

The Olde Forge Bellows

2730 Carling Ave., Ottawa K2B 7J1 (613) 829-9777

ISSUE 40

FALL 2010

PREVENTING FALLS

Did you know that falls are a major health issue for seniors?

- In Ottawa, 1 in 3 adults age 65 and older, fall every year
- In Ontario, every 10 minutes a senior visits an emergency department and every 30 minutes a senior is admitted to hospital because of a fall
- Falls are a factor in nearly half of all nursing home admissions

Did you know that falls **can be prevented?**

Stay active! This will help you to maintain your strength, mobility and balance and give you more confidence. Plus you will enjoy life more.

Bone health is also vital to preventing falls. You can maintain bone health by

- Taking a calcium supplement daily
- Taking a Vitamin D supplement daily
- Eating three balanced meals daily
- Doing weight bearing activities, such as walking

Fall-proof your home by;

- Clearing all walking paths
- Removing loose carpets and throw mats
- Secure electrical cords
- Wiping up spills promptly
- Having light switches at room entrances
- Making sure your stairs are well lit and maintained

In your bathroom;

- Install grab bars in your bathroom
- Use a bath stool
- Use an anti-slip mat in your tub
- Do not use bath oil

Other things you can do to reduce your risk of falls;

- Know your medications and question your doctor about any possible side-effects
- Avoid alcohol
- Wear supportive footwear with non-skid soles
- Avoid rising quickly from your bed or chair
- Use available hand rails, especially on the stairs
- Do not rush or do more than one thing at a time
- Work on balance exercises
- Use a chair when getting dressed
- Avoid using a step stool or ladder

Finally, use an assistive device, if needed, to remain active and safe. An assistive device will help you to maintain your independence by improving your balance, compensating for any loss of strength and making it easier to perform daily living tasks.

Don't take unnecessary chances! If you need help with home maintenance, ask a family member or call the Olde Forge. We will be happy to arrange for someone to help for a small fee.

MARK YOUR CALENDAR!

55 Alive

October 18th and 19th
See page 8

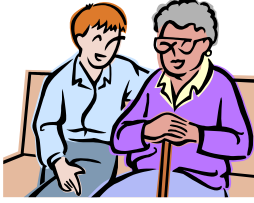
Annual Bazaar

November 27th
See pages 4 and 7

Christmas Closure

Monday, December 27th
to Monday January 3rd inclusive

VOLUNTEER CORNER



MAKE A DIFFERENCE IN YOUR COMMUNITY VOLUNTEER AT THE OLDE FORGE

Volunteering can be a wonderful experience that can add purpose and joy to your life.

There are many reasons to volunteer. Some feel it's a way to say thank you, to expand your social circle, to use or discover your strengths and talents or to gain self-confidence. It's also been conclusively proven that volunteering can improve your health! You will live longer and you will enjoy your life more. The thing about volunteering is that you get as much out of it as you put into it – and often you get a whole lot more. At the same time volunteering helps us build better, stronger, healthier communities.

At The Olde Forge volunteer jobs include: transportation (drives to medical appointments, grocery bus assistant), friendly visiting, telephone assurance, reception (front desk, foot clinic), adult day program, luncheon program, fundraising, income tax clinic and Board of Directors or Committee member. Join our volunteer team today and make a difference in your community. We are currently looking for medical drivers, receptionists, a Day Program volunteer and income tax volunteers (in the new year).

If you or someone you know may be interested, please contact the Volunteer Co-ordinator, Wanda McNea at 613-829-9777 or w.mcnea@oldeforge.ca. You may also drop into the Forge to fill out an application form or download the form from www.oldeforge.ca.

Day Program Volunteer Needed!

The Olde Forge's adult day program runs twice a week at the Ron Kolbus Centre. The program consists of social time, arts and crafts, hot luncheon, light exercise, and interesting presentations and speakers.

A very rewarding opportunity exists for a volunteer who is able to make a long-term commitment for one day per week. The volunteer should enjoy working with seniors, have an interest in doing crafts and have a car. Please contact Monica at 613-829-9777.



Join our Christmas Pudding Team

The Olde Forge has become famous for its Christmas Puddings, sold each year at its Annual Bazaar. This year, we want to double our sales!

We have the secret recipe, but we need volunteers to help us make and wrap the puddings.

We are looking for three volunteers who can each commit about two days of their time in late October or early November.

If you would like to be part of this fun and festive activity please contact Wanda at 613-829-9777



Snow Go Program

Community Workers Clearing Your Snow

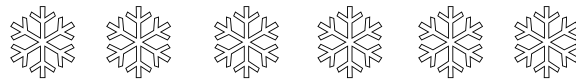
It may be only September but, believe it or not, it's time to start thinking about that white, fluffy, wet stuff that lands on your walkway or driveway and needs to be removed.

Last winter, the Olde Forge linked over 100 registered clients with a community worker or snow removal contractor through our Snow Go Program. The program connects seniors and people with disabilities to a secure, reliable and affordable worker for clearing of their driveways and walkways.

Workers are pre-screened with criminal reference checks and are required to maintain their fee at a pre-set limit.

This year, with financial assistance from the City of Ottawa, our annual program will kick off on Friday October 1st, 2010 and run until April 2011.

For more information please call Carolyn at the Olde Forge, 613-829-9777



Snow Go Assist Subsidy Program

Living on a fixed income and worried that you may not be able to afford snow clearing?

There's no way around it...snow removal must be done, and it can be costly!
We all know how hazardous a snow-blocked walkway or driveway can be.

Rejoice! There are financial resources available to help!

With the support of the City of Ottawa, the Olde Forge Snow Go Assist program offers financial assistance to eligible, low-income seniors and people with disabilities.

Up to 50 percent of your snow and ice removal costs may be covered in the form of a rebate up to a maximum of \$250.00.

If you would like more information about the program, or help in determining if you qualify for this subsidy, please call:

Carolyn at the Olde Forge, 613-829-9777.

Donations Needed



The Olde Forge is seeking donations for its Annual Bazaar to be held November 27, 2010

We are looking for:
Jewelry
Collectibles
Christmas items
Knitting
Baking and preserves
Craft items

Items can be dropped off at the Olde Forge, Monday to Friday 9 a.m. to 4 p.m. until November 19th.

IN MEMORY



Gloria Blaine

A dedicated volunteer at the Olde Forge, Gloria Blaine passed away suddenly on Friday, August 20th, 2010.

Gloria began her commitment to the Forge in April 2006. She worked on Mondays at our day program where her creativity was a welcome addition to the program and resulted in some lovely craft projects. Gloria also worked on reception where she willingly filled in for volunteers not able to take their regular shifts and always helped out there during income tax time. In addition, Gloria helped with our fundraising activities and had a particular passion for the Book Sale. Gloria will be missed very much by the day program participants and all the staff at the Olde Forge.

LUNCHEON PROGRAM

The Olde Forge offers a Luncheon Program for isolated seniors within our community boundaries. Members of the luncheon group get together alternate Wednesdays from 11:30 to 2:30 for conversation, a good meal and a guest speaker presentation or entertainment. The fee of \$10 pays for the cost of the meal, the presentation/entertainment and a ride (if necessary). Members of the luncheon group develop friendships and enjoy informative presentations (e.g. travel slides, Friends of the Farm, Foot Care), dancers (Hula for Health, Scottish Country Dancers) and music.

If you or someone you know would enjoy these regular outings please contact Wanda at 613-829-9777.

THE OLDE FORGE

Is always interested in hearing your opinions or ideas about the supports and services we provide. We especially want to hear from you if you have any concerns.

Please contact the Executive Director, Sue Goddard at 613-829-9777

Need Help at the Holidays?

Do you find it very difficult to afford a holiday meal? The Olde Forge would be happy to make a referral to the **Christmas Exchange** which provides food vouchers or hampers to individuals in need .



For a confidential referral, contact Sue Goddard 613-829-9777

Is Getting Groceries Getting Difficult?

As the weather turns from hot to cold it becomes increasingly difficult to navigate snowy roads and icy sidewalks to a nearby bus stop or grocery store. The Olde Forge has two programs that will help ease your travels.

Grocery Bus Program

Every week the Olde Forge, offers registered clients a shuttle bus to the grocery store from the following apartment buildings:

1025 Grenon Ave.
1195 Richmond Rd.
1275 Richmond Rd.
1285 Richmond Rd.,
2841 Richmond Rd.
2871 Richmond Rd.
265 Poulin Ave.
2625 Regina St.
2651 Regina St



Grocery Van Program

The Olde Forge Community Van picks up registered clients at their homes and brings them to a nearby grocery store for shopping.

For more information or to register call Carolyn 613-829-9777

SPECIAL NEEDS EQUIPMENT EXCHANGE SERVICE (SNEES)



SNEES is a program of The In Community, located at 1150 Morrison Drive, Suite 110.

SNEES recycles items such as wheelchairs, hospital beds, walkers, standing frames, grab bars, bath seats, I.V. poles, etc.



Used equipment in good working order is donated to SNEES. In turn, the equipment is distributed to seniors, adults and children with disabilities, free of charge. A prescription is not required. While there is no expectation that the equipment be returned, often times it is, and then it is recycled once again.

No modifications or refurbishments are made.

For more information on how to acquire or donate an item, please call
The In Community at 613-724-5886

RENTING!

The Redwoods
RETIREMENT RESIDENCE

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INCREDIBLE staff or FABULOUS cuisine
...although we are all of these!**




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it's only about one thing...YOU!**

Call our Lifestyle Coordinator
TODAY to reserve your suite.

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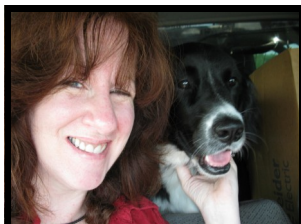
Seniors' Community Calendar

From September 2010 until February 2011, L'Arche Ottawa will distribute a calendar of events for seniors in the west end of Ottawa. The Calendar is designed for seniors who are interested in seeing what's happening in their community or for groups that would like to publicize their seniors' event. The calendar will provide free advertising of events and free distribution to the public.

Watch for the Events Calendar to be posted on the Olde Forge bulletin board.

For more information please contact
Luice Hanak at L'Arche Ottawa
613-228-7136 Ext 30

WELCOME



OUR NEW DRIVERS!

**SUSAN
BERRY**

Susan was born in BC and misses her mountains. She has worked with seniors in home care, driving etc. for 14 years. Susan is married to a fantastic man and is the proud mother of one son. She also has two dogs, as well as a kitten. She is an avid reader and is addicted to computer games and exploring the net.

Susan does our grocery and shopping vans, as well as some medical rides. She has studied taichi and kung fu and wants to let the clients know not to worry, she is strong enough to carry your grocery bags!

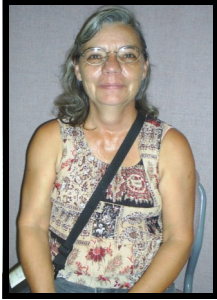


**TED
DEROSIERS**

Ted was born and raised in Noranda, Quebec, moving to Ottawa in 1975.

For thirty-five years, Ted and his wife ran Shell Gas bars, food stores and car washes, retiring in July 2009.

Ted enjoys fishing, hiking and travelling but was looking for something to keep him a little busier in retirement. He now drives for our Wednesday luncheon and is our grocery bus attendant on Thursdays.



Anita Kerr

The Olde Forge has many dedicated workers who provide services to our seniors, some of whom have been with us for many years. None are more dedicated than Anita Kerr, who has been with the Olde Forge for eleven years as a worker in the Home Help Program.

Anita was born in South Porcupine, Ontario, near Timmins but grew up in the U.S.. Before joining the Olde Forge, Anita worked at K-Mart for 5 years and then for 3 years with cleaning companies. It was during this time that she realized that seniors were being over-charged for their cleaning. She decided to take action on this and got involved with us. Since then Anita has hardly ever missed a day's work. She drives her husband into work and picks him up each day, a daily commute of 200 km to where she lives in Spencerville. Anita has four kids and five grandchildren who keep her busy. Her hobbies include gardening and home renovation projects.

The Olde Forge considers itself very fortunate to have such a conscientious and reliable worker and our seniors love her too!

Wrinkles should merely indicate where smiles have been. ~Mark Twain

We need your baking talent!

The bake table at our Annual Bazaar, to be held on November 27th this year, is ***always our most popular attraction***. And lets face it, nobody bakes better than you!

Proceeds from the Bazaar go to support seniors and adults with physical disabilities to continue to live in their own homes.

We need your help to ensure that the tables are well stocked. We're looking for:

- | | | |
|-------------|---------|--------------------|
| pies | cakes | tourtières |
| cookies | squares | breads |
| fruit cakes | jams | preserves |
| pickles | candy | other tasty treats |



Baked goods may be dropped off at the Olde Forge
Thursday, November 25th and Friday November 26th 9 a.m. to 4 p.m.
All donations gratefully accepted!

55 Alive Driving Workshop



October 18, 1:00 p.m – 4:00 p.m
October 19, 9:00 a.m.–12:00 p.m

Course Fee: \$30.00
(instruction & personal 55 Alive Manual)

This course will help you

- ✓ gain more confidence behind the wheel;
- ✓ improve your awareness of traffic hazards;
- ✓ update yourself on traffic laws and new technology;
- ✓ anticipate the actions of other drivers.

**To register, call The Olde Forge at 613-829-9777
(\$30.00 course fee to be paid by October 13th, 2010)**

THANKS TO OUR SUPPORTERS

Amica Westboro
Central Park Lodge
CLV Group
Councillor Alex Cullen
The News EMC
The Redwoods Retirement
Residence
Royal Canadian Legion
Bells Corners Branch #593
Stillwater Creek
Sterling Place
Valley Stream Manor

CONTACT US

The Olde Forge

Community Resource Centre
2730 Carling Ave.
Ottawa ON K2B 7J1

Hours of operation:
Monday to Friday
9 a.m. to 4 p.m.

The Olde Forge

will be closed on

Monday, October 11th
Thursday, November 11th
Monday December 27th to Tuesday,
January 4th
(inclusive)

Telephone: 613-829-9777
E-mail: info@oldeforge.ca
Web site: www.oldeforge.ca