

OTTAWA WEST  
COMMUNITY SUPPORT

June 2011

*Grandfathers are fathers who are grand,  
Restoring the sense that our most precious things  
Are those that do not change much over time.*

*No love of childhood is more sublime,*

*Demanding little, giving on demand,*

*Far more inclined than most to grant the wings*

*Allowing us to reach enchanted lands.*

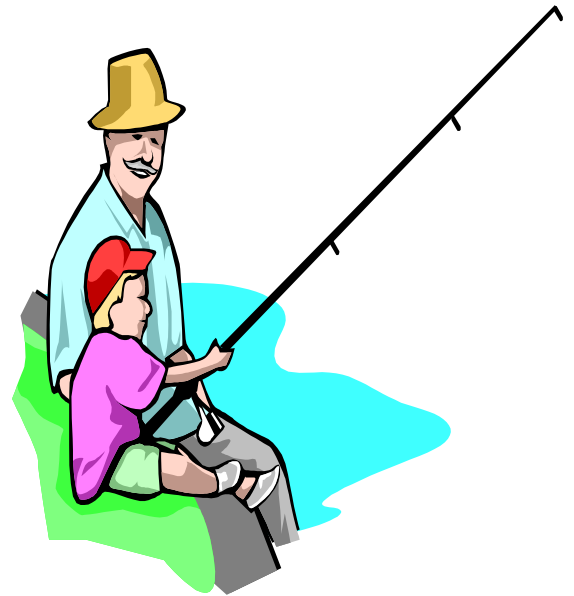
*Though grandfathers must serve as second fathers,*

*Helping out with young and restless hearts,*

*Each has all the patience wisdom brings,*

*Remembering our passions more than others,*

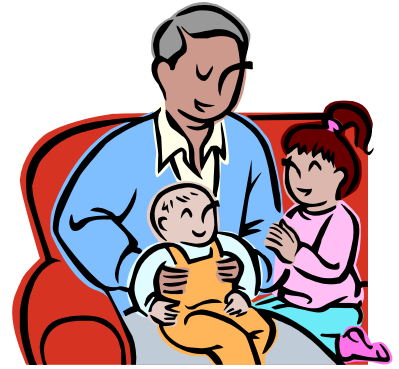
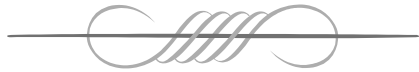
*Soothing us with old and well-honed arts.*



OWCS Wishes you a safe and happy  
Summer Season.

## For All of Our Fathers...

'It isn't easy being the parent of a six year-old these days. However, it's a small price to pay to have someone around the house who understands computers!'



**A very happy Father's day to all our Fathers and Grandfathers.**

## Summer Laughs...

'Scientists have discovered that the greenhouse effect has been radically worsened due to all the politicians blowing nothing but hot air into the environment.'

## Health and Safety Corner



Summer is the perfect time for spending time outdoors, enjoying the warmth and sun. But remember to keep in mind a few summer safety tips...

1. In the heat, **stay hydrated**. Drink plenty of water. Bring along a small bottle if you are heading out for a long walk.
2. Take your sunshine in **moderation**. Choose shady spots if you are becoming overheated. Wear enough sunscreen to protect your skin, and choose to wear a hat to shelter your head and face.
3. Watch the **heat**. Make wise choices. If possible, avoid vigorous activities in the hottest

parts of the day. Dress in loose, light clothing that protects your skin without being too heavy. If you must be out during the midday hours, walk in the shade and take regular breaks to rest and re-hydrate.

4. Avoid **sunburn!** From sunscreen, to head coverings, to clothing, to choosing the shade, do what you can to avoid this uncomfortable and potentially dangerous condition. In addition to simple discomfort, sunburn can contribute to serious de-hydration and even sun-stroke.

Be careful and keep your times in the sun fun! **Have a great summer!**

## SUMMER HOURS

The OWCS summer schedule will be in effect from July 1st to September 2nd. During that time, the office will be open Monday to Thursday, from 8:30 a.m. to 4:00 p.m. and Fridays from 8:30 a.m. until 12 noon. On Friday afternoons, because of the holiday schedule, the office itself will not be open but phones will be answered and requests for service taken. Fewer staff will be in the office so your patience is requested.

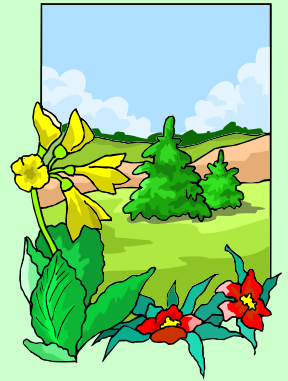


The office will be closed on July 1<sup>st</sup>, for Canada Day, on August 1st, for the Civic Holiday and on September 5th for Labour Day.

## Summer Country

### Outings...

Come out this July and August to enjoy a country drive, a lunch out and a chance to visit some of Ottawa's many beautiful nearby towns and villages. Outings will be running every second Friday during the summer. Cost is \$5 plus the cost of lunch, which will vary according to location.



**July 15th: Merrickville**

**July 29th: Perth**

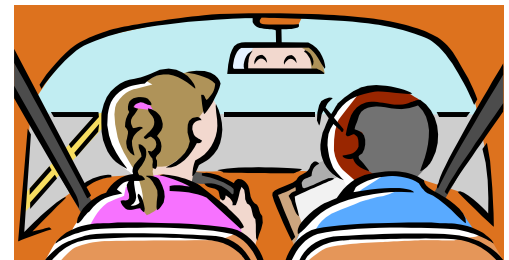
**August 12th: Burnstown & Neat Café**

**August 26th: Arnprior & Antrim Truck Stop**

For more information or to sign up, call Sharon (728-6016.) Space is limited.

## **We need volunteer drivers!**

- Do you have use of a car during the day on weekdays?
- Do you want to volunteer your time to help seniors in your neighbourhood?
- Do you want to become a volunteer driver?



OWCS is always looking for drivers to volunteer their time and vehicle to drive local seniors to medical appointments. Many, many seniors in our area rely on this service to get to their appointments in a safe, friendly and cost-efficient way. We need you!

### ***How does it work?***

When a local senior is in need of a drive to a medical appointment, he or she calls our office to book a driver. OWCS then contacts our list of available drivers to make an appropriate match.

Mileage and gas costs are covered by OWCS.

You can make a difference! For more information, call Carroll Rees @ 613-728-6016.

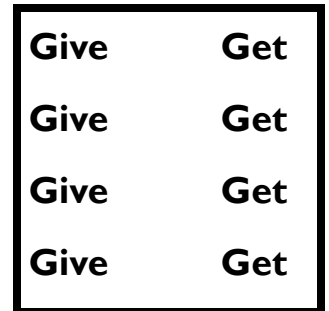
# Take a break! *For the answers turn to the last page*

Match the radio stars to the show or character...

- |                               |                                  |
|-------------------------------|----------------------------------|
| ___ 1. 'Perfect Fool'         | A. Arthur Lake & Penny Singleton |
| ___ 2. "The Fleischman Hour"  | B. Jim & Marian Jordan           |
| ___ 3. "Town Hall Tonight"    | C. Ed Gardner                    |
| ___ 4. "Baby Snooks"          | D. Rudy Vallee                   |
| ___ 5. "Fibber McGee & Molly" | E. Roy Accuff & Bill Monroe      |
| ___ 6. "The Aldrich Family"   | F. Chet Lauck & Norris Goff      |
| ___ 7. "Grand Ole Opry"       | G. Fred Allen                    |
| ___ 8. "Duffy's Tavern"       | H. Ezra Stone                    |
| ___ 9. "Life with Luigi"      | I. Ed Wynn                       |
| ___ 10. "Alka Seltzer Time"   | J. Fanny Brice                   |
| ___ 11. "Quiz Kids"           | K. Herb Shriner                  |
| ___ 12. "Let's Pretend"       | L. Nila Mack                     |
| ___ 13. "Lum and Abner"       | M. Jan Murray                    |
| ___ 14. "Songs for Sale"      | N. Clifton Fadiman               |
| ___ 15. "Blondie and Dagwood" | O. J. Carrol Naish               |



What common word or phrase is depicted below?



**'Shake any family tree and you're bound to get a few nuts!'**



## OWCS Featured Program

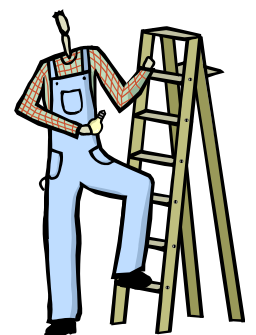
### Home Maintenance and Odd Jobs

OWCS can connect you with a worker to do Home Maintenance and other Odd Jobs around your house.

Stripping/waxing floors; washing walls, ceilings, cupboards; Clearing basements, garages, porches; window washing, outdoor or interior; removing storm windows; eavestrough cleaning, and more. Cost for these home maintenance jobs is \$15/hour, one hour minimum, with half hour increments after the first hour.

For carpentry, painting, minor home repairs, or whatever you need in the way of odd jobs, OWCS will send out a worker to do an estimate for your particular job.

For more information, please contact Sandy @ 613-728-6016.





# Celebrations at Ottawa West



## **OWCS ANNUAL BARBECUE**

The OWCS annual BBQ will take place in the park, behind the OWCS office. Our volunteers work hard to prepare the area to welcome many participants. We hope you will join us.

Where: 1137 Wellington Street

When: Friday, June 24, 2011  
12 noon to 2 p.m.

Cost: \$7.00 per person

RSVP: by June 19, 2011

There will be a bake and plant sale at the front of the building.

Donations of home baked goods for the sale are gratefully accepted. If need be, pick-up of donated goods can be arranged.

We will also be selling raffle tickets. Items to be won will be on display at the OWCS reception area.

Funds raised through the day's activities are put back into OWCS programs. Your support is appreciated.

To make a donation or for more information,

please contact Carroll at  
613-728-6016.



Thank you again to all of our wonderful volunteers who came out to be celebrated at our annual ***Volunteer Appreciation Luncheon***, this past April 14th. We had well over 100 of our valued staff and volunteers out for this great event. With music, good food and the pleasant environment of Algonquin College's Restaurant Internationale, it was overall a great success. Many thanks to all of our volunteers who make so many of our services and programs possible with their generosity and hard work.

**- OWCS Staff**



'He was so old that when he went to school they didn't have history!'

## *Just For Laughs...*

A famous singer was doing a benefit for a senior citizen's home. He went up to a group of ladies and sat down with them. 'Do you know who I am?' the celebrity asked. 'No,' said one of the ladies, 'but if you go to the front desk, they'll tell you who you are.'



Two men sitting in a kayak were chilly. When they lit a fire in the craft, it sank—proving once and for all that you can't have your kayak and heat it too.'

## **The 7th Annual Summer of Pennies!**

*Summer of 2011 (June 21 – September 21)*

Our goal is to raise **150,000 pennies**. We will gratefully accept any type of coinage!

*Last year OWCS collected a total of \$1966.91 in our Summer Penny Drive*

### **Look for our penny jars...**

At OWCS (1137 Wellington Street)

On the OWCS Shopping Bus

At the OWCS Annual BBQ on June 24th, 2011

At local churches and businesses in Ottawa's West End

At OWCS outings throughout the summer



**If you are unable to drop off your pennies at any of the above locations, pick-up at your home can be arranged by calling our office.**

**Help Spread the Word...** If you know of any business, churches, apartment buildings etc., that may be willing to participate by placing a penny jar in their establishment, please let us know!

Call OWCS at 613-728-6016.

**Every Penny Counts!**

## Our Service Area...

Seniors and Adults with Physical Disabilities living within the area bordered by Preston Street to the East, Woodroffe Avenue to the West, Baseline Road to the South and the Ottawa River to the North are eligible for all OWCS services.

*The following services are available outside our traditional catchment area.*

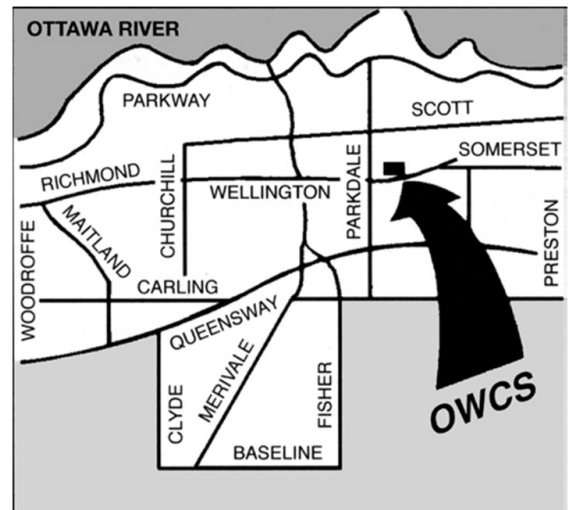
### **Respite & Homemaking Program:**

Service area extends in the East to Bank Street and Bayshore Drive in the West

**Adult Day Program:** Service area extends to **all of Ottawa**

**Foot Care Program:** Service area extends to **all of Ottawa**

**For more information please call the office (613-728-6016)**



### **Upcoming Events at OWCS**

June 14th: OWCS Annual General Meeting

June 24th: OWCS Annual Barbeque

### **Extra Shopping Buses**

June 16th: Bayshore

July 21st: College Square

August 18th: Place D'Orleans

Sept 15th: Baseline Walmart

### **Social Sundays**

June 19th: Wakefield Drive

July 10th: Pakenham Drive

August 14th: Antrim Flea Market

Sept 18th: Aviation Museum

*Costs vary for each trip with a base rate of \$5 for transportation.. For more information or to register please **contact Sharon at 613-728-6016. Space is Limited.***



## Watermelon Summer Salad

### Ingredients:

- 3/4 cup halved, thinly sliced red onion
- 1 tablespoon fresh lime juice
- 1 1/2 quarts seeded, cubed watermelon
- 3/4 cup crumbled feta cheese
- 1/2 cup pitted black olive halves
- 1 cup chopped fresh mint
- 2 tablespoons olive oil

### Directions:

1. Place the onion slices in a small bowl with the lime juice. The acid of the lime will mellow the flavour of the raw onion. Let stand for 10 minutes.
2. In a large bowl, combine the watermelon cubes, feta cheese, black olives, and onions with the lime juice and mint. Drizzle olive oil over it all, and toss to blend. Dig in and be prepared for a pleasant surprise!

*Nothing says summer like a light and delicious summer salad!*

### Take a Break! Answers

- |      |       |       |
|------|-------|-------|
| 1. I | 7. E  | 13. F |
| 2. D | 8. C  | 14. M |
| 3. G | 9. O  | 15. A |
| 4. J | 10. K |       |
| 5. B | 11. N |       |
| 6. H | 12. L |       |

**The common phrase depicted is:**

**“Four-give and Four-get”**

### An OWCS moment...



Theresa Vick and Ella Sowa enjoy a celebratory dance at the Friday Luncheon's Royal Wedding Celebration, April 29th, 2011.



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