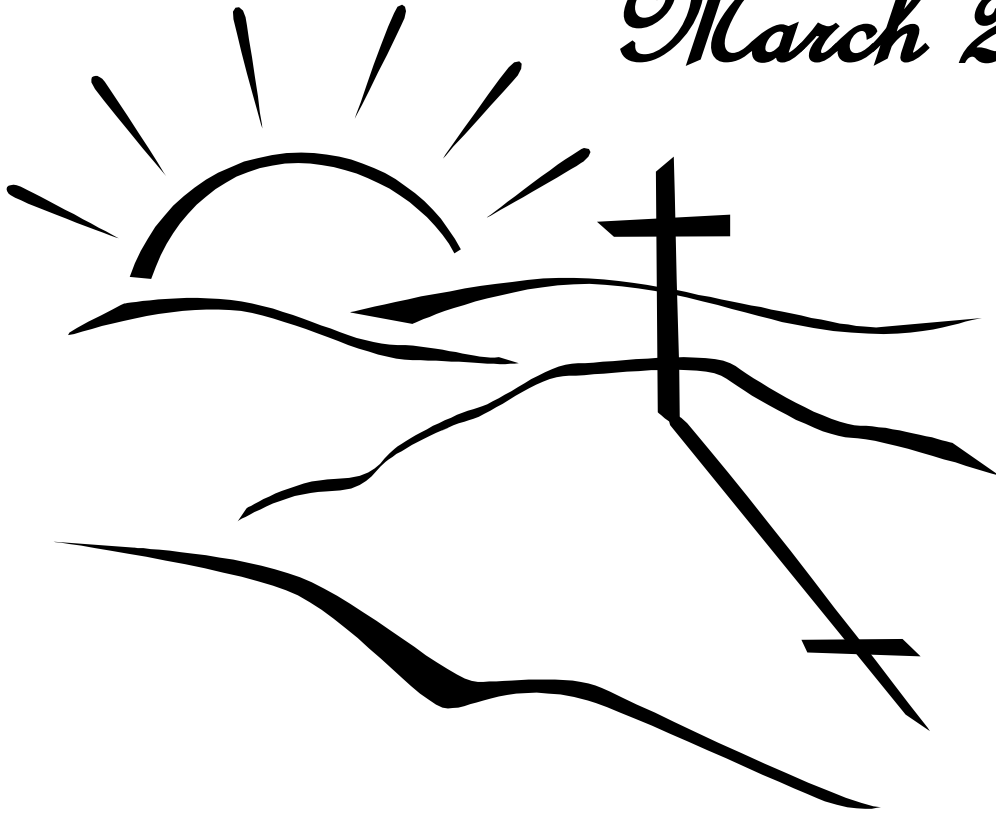


OTTAWA WEST
COMMUNITY SUPPORT

March 2011



'In the tender compassion of our God

The dawn from on high shall break upon us,

To shine on those who dwell in darkness and the shadow of death,

And to guide our feet into the way of peace.'

- Luke 1:78-79

*Wishing you all the blessings and joy of the
Easter Season*

OWCS Featured Program

Spring on some Care for your Feet—OWCS FootCare!

Your foot has over 100 muscles, ligaments and tendons, 26 bones and around 33 joints. Feet allow us to walk, run, balance our weight and generally hold ourselves up. The average pair of feet take 10 000 steps EACH DAY! Feet can even adjust their shape and structure to whatever particular task you are doing. Your feet are important. Is it time to spring for some TLC for your feet?



OWCS offers weekly footcare clinics. Let our qualified footcare nurse care for your feet. Cost is only \$15.00/session, including nail cutting, nail filing, corn care and callous care. Clinics run 8:40 AM to 3:20 PM most Wednesdays and occasional Thursdays. For more information or to sign up for footcare, please contact Sandy Goulet at 613-728-6016.



When Irish Eyes are Smiling...

An Irishman was telling his friend of a narrow escape in the war. "The bullet went in me chest, and came out me back," said Pat.



"But," answered his friend, "it would go through your heart and kill you!"

"Me heart was in me mouth at the time," came the quick reply.

HAPPY ST PATTY'S DAY!



Thank you to Amica Retirement Residence for once again donating their beautiful Christmas Baskets to OWCS. Recipients were delighted with their special gifts.

Senior Citizen

Directory of Resources

The 2011 Edition is now available for purchase through OWCS.

Cost \$5.00



Extra Shopping Trips

For daily necessities, gift shopping, socializing or just plain enjoying some time out on the town, OWCS has the right shopping trip for you.



In addition to our regular bi-weekly grocery shopping buses, OWCS now offers a monthly Monday trip to Carlingwood Mall and a monthly Thursday Shopping Bus to a variety of locations. Recent trips have included South Keys Shopping Centre, Walmart and T&T Asian Supermarket.



Drivers will pick you up at your door and drop you back home after the shopping trip, in addition to helping you carry and transport your purchases.



For more information on our shopping outings, or to suggest a shopping destination, please contact Sharon at 613-728-6016



Come Shopping!

Have you ever wondered...?

What is the origin of the expression 'before you can say Jack Robinson?' There are several explanations, but the most fun is the story of a very volatile gentleman-about-town named Jack Robinson. Robinson would go about calling on his friends, but would then change his mind and leave suddenly before his name could be announced, or *BEFORE THEY COULD SAY 'JACK ROBINSON!'*

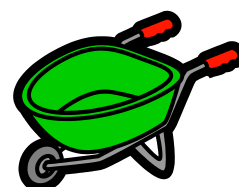
Health and Safety Corner



Yard work safety...

The season is arriving to pull out those lawn mowers, shake the dust off your garden tools and dig out your flower beds. But before you get to work, take a moment to think about a little yard safety!

1. **Dress for the job.** Temperatures change quickly and unpredictably this time of year. Dress wisely in layers you can remove for heat, or add for warmth. Avoid loose clothing or jewellery that could get caught in machinery or tools, and be sure your footwear is non-slip and sturdy.
2. **Check your lawn** for large rocks, glass, metal or any other kind of clutter before using your mower or other machines. This protects your equipment from damage and yourself and others from flying debris.
3. Always **unplug all machinery** before doing any standard maintenance.
4. **Ensure all your equipment is safe** for use (clean, oiled, fuelled.)
5. Older people, or people with heart problems or medical conditions should be careful not to over-exert themselves when performing yard-work jobs. Pace yourself and get help where needed.





On Friday, December
17th, 2010, the OWCS
Christmas Raffle winners
were announced.

Congratulations to Anita
and Pearl !



Free Income Tax Service

- Senior Citizens
- Persons with Disabilities
- Person's on restricted income
- By Appointment Only

Call 613-231-6992 to book an appointment.

Sponsored By:

Senior Citizens Council of Ottawa

'You don't really understand human nature unless you know why a child on a merry-go-round will wave at his parents every time around - and why his parents will always wave back.'

~William D. Tammeus



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

Match the events in the left-hand column with the dates in the right-hand column.

"YOU WERE THERE"

(or nearby anyway...)

- | | |
|---|---------|
| 1. Watergate forces Nixon's resignation; all future scandals must now end in - gate | A. 1967 |
| 2. First Super Bowl played; first Super Bowl commercials are aired. | B. 1974 |
| 3. Neil Armstrong land on the moon, but finds no McDonalds or Kentucky Fried Chicken. | C. 1971 |
| 4. Eighteen-year-olds finally get the right to vote, but are otherwise occupied. | D. 1969 |

BRAINTEASER...

The same five-letter word can be placed in front of or behind each of the words below to form four new words.

What is that five letter word?

KEY

WALL

GEM

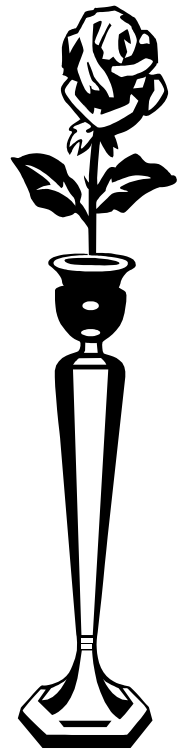
WASHED

The Third Week of April is National Volunteer Week...

OWCS will be hosting a special volunteer luncheon on Thursday, April 14th to celebrate and honour our dedicated team of volunteers.

Volunteers help things run smoothly at OWCS in so many ways. Our Volunteers...

- Sit on the OWCS Board of Directors
- Provide transportation to Medical Appointments
- Assist on the Shopping Buses
- Answer telephones onsite at OWCS
- Help with activities in our Day Program
- Provide musical entertainment
- Roll Pennies from our Annual Drive
- Assist during social outings
- Place reminder calls to clients
- Bake for special events
- Pickup luncheon meals
- Set tables, serving lunches and kitchen clean up
- Greet clients arriving at our centre
- Provide Telephone Assurance Calls
- Provide Friendly Visits
- Fold flyers
- Knit items for sale at our BBQ's
- Fold over 8000 newsletters a year!



'Kindness is the golden chain by which society is held together'

- Johann von Goethe

To all the Volunteers who have worked tirelessly support OWCS this year, a big...

Köszönettel

Bedankt

Merci

תודה

Thank You

Ευχαριστώ

Vielen Dank

Obrigado!

Gracias

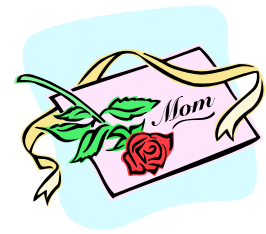
धन्यवाद



Mother's Day Thoughts:

An exasperated mother, whose son was always getting into mischief, finally asked him, 'How do you expect to get into heaven?' The boy thought it over and said, 'Well, I'll just run in and out and in and out and keep slamming the door until St. Peter says, 'For heaven's sake, Jimmy, come in or stay out.'

'Billy, get your little brother's hat out of that mud puddle.'
'I can't, Ma. He's got it strapped too tight under his chin.'



Happy Mother's Day to All Our Lovely Mothers!

OWCS Annual Sugar Bush Trip

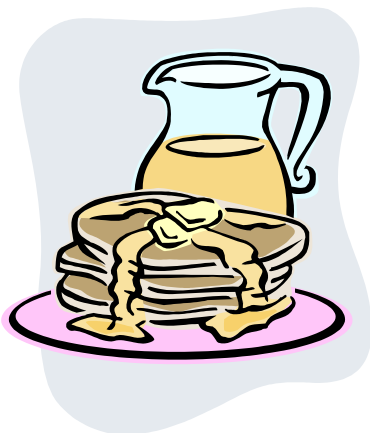
Friday, March 25th

Join us for lunch and entertainment at

Temple's Sugar Camp

Bus departs at 10:30 AM

For more information or to register for the trip, please call Carroll at 613-728-6016.



Bring on the Spring...



- Get your galoshes on and slop through some mud puddles, for fun!
- Open some windows!
- Give your home a spring clean or, better still, get someone else to do it!
- Start wearing your bright spring colours
- Change your boots for shoes (but not TOO soon...)
- Put a flower in your hair (plastic is fine...)
- Sit outside for no reason (waiting for the bus does NOT count.)
- Plan a picnic. Plan a vacation. Plan to move somewhere warmer before next November!
- Give someone you love a big kiss. Or even just someone you know. (probably want to stay away from total strangers. It ain't Christmas after all.)
- Give a teenager a big smile.
- Bring on the SUN!!!!!!



Do you need help getting your yard cleaned up for spring?

It's that time of year again...



- If you need help with grass cutting, spring clean-ups (including raking) and/or minor repairs, please contact program coordinator **Sandy Goulet**.



- Clients who request regular grass cutting service, for the season, will be matched with a worker in mid-March.



Cost for these services is \$12.00 to \$15.00 per hour.



Upcoming Events at OWCS

Sat, March 12th: Banco Buffet Lunch

Thurs, April 14th: Volunteer Brunch

Sun, March 20th: Sunday Afternoon Tea

Sat, April 23rd: Movie and Lunch Saturday

Fri, March 25th: Sugar Bush Outing

Extra Shopping Buses

Apr 21: Lincoln Fields

May 19: Pinecrest Ikea

Jun 16: Bayshore

Social Sundays

Apr 3rd: Centrelaires Concert @ the Aviation Museum

May 15: Tulip Festival Tour & Tea

Jun 19: Wakefield Drive

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

Strawberry Sparkles

You will need...

- 1 pint fresh strawberries
- 1/4 cup colored sugar
- 4 ounces softened cream cheese
- 2 teaspoons confectioners sugar
 - 4 teaspoons milk
- 1/2 teaspoon vanilla extract



Directions...

1. Wash the whole berries and pat them dry with a paper towel. Fill a shallow bowl with colored sugar (you can buy this at the grocery store or mix your own by stirring two drops of food coloring into 1/4 cup of sugar).
2. In a mixing bowl, blend the cream cheese, confectioners sugar, milk, and vanilla extract with a fork until smooth and creamy. Add more milk if needed to achieve the desired consistency.
3. Holding the berries by their stems, your kids can dip them into the cream cheese mixture, roll them in the sugar, and enjoy.



Take a Break! Answers

YOU WERE THERE:...

Brainteaser answer:

- 1 - B
- 2 - A
- 3 - D
- 4 - C

STONE



OWCS online

Have you ever visited our website? Take a visit at www.owcs.ca



Do you want to receive our newsletter via email? Or know someone who does? Send us your email contact information and we will happily send an electronic copy of our quarterly newsletter.

