken Prud'homme	262	
	Elizabeth Hodgson	264	
	Karen Rehman	—	
Manager, AIP & ALS	Sharon Coward	272	AIP@owcs.ca/ALS@owcs.ca
Care Coordinator, Assisted Living Services	Kaytlyn Van Allen	233	
Community Support Outreach Coordinator, Lead	Monique Albert	—	
Community Support Outreach Coordinator	Annick Myette	—	
Community Support Outreach Coordinator	Amanda Fisher	—	
Community Support Outreach Coordinator	George Kong	—	
Community Support Outreach Coordinator	Zema	—	
Community Support Outreach Coordinator	Vivian Chan	—	
Drivers	John McGuire	227	
	Erik Dionne		



Three-Ingredient Cookies

Ingredients:

- 2 medium/large ripe bananas
- 1 cup uncooked quick oats
- 1/4 cup of walnuts, chocolate chips, or peanut butter chips(or *any* other mix-in of your choice!)

Instructions:

Preheat oven to 350 F degrees. Spray a cookie sheet with non-stick spray or line it with parchment paper. Mash the bananas well, and combine them in a medium bowl with the oats. Fold in the walnuts or baking chips - or whatever mix-in you are using. Place by the tablespoonful on prepared baking sheet.

Bake for 15 minutes, or until cookies are firm and lightly browned. Remove from cookie sheet and let cool completely on cooling rack. Makes approximately 16 cookies.

Registration for Sunday Socials & Shopping Trips starts April 7, 2015

Call Renee at 613-728-6016

Please note: Priority will be given to clients who have not attended outings before.

Weekend Socials

Saturday April 25th

Festival of the Maples in Perth, ON.

Outdoor vendors, entertainment, taffy, maple syrup, etc.

Sunday May 17th

Tulip Festival Tour (weather-permitting) and
lunch at Malone's

Sunday June 28th

Visit a local Strawberry Farm: Potager Eardley.
Local vegetables, petting zoo, homemade gelato.
Lunch and shopping in Aylmer QC

Extra Shopping Bus

Thursday, April 23rd

Trainyards

Thursday, May 21st

Pinecrest

Thursday June 18th

College Square



Cost is \$5.00 for transportation.

Client is responsible for lunch/ticket/admission costs.

Our Services

- Assisted Living Services (ALS)
- Homemaking, Respite & Personal Care
- Adult Day Program
- Transportation Programs
- Friendly Visiting, Telephone Assurance Programs
- Home Maintenance, Odd Jobs, Yard Work & Snow Removal
- Aging In Place (AIP)
- Housecleaning
- Foot Care
- Hair Salon Services
- Congregate Dining and Social Outings
- Going Home Project

Take a Break Answers!

1. Corn on the cob
2. A towel
3. The word 'short'
4. A window
5. Your father is asleep on the couch

Your privacy is important to us.

**The Privacy Officer at OWCS is Lee
McCarthy.**

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, 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.

Our newsletter is published four times per year. For more information please contact us.



Providing the assistance you need to stay at home

1137 Wellington Street West

Ottawa, ON K1Y 2Y8

613-728-6016

WE'RE ON THE WEB!

WWW.OWCS.CA

facebook

Like us on Facebook!

Follow us on Twitter!

Ottawa West Community Support is committed to responding to seniors and physically disabled persons needing assistance to remain living independently at home. Assistance is provided through a creative community based support service.

OWCS was initiated in 1979 by Christian churches in the west end of Ottawa who were motivated by the love of Jesus Christ, to provide practical services to all elderly persons in need regardless of race, colour or creed. It continues to be supported by churches in our community.