

# Ottawa West Community Support

Spring 2023

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

## In This Issue:

- National Volunteer Week
- Program Updates
- Thank you to the Wellington West Business Improvement Area



Wishing you a Joyful Easter and Happy Spring!



1137 Wellington Street West

Ottawa, Ontario

613-728-6016

# Celebrating National Volunteer Appreciation Week

## *Volunteering Weaves Us Together*

The last three years have brought many changes, but one of the cornerstones of Community Support Services at our Wellington office remains...our volunteers! As we celebrate National Volunteer Week, we thank our volunteers who have supported OWCS regularly, at special events, and from afar this past year!

Interested in volunteering this Spring and Summer? We need volunteers to help with the OWCS front lawn gardens or to provide entertainment in our Day Program.

Reach out to Rob!

613-728-6016 ext. 280

Robert@owcs.ca



### **Luncheon Program Update**

OWCS is pleased to be able to continue offering our weekly Friday treats to the luncheon clients.

We do our best to deliver something special to everyone. Sadly, the volume makes it very difficult to individualize what we are sending out.

It is our hope that if you are not able to enjoy some part of your "treat," you share it with a neighbour, friend, or family member.

This program intends to bring a smile to your face and a friendly hello each week from one of our amazing drivers.



OWCS is in the process of determining when we will be able to offer the luncheon program on-site once again. This will be a slow process, and until we can run at full capacity we will endeavour to carry out our in-home deliveries to those unable to attend in person.

Diane & Rob



# Aging In Place and Active At Home updates

With the wonderful ongoing support from the Ottawa West Community Support (OWCS) office team, the Aging In Place (AIP) and Active At Home (AAH) teams continue to work with community partners serving seniors in need.

The AIP team works hard to respond to requests from the seniors and to connect them with resources to best meet their needs. The AIP Home support team is making a difference daily to ensure vulnerable seniors have a clean place to call home. The OWCS Adult Day program's Zoom sessions and Family Physio's chair exercises on Zoom are keeping clients active at home. Many in person activities such as popular painting events and chair exercises have brought seniors out to have a great time with their neighbors and friends. The AIP team just celebrated Valentine's Day with the seniors. There were lots of smiles and love.



I am happy to note that, the Ottawa Public Health outreach team, will not only continue to provide ongoing outreach to the seniors at the AIP Foot Care clinics, but also plans to start up quarterly in-person education sessions. For 2023, the four topics are Medication management and medicine disposal, Healthy living (depression prevention and nutrition), Fall prevention, and Covid vaccine education.

AAH offers ongoing yoga classes, information on community resources, and Foot Care clinics. Partnering with MASC, Megan has brought in a variety of wonderful programs such as drumming, music concerts, and precision workshops for our AAH clients. Clients have really enjoyed the variety in programming.

As we wrap up the fiscal year, the AIP team is busy updating client lists and doing follow ups. OWCS Wellington office is helping to pack up Easter chocolates for the AIP team to distribute at our spring events. Happy spring!

Ze Ling, AIP Team Lead

## Here we grow again!

Our Aging in Place program is expanding April 1, 2023.

OWCS will build on the success of the existing Aging in Place (AIP) program, through an expansion into eight new seniors' only locations. The new locations are:

181 Bruyere St.  
721 Chapel Cr.  
300 Lacasse Ave.  
1909 Russell Rd.

263 Viewmount Dr.  
205 Gladstone Ave.  
1650 Walkley Rd.  
280 Monfort St.



Collectively, this program expansion will enable access to critical and essential services including system navigation, homemaking, foot care, transportation and emergency frozen meals. We are delighted to be able to serve an additional 1,000 seniors through this expansion.

## UPDATE FROM THE DAY PROGRAM

Greetings from the ever active Day Program. We have been really enjoying having more people in our program each day. We've kept up with our daily activities and we've recently included some impromptu belly dancing lessons. We all enjoyed getting into the spirit of things with our jingly skirts.



We've had regular visits from our musicians George, Paul, Nick, Fred and June, and once or twice a month we have our drum circle with William. Volunteers Andy and Alex have both joined us too to do talks about Rocks and Minerals and sharing pictures from trips taken around the world. Despite it being March already, Frosty is still around

and is making visits to our program. We hope that spring is just around the corner and that we'll be seeing flowers in our gardens soon.

*Susie, Allan and the gang.*



## Useful Household Tips

- Onion peeling without crying – Peel onions under water to avoid crying. Another option is to refrigerate onions before cutting.
- Keep celery fresh for longer time – Celery wrapped in aluminium foil before refrigerating will remain fresh for weeks.
- Stop potatoes from rotting – Potatoes rot quickly if stored near onions. To prevent potatoes from budding, place an apple in the bag with the potatoes.
- Better way to clean vegetables and make them germ free - add some salt or vinegar drops while washing them.
- Clean your grater – Try grating a raw potato after the cheese. The potato clears the gummy cheese out of the holes.
- Better way to wash dishes – Adding a tablespoon of baking soda to your soapy water softens your hands while cutting through grease.

***Nothing inspires cleanliness more than an unexpected guest!***

***R. Mundra***



# You put the U in Thank you!

Thank you to the **Wellington West Business Improvement Area (BIA)** for your support of OWCS during the holiday season. The BIA encouraged stores and shoppers to donate to OWCS and support our Christmas gift baskets and warmest wishes packages. Thank you to the staff and volunteers who set up at the Parkdale night market and Candy Cane day in Wellington West!



Thank you to **Family Harmonies** for performing two Christmas concerts for the OWCS Day Program. Family Harmonies bring together individuals with developmental delays to perform group activities. One of their most popular activities is the singing group.



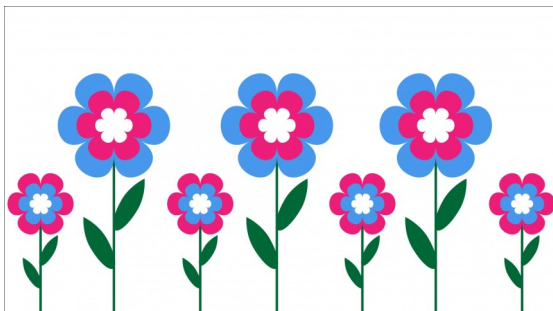
Thank you to the **Statistics Canada Choir** for hosting the **Joy and Peace on Earth concert** with proceeds going to OWCS. The concert was a huge success! Special thank you to the volunteers who made this a special event.

Thank you to **Herb and Spice, Wellington Street** for your donation of items to our gift baskets.

Thank you to **Amica at Westboro Retirement Home** and **Wellington West Retirement Community** for your donations of gift baskets this past December. Clients were delighted to receive such a special gift!

Thank you to **La Sensa Musicale** who invited OWCS to be part of their **Say it with Song Singing Valentines Program**. This year in memory of one of their founders, they offered the program for free. With clients' permission, OWCS provided names of those who would enjoy a phone call and a song!

*Life is a beautiful flower field,  
watered by the rainy seasons*



Raccoon Family in Hintonburg, Photo by Mark J



## NEWS FROM THE TRANSPORTATION PROGRAM

I'm happy to say that our transportation program has been busy! Throughout December we distributed a number of gift baskets to clients once again, thanks in large part to the generosity of Amica. Moreover, as an added bit of cheer, OWCS was selected by the Wellington BIA as their designated charity for Christmas donations. Not only did this allow us to help more clients, it also gave us the opportunity to participate in festive community events.

As spring approaches, we are looking into options for resuming our shopping service. If you or your family member is in our area and are interested in participating, please call Valerie at 613-728-6016 x234.

### Try This!

How smart is your right foot?

1. While sitting in a chair, lift your right foot off the floor and make clockwise circles.
2. Now, doing this, draw the number '6' in the air with your right hand. Your foot will change direction.

We told you so! We know it is silly, but before the day is done, we're sure you'll try it again!

Easter is the time to  
rejoice and be thankful  
for the gift of life, love  
and joy.



### Yard Work & Spring Clean Up

OWCS continues to offer help with grass cutting, spring clean ups (including raking) and minor repairs. For more information please contact the Program Coordinator Mark at 613-728-6016 ext. 275 or email [Mark@owcs.ca](mailto:Mark@owcs.ca)

***Please note: This program is available within the following service area: Preston Street (East), Woodroffe Avenue (West), Baseline Rd (South), Ottawa River (North).***

# Linda's Vanilla Cupcakes

3/4 cup cake flour  
1/4 tsp baking powder  
1/8 tsp baking soda  
1/8 tsp salt  
1/4 cup sugar  
1 large egg  
3 tbsp. butter, melted & cooled  
1/4 cup buttermilk  
1/2 tsp vanilla extract  
1 cup frosting

*Makes 4  
cupcakes!*



Preheat oven to 325 degrees ( F. ). Line 4 muffin tins with paper liners.

Whisk flour, baking powder, baking soda and salt together in a bowl. In another bowl, whisk sugar, egg, and melted butter together until smooth. Whisk in buttermilk and vanilla until thoroughly combined. Add flour mixture to egg mixture in 2 additions, whisking gently after each addition. Whisk until lumps are gone. Do not over mix.

Using dry measuring cup ( 1/4 cup size) or ice cream scoop, divide batter among prepared muffin cups. Bake until golden brown or toothpick inserted in centre comes out clean, 18 to 22 minutes, rotating pan halfway through baking.

Let cupcakes cool in muffin pan on wire rack 10 minutes. Remove them to rack and let cool completely. Frost with your favourite icing. Decorate as desired.

## Office Updates

- Welcome to the new Personal/Home Support workers who have joined the OWCS team this winter!
- In January, OWCS said goodbye to Senior Manager, In Home Services Juliette, and Team Lead, In Home Services Samantha. We wish them all the best in their future endeavors!
- Welcome to new Assisted Living Services (ALS), RPN Su'ad and Intake Coordinator Sheena.
- Welcome to new Assisted Living Services (ALS)/ and High Intensity Services at Home (HISH) Coordinator Yasmeera.
- Welcome to Co-op students Elizabeth and Amani.
- Thank you to our Wellington staff who were always up for a snow challenge this season!



**April 7th  
Good Friday**

**April 9th  
Easter Sunday**

**April 16th  
Orthodox Easter**

**April 22nd  
Earth Day  
Eid al fitr**

**May 14th  
Mother's Day**

**May 22nd  
Victoria Day**



## Contact Us

Give us a call for more information about our services.

### Ottawa West Community Support

1137 Wellington Street W  
Ottawa, Ontario

K1Y 2Y8

613-728-6016

[Info@owcs.ca](mailto:Info@owcs.ca)



@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*

**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.**