



OTTAWA WEST
COMMUNITY SUPPORT



September 2010

Most of All

Thanksgiving Day brings to mind
the blessings in our lives
that usually go unnoticed:
a home that surrounds us
with comfort and protection;
delicious food, for pleasure
in both eating and sharing;
clothes to snuggle up in,
books and good entertainment
to expand our minds;
and freedom to worship our God.
Most of all we are thankful
for our family and friends,
those treasured people
who make our lives extra special.
You are part of that cherished group.
On Thanksgiving, (and every day)
we appreciate you.

By Joanna Fuchs

Happy Thanksgiving

OWCS Featured Program

OWCS Sno-Go Program

Clients are matched with workers who will provide service automatically after each snowfall if the accumulation is 2 inches (5cm) or more. Workers will wait until the snow has stopped falling before going out to shovel. The time of service will depend upon the amount of snow that has accumulated. There can be no time guarantee. Workers will attend without advance notice. Workers are assigned a number of clients in a specific area and will shovel out each client according to the worker's schedule. Clients need to make certain the workers have access to shovels, scoops, sand and salt in case you are not home or asleep when the worker arrives.

Occasional service cannot be provided until all regular clients have been shovelled.

Rates for snow removal are \$15.00 per hour for a worker using client's equipment and \$18.00 per hour for a worker provided snow blower. There is a minimum one hour charge for each service. Workers are paid directly by their clients after each service **PLEASE DO NOT MAKE PAYMENT IN ADVANCE. WORKERS DO NOT OFFER CONTRACTS.**

For more information on this program, contact Sandy at 613-728-6016.

Health and Safety Corner

Attention Workers!

Plan your Move!

- Size up the load and make sure your path is clear.
- Do not attempt to lift the load alone, if it is too heavy or awkward. GET HELP!
- Keep the load close to your body.
- Use your thigh and leg muscles, not your back, and lift in one smooth movement.

Lifting!

- Feet should be shoulder width apart, with the load between them.
- Get a good grip on the load.
- Keep your arms and elbows close to your side.
- Bend your knees and hips and keep your back straight.



Your Joint Health and Safety Committee Members are:

Amy Bevilacqua

Diane Chavez

John McGuire

Mandy Fisher

Marlyn McNeely

OWCS has had a baby boom! Day Program Coordinator Samantha and her husband Stephen welcomed a baby girl, Madeleine on July 20th.

Samantha will be on maternity leave for the year and we welcome Renee Timinski in her place.

Aging in Place assistant Ken Prudhomme and his wife Brenda welcomed a baby



boy, Logan on August 2nd . Karen Rehman of our accounting department and her husband Mike, welcomed a baby boy Joseph on August 28th. ***Congratulations to all of you!***

Staff Directory

Extension

Executive Director	Lee McCarthy	224
Home Support Services	Diane Chavez	223
Volunteer Services	Carroll Rees	234
Day Program Services	Allan Cormier	231
	Renee Timinski	228
Client Services/Administration	Amy Bevilacqua	263
Paid Work Programs, Foot Care	Sandra Goulet	225
Bookkeeping	Adrienne Goodwin	230
Aging in Place Project	Anne Bell	236
	Ken Prud'homme	262
Drivers	John McGuire	
	Erik Dionne	
	Allan Cameron	

Plus our team of Community Support Outreach Coordinators, Personal Support Workers, Home Support Workers, Brokered Workers and Amazing Volunteers.



Halloween Party! Friday, October 29th.

Lunch served at 12 noon, followed by music and dancing!

Cost \$8.00. Space is Limited. Call Carroll for more information.

October is Community Support Month!

OWCS, is a member of the Ontario Community Support Association (OCSA), which is the voice of home and community support services across Ontario. Across the province, up to a million people of all ages receive home care and community support services each year.

OCSA has set aside the following days to acknowledge community support services.

Supportive Housing Day *October 1st*

Meals on Wheels Day *October 5th*

Respite Services Day *October 4th*

Congregate Dining Day *October 6th*

Friendly Visiting/TAP Day *October 8th*

Transportation Services Day *October 11th*

Crisis Intervention Day *October 13th*

Home Maintenance Day *October 15th*

Adult Day Program Day *October 18th*

Attendant Services Day *October 26th*

These are important, cost effective services that prevent unnecessary hospitalizations, emergency room admissions and premature institutionalization. For more information, visit www.ocsa.on.ca.

Take a break!

For the answers turn to the last page

- 1) What kind of coat can only be put on when wet?
- 2) What can you catch but not throw?
- 3) What is it that, after you take away the whole, some still remains?
- 4) What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
- 5) What goes around the world but stays in the corner?

Unscramble the Following

6. oyaneiasm
7. ubettr
8. wloafircuei
9. shif
10. iclhi
11. azpiz
12. copopr
13. ishf
14. uqashs

2010 OWCS BBQ

Door Prize Winners

Mona Dube
Carmel Nicholson
Beverly Gaigneur
Lucy Fletcher
Jean Chapman
Theresa Vick
Edie Phillips
Jennifer Reid

Thank you to our Door Prize Donators

Newport Restaurant
Giant Tiger
The Emerald Pastry & Food Shop
Theo's Greek Taverna
Kristy's Family Restaurant
Flowers by Maggie
The Table Vegetarian Restaurant

In June 2010, OWCS sent out Client Satisfaction Surveys to 300 randomly selected clients. Thank you to those who took the time to complete the survey. More than half of the surveys have been returned.



If you still have a completed survey to send in its not too late!

While riding the bus, my mother noticed a young man, who was holding onto the same pole, staring at her. Eventually, he said, "Excuse me, this is my stop."

Since she wasn't blocking his way, she was confused.

"Well," she said, "go ahead."

"And this is my pole," he said.

My mother was completely perplexed until the young man added, "I just bought it at the hardware store to hold up my shower curtain."





Yard Work Update

The cost for FALL CLEAN-UP is \$13.00 using the client's equipment and \$15.00 hourly using the worker's equipment.

There is a minimum one-hour charge. Clients are to provide brown paper recycle bags. Please contact Sandy for service.

Penny update

Another successful penny fundraiser. At the time of this newsletter printing our balance stands at \$1,586.26.

A very special thank you to our clients, volunteers, neighbours, friends,

Supporting Churches and local businesses who collected and donated pennies. As well, we received many pennies from people who did not provide their name. Thank you to all our anonymous donors!

Thank you to Abbas' Grocery Store and the Bridge Club of 2045 Carling Avenue for your special contributions.

Thank you to our drivers who picked up pennies.

Finally, without our dedicated team of volunteers led by Suzanne all these pennies would never have been rolled!



Stress Reducers

1. Taking a hot bath.
2. Allowing 15 extra minutes to get to appointments.
3. Becoming more flexible about what you expect from other people and yourself.
4. Making time for a daily walk.
5. Getting up and stretching.
6. Breathing deeply for several minutes.

Did you Know?

- **OWCS's Respite/Homemaking program is available 24 hours a day, 365 days a year.**
- **Respite/Homemaking can help you stay in your own home by providing help with personal care, meal preparation, light homemaking and sitting services.**
- **Respite/Homemaking is available outside the regular OWCS catchment area as far east as Bank Street and as far west as Bayshore.**
- **Respite/Homemaking can also provide an extra hand if you need help while staying in the hospital or a retirement home.**
- **Program Coordinator, Diane, looks forward to hearing from you!**

Extra Shopping Buses

Pick ups start at 10am

October 21st, 2010

Pinecrest Plaza

IKEA, Michael's Craft Store, Chapters

and more!

November 18th, 2010

Lincoln Fields

December 16th, 2010

Bayshore Mall

Social Sundays

Pick ups start at 12 noon

November 7th, 2010

Canadian Aviation Museum

Concert — Big Band musical tribute to

those who served in the Forces

December 12th, 2010

Driving tour of the Christmas Lights*

*Cost for each trip is \$5.00. For more information or to register please **contact Amy at 613-728-6016. Space is Limited.** * will start at 5pm*

Favourite Butternut Squash Soup

- 2 tablespoons butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot
- 2 medium potatoes, cubed
- 1 medium butternut squash, peeled, seeded and cubed
- 1 (32 oz) container chicken stock
- Salt and freshly ground pepper

Directions:

Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes and squash for 5 minutes or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes or until all vegetables are tender.



Transfer the soup to a blender, and blend until smooth. Return to the pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Take a Break! Answers

- | | | |
|------------------------------|----------------|-------------|
| 1) A coat of paint | 6. mayonnaise | 11. pizza |
| 2) A cold | 7. butter | 12. popcorn |
| 3) The word <i>wholesome</i> | 8. cauliflower | 13. fish |
| 4) A river | 9. fish | 14. squash |
| 5) A stamp | 10. chilli | |



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