

OTTAWA WEST
COMMUNITY SUPPORT

December 2010

The angel of the Lord appeared to them and the glory of the Lord shone around them, and they were filled with fear. And the angel said to them, "Be not afraid; for behold, I bring you good news of great joy which will come to all the people. For to you is born this day in the city of David a savior who is Christ the Lord. And this will be a sign for you: you will find a babe wrapped in swaddling cloths and lying in a manger."

Luke 2:9-12



*Wishing You a Blessed Merry Christmas
and a Very Happy New Year*

OWCS Featured Program

- OWCS Adult Day Program -

OWCS operates day programs for Frail Elderly and those with Alzheimer or Related Dementias. Programs run Monday to Thursday, weekly, at a cost of \$15/day, including a hot, nutritious lunch.



Activities include:

Group Discussions Wellness Information & Mental Aerobics Outings
Chair Exercises Musical Entertainment Guest Speakers
Games Sing Alongs Crafts & Gardening
Special Events



Transportation to our centre is available.

For more information please contact Allan or Renee @

613-728-6016

Health and Safety Corner

Attention Clients!

A friendly reminder if you receive in-home services:

- Workers coming to your home need to be able to access your home safely.
- We ask you to keep your driveway and the path to the door, clear of ice and snow.
- Please remember that many workers will be driving to your home and that street parking is not always possible, especially in the winter when street parking is restricted. If you happen to be snowed in and are expecting a worker, we ask that you call the OWCS office to inform us. Services may have to be delayed until a safe path to your home has been cleared.



We thank you for your cooperation.

**Safety
First!**

Attention Workers!

Winter Driving

Stay alert, slow down, and stay in control—the three key elements of safe winter driving.

- Drive according to highway and weather conditions.
- Keep a safe distance between you and the vehicle in front of you to avoid situations where you may have to brake suddenly on a slippery surface.
- Turn on your vehicle's full lighting system in poor visibility.
- **Two-second rule:** Pick a marker on the road ahead, such as a road sign or telephone pole. When the rear of the vehicle ahead passes the marker, count "one thousand and one, one thousand and two". When the front of your vehicle reaches the marker, stop counting. If you reach the marker before you count "one thousand and two", you are following too closely. In poor weather conditions, double the two-second rule.

www.mto.gov.on.ca



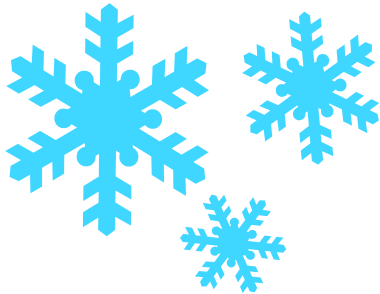
We are pleased to announce the arrival of **Clara**, daughter of Amy and Erik.

Congratulations from all your friends at OWCS. Amy is presently on maternity leave and we welcome Sharon in her place.



Thank You to Grant's Garage!

A big thank you to our kitty corner neighbours for volunteering to assist us with snow removal in the coming winter. Many thanks!



Summer of Pennies Update

Pennies have continued to roll in over the fall, bringing our Christmas tally up to a grand total of **\$1823.91**. Many thanks to everyone who participated in making this year's drive a great success. Special thanks to all the penny rollers!



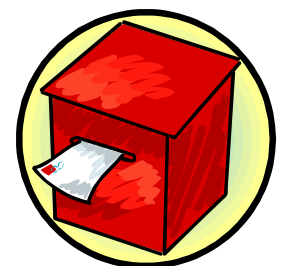
Fundraising Corner...

OWCS is a non-profit, charitable organization, run by a small staff and many dedicated volunteers. We rely on private donations from individuals to keep our services up and running and affordable to those in need.

Over 35% of our funding must come through fundraising, donations and fees. Your donations are put directly into client services.

Once a year we mention this need for support, and ask for your consideration and support. Please take the time to fill out the donation slip inserted in this newsletter and mail it back to our centre.

Thank you for your continued support of OWCS!



Newsletter News

Four times a year OWCS takes on the mammoth task of sending out newsletters to approximately 2000 clients and 200 volunteers and workers. Without the help of dedicated volunteers this would never be possible.

For many years, OWCS was extremely fortunate to have Barb and the late Neil Robertson assist with the printing and folding of over 8000 newsletters a year. Thank you very much for all your hard work over the years.

Every issue of our newsletter is translated into French and for many years Lucille Fuochi has dedicated many hours to this task. Thank you for your time, and enjoy your retirement! We now welcome Sirpa & Pierre Dionne to our team who have volunteered to take over the work of translation.

Finally, for every newsletter sent out, an envelope is stuffed, stamped and sealed. For many years Volunteer Ethel Charles dedicated countless hours to this task and we thank her tremendously. Best of luck in Perth!

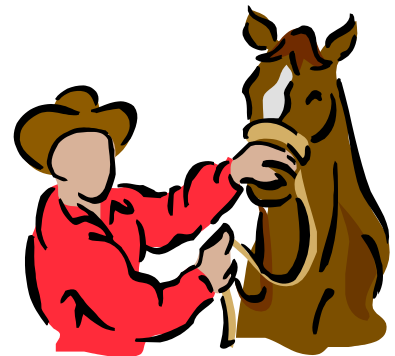
***Attention Volunteers/Workers:** T-Shirts and Caps with the OWCS logo are still available! Cost is \$10 for a shirt, \$5 for a cap. Suit up before we run out! For more information contact Sharon at the OWCS office.*

Take a break! For the answers turn to the last page

Match the Western Star with his/her horse:

- ___ 1. Roy Rogers
- ___ 2. Gene Autry
- ___ 3. Dale Evans
- ___ 4. Rex Allen
- ___ 5. Cisco Kid
- ___ 6. Hopalong Cassidy
- ___ 7. Lone Ranger
- ___ 8. Tonto

- A. Cocoa
- B. Topper
- C. Buttermilk
- D. Diablo
- E. Champion
- F. Trigger
- G. Scout
- H. Silver



Do you or someone you know need some extra assistance, either at home, in a retirement residence, in hospital, or a long-term care facility?

Did you know?...

OWCS has a **Respite and Personal Care Program.**

WE can help you. From light housework, to grocery shopping, to meal assistance to companionship and personal care, our qualified staff can help support you or your loved one with all your daily needs.



Our service is available **24 hours a day, 365 days a year**, at a reasonable cost of \$14.50/hour (with a minimum two hour charge.)

For more information, or to arrange a Home Support Worker, please contact Diane Chávez at 613-728-6016.

Just for Jokes

Why did Santa visit his doctor before Christmas?

Because he always gets a flue shot before he slides down chimneys.

What does a deep sea fisherman send to his friends in December?

Christmas Cods.

'What is the definition of a true gentleman?

...A man who knows how to play the banjo, but doesn't!

'The best way to keep people from reading between the lines is to wear a lot of makeup!'

Christmas Gift Suggestions:

To your enemy, forgiveness.

To an opponent, tolerance.

To a friend, your heart.

To every child, a good example.



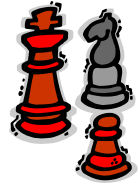
'Why don't lobsters share? They're shellfish.'

Games, Games, Games, Games...

Do you play bridge and/or Chess? Would you like an opportunity to play your favourite games and share your fun with others?



Come share your skills! OWCS is looking for Volunteers to play bridge and/or chess once or twice a month on Thursday afternoons. Contact Allan Cormier at 613-728-6016.



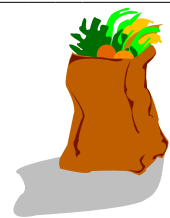
Holiday Office Schedule

Thursday, December 23	Regular Office Hours
Friday, December 24	Office Closes at 12 noon
Mon. December 27 & Tues, December 28	Office Closed
Wednesday, December 29	Regular Office Hours
Thursday, December 30	Regular Office Hours
Friday, December 31	Office Closes at 12 noon
Monday, January 3	Office Closed
Tuesday, January 4	Regular Office Hours Resume



Need Help Getting Your Groceries?

The OWCS Grocery Shopping Service can help make your grocery shopping easier and fun! Sign up to be placed on a bi-weekly shopping bus. We will pick you up, bring you to Carlingwood Loblaws, assist you while shop-



ping, load your groceries and help you unload when you reach your home. Shopping trips run Tuesdays and Wednesdays, alternate weeks, at a cost of \$5 per trip. For more information or to sign up, call Carroll Rees at 613-728-6016.





A Warm Witty Short Christmas Story



It was the day after Christmas at St Peter and St Paul's church in Borden, Kent, England. Father John, the vicar, was looking at the nativity scene outside when he noticed the baby Jesus was missing from the figures.

Immediately, Father John's thoughts turned to calling in the local policeman but as he was about to do so, he saw little Nathan with a red wagon, and in the wagon was the figure of the little infant, Jesus.

Father John approached Nathan and asked him, 'Well, Nathan, where did you get the little infant?'

Nathan looked up, smiled and replied, 'I took him from the church.'

'And why did you take him?'

With a sheepish grin, Nathan said, 'Well, Father John, about a week before Christmas I prayed to Lord Jesus. I told him if he would bring me a red wagon for Christmas, I would give him a ride around the block in it.'



Christmas Raffle!

Don't forget to pick up your tickets!

\$1 each or 3 for \$2.

Tickets can be purchased at the OWCS office or call Allan for more information (613-728-6016)



Extra Shopping Buses

Jan 20th: T&T Asian Supermarket

Feb 17th: New Walmart

Mar 17th: South Keys

Social Sundays

Jan 16th: Young String Performers

Foundation Concert

Feb 12th: Winterlude Drive

Mar 20th: Palisades High Tea

*Cost for each trip is \$5.00. For more information or to register please **contact Sharon at 613-728-6016. Space is Limited.***

Hot Spiced Cider

- 1/4 cup packed brown sugar
- 1/2 tsp. whole allspice
- 1 tsp. whole cloves
- 1 cinnamon stick
- 1/4 tsp. salt
- 1 pinch ground nutmeg
- 1 large orange, quartered with peel
- 2 quarts apple cider

Place filter in a coffee basket, and fill with brown sugar, allspice, cloves, cinnamon stick, salt, nutmeg and orange wedges. Pour apple cider into the coffee pot where the water usually goes. Brew and serve hot!



Take a Break! Answers

1. Roy Rogers - F: Trigger
2. Gene Autry - E: Champion
3. Dale Evans - C: Buttermilk
4. Rex Allen - A: Cocoa
5. Cisco Kid - D: Diablo
6. Hopalong Cassidy - B: Topper
7. Lone Ranger - H: Silver
8. Tonto - G: Scout



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