

OTTAWA WEST
COMMUNITY SUPPORT

June 2010

When we are with you, we always have fun,
You make us feel we're your special ones!
We can tell by the kindness in your smiles,
You recall how things look through the eyes of a child.

If we really need a hug or two,
we know that we can depend on you.
Giving hugs is what grandparents do best,
And you do it better than all the rest!

Here is a secret, and it is true-
Grandma & Grandpa, our hearts
belong to you!

*Wishing you a happy and
healthy summer!*



OWCS Featured Program

Home Maintenance and Odd Jobs

OWCS can link you with a worker for Home Maintenance and Odd Jobs

Home Maintenance

Stripping/waxing floors, washing walls, ceilings, cupboards. Clearing basements, garages, porches. Air conditioner installation. Removing storm windows, eavestrough cleaning. Window washing, outdoors or interior . Cost, \$15.00 per hour, 1 hour minimum, with half hour increments after the first hour.

Odd Jobs

Fees will vary depending on the nature of the job (i.e. carpentry, painting, minor home repairs). In these situations OWCS will send out a worker to give an estimate.

To find out more about these programs please call **Sandy** at **613-728-6016**.

Health and Safety Corner

Attention Workers!



Safety Tips for working in hot weather—

- Choose loose fitting clothing, a poly/cotton blend is best.
- Wear a ventilated hat or cap when you're out in the sun.
 - Don't forget to protect your skin with sunscreen.
 - Drink lots of water. Consider a sports drink if you will be out over an hour.
 - Watch your local news and check the air quality and weather.
 - Come inside every half an hour or so to cool down.
 - Work in the early morning or evening to avoid the sun at its strongest times.



OWCS is excited to announce our updated logo! Over the next few months you will start to see the new OWCS logo in the community.



On Thursday, April 22nd, 2010, OWCS hosted our Annual Volunteer Appreciation Luncheon at Algonquin College, Restaurant International. Over 125 volunteers and friends of OWCS attended.

Beautiful harp music and a delicious lunch was enjoyed by all.

A gift donated by an OWCS client was raffled and won by Shopping Bus volunteer Kay Sagadore.



OWCS Annual BBQ

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

Where: 1137 Wellington Street

When: Friday, June 25th, 2010

Cost: \$8.00 per person **RSVP:** June 11th, 2010

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 you are unable to drop off your donated goods, a pick up can be arranged.

Raffle tickets will be on sale. Items to be won will be on display in the OWCS reception area.

Funds raised through the days activities are put back into OWCS programs. Your support is appreciated. To make a donation or for more information, you may contact **Carroll at 613-728-6016**



Take a break!

1. E is the letter that appears most frequently in the English language. What are the three letters which appear most frequently as the final letters of English words?
2. If you put a coin in an empty bottle and then plug the bottle with a cork, how can you remove the coin without taking the cork out first?

(Caution: Breaking the bottle in frustration is not an acceptable solution!)

For the answers turn to the last page

Unscramble the following:

- 3 mmsure
4. misnmwig
5. beki
6. ortewnaelm
7. keprnilrs
8. pposclie
9. ampcgni
10. incicp
11. hto

6th Annual Summer of Pennies

It's that time of year again! **Our goal is 100,000 pennies, 100 days!** This year our penny drive will run from June 1st, to September 8th, 2010.

Look for our penny jars at the following locations:

- ◆ At the OWCS reception desk
- ◆ On the OWCS Vans
- ◆ At the OWCS Annual BBQ on June 25th
- ◆ At local churches and businesses in West End Ottawa
- ◆ At OWCS outings throughout the summer

If you are unable to drop off your pennies at any of the above locations, pick up can be arranged at your home by calling the office. **Please ask for Amy.** Call, 613-728-6016.

Thanks to those who have already starting bringing in your spare change!

After a ship sank in the ocean, three men ended up stranded in a lifeboat. They floated around for days without food or water. One afternoon a bottle floated up to the boat. The men grabbed the bottle and when they pulled the cork out of the bottle a genie appeared.

"I'll grant each of you a single wish," said the genie.

"I wish I was home," said the first man. Then, poof! He disappeared.

"I wish I was home," said the second man. Poof! He disappeared.

The third man looked around.

"Gee, I'm kind of lonely," he said.

"I wish my friends were here with me."



Help spread the word!

If you know of any businesses, churches, apartment buildings etc, that may be willing to participate by placing a penny jar in their establishment, please let us know!



“Give Your Head a Shake”

Sodium Reduction Campaign brought to you by the Champlain Cardiovascular Disease Prevention Network

Using canned peas or beans?

Rinse and drain them first.

Buying Packaged frozen meals?

Read the Nutrition Facts Table and choose the product with the lowest % Daily Value for Sodium .

Using deli meat for sandwiches?

Use meat alternatives such as egg or tuna for filling.

Buying processed cheese slice?

Buy cheddar cheese and slice it yourself.

Buying packaged rice or pasta dishes?

Buy plain rice and pasta and add your own vegetables and herbs for seasoning.

Adding salt when you cook?

Use herbs and spices or garlic instead..

Dadisms!

The early bird gets the worm. Rise and shine!

Don't make me stop this car!

Go ask your mother!

You'll realize the value of money once you start earning.

In MY day....

When I was your age I had to walk to school in 10 feet of snow, up hill both ways!

We're not lost. I'm just not sure where we are.

Eat it! It will grow hair on your chest!

You call that a haircut?

I'm not watching television I'm resting my eyes.

You know you're always gonna be Daddy's Little girl...

I love you, son!

Happy Father's Day
to all the
Father's and Grandfathers!



Did you know?

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 DWCS 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

Summer Hours

The OWCS summer schedule will be in effect from July 2nd, to August 27th, 2010.

The respite on call coordinator will be available by beeper for emergencies as usual, when the office is closed.

The office will be closed on July 1st, for Canada Day, August 2nd, for the Civic Holiday and on September 6th, for Labour Day. Regular Office hours will resume September 7th, 2010.



Extra Shopping Buses

Pick ups start at 10am

Thursday, June 17th, 2010

Farm Boy/Dollar Store

Thursday, July 15th, 2010

Bayshore Mall

Thursday, August 19th, 2010

Bank St. , (Glebe) outdoor Shopping

Thursday, September 16th, 2010

Giant Tiger/Farm Boy/Dollar Store

Social Sundays

Pick ups start at 12 noon

Sunday, June 20th, 2010

Tour of Museum of Nature

Friday*, July 16th, 2010

Tour of Royal Canadian Mint

Friday*, August 20th , 2010

Wakefield, QU

Sunday, September 19th, 2010

Farmers Market, Landsdown Park

*Cost for each trip is \$5.00. For more information or to register please **contact Amy at 613-728-6016. Space is Limited.** * July and August trips will take place on Fridays.*

Fruit Salsa and Cinnamon Chips

- 2 Kiwi's, peeled and diced
- 2 Golden Delicious apples, peeled, cored and diced
- 8 ounces of raspberries
- 1 pound strawberries
- 2 tbsp white sugar
- 1 tbsp brown sugar
- 3 tbsp fruit preserves, any flavour
- 10 (10 inch) flour tortillas
- Butter flavoured cooking spray
- 2 cups cinnamon sugar

1. In a large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
2. Preheat oven to 350 degrees.
3. Coat one side of each flour tortilla with butter flavoured cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
4. Bake in the pre-heated oven for 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cook approximately 15 minutes. Serve with chilled fruit mixture.

Take a Break! Answers

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|---|---------------|-------------|
| 1. E, Y, and S are the most frequent final letters of English Words | 3. summer | 8. popsicle |
| 2. Just push the cork into the bottle and shake the coin out! | 4. swimming | 9. camping |
| | 5. bike | 10. picnic |
| | 6. watermelon | 11. hot |
| | 7. sprinkler | |



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