

The Olde Forge Bellows

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

ISSUE 44

FALL 2011

Downsizing



Have you found that your house has become too large for you and difficult to manage? Do you need to move to a home without stairs?

There may come a time in your life when you will face the need to downsize.

Whether moving into a smaller home, an assisted living residence or in with family, downsizing may seem a daunting task.

Even the need to modify an existing home in order to make it safer or to accommodate new equipment can mean treasured furniture and other items have to be removed from the home.

Downsizing can be stressful and having to part with some possessions is likely to cause additional upset. Favourite books, furniture and even knick-knacks often remind us of important moments in our life journey, of who we are and where we've been. Many seniors feel that they are 'keepers' of family heirlooms.

But there are ways to lessen the stress and smooth the transition. Advance planning enables us to make sound decisions regarding this important transition.

- Purchase a journal and make lists of things you want to keep, things to give away to family and friends, and things that can be donated or tossed. Perhaps some can be sold through on-line or newspaper ads or by consignment stores.
- Hire a caregiver, senior moving consultant or professional organizer to help.
- Measure the new space where you will be living and refer to your list to decide which things will fit. Start with the larger items, like your furniture and then determine how much space is left for smaller things. You might reprioritize your lists at this point.
- Host a family night in order to pass favoured items along to family members. Sorting through photographs and other mementos creates opportunities to pass along family history and create new memories. This offers fun amidst a potentially emotional time

Be kind to yourself in the process and work on this in small doses' of time. A couple of hours a day would be a good start so you will be able to relive the cherished memories of each article. Laugh, cry, sigh, enjoy these moments and then move on.

Remember, even though you may not be able to take all your possessions with you, you can still take all your memories with you.

Reprinted in part from Comfort Keepers.

MARK YOUR CALENDAR!

Fall Leaves Tour

October 12th

See page 7

Engaged Seniors Workshop

October 26th

See page 7

Falls Prevention Workshop

November 16th

See page 7

Annual Bazaar

November 26th

See page 8

VOLUNTEERS NEEDED

Fall is traditionally a time when people look for opportunities to try something new. Many of our volunteers come to us as a “friend of a friend”. Encourage your friends to enrich the lives of seniors in our community at the same time enriching their own lives. We have a variety of volunteers jobs available. If you know someone who might like to help The Olde Forge, please have them call Wanda at 613-829-9777.



SPECIAL HOME BALLOT

Voters who have difficulty going to their local Returning Office may request a home visit.

Home visits will take place between September 8th and October 5th.

You may be eligible to vote by Special Ballot in your own home if you;

- Are eligible to vote in the October 6th provincial election and
- Find it impossible or unreasonably difficult to personally go to the returning office in your electoral district and
- Need assistance with making an application to vote by Special Ballot because of a disability or inability to read or write.

Call your local returning office from September 7th to October 5th at 6 p.m. to book your appointment.

WE NEED



The Olde Forge is seeking donations for the

Annual Bazaar

November 26th, 2011



**Jewelry
Knitting**

**Collectibles
Baking**

**Christmas items
Preserves**

All items except for baking can be dropped off at The Olde Forge, 2730 Carling
Monday to Friday 9 a.m. to 4 p.m. until November 18th.

Baking will be accepted on Friday, November 25th.

Snow-Go



In co-operation with the City of Ottawa, The Olde Forge Community Support Services administers a matching service for seniors and people with physical disabilities looking for help with the clearing of snow and ice from their driveways and walkways. Our Snow-Go program can connect you to independent workers who are then hired by you. In turn, you have the responsibility to assign safe tasks, provide a secure working environment, and to pay the worker directly for all services. The scope of work, equipment to be used and cost is determined by you and your worker.

Snow-Go Financial Assist



Eligible low-income seniors and people with physical disabilities may also apply to receive financial assistance to pay for a portion of snow and ice removal costs through the Snow Go Assist Program. Proof of income is required. Speak with the Program Coordinator to find out if you are eligible. Eligibility criteria can also be found on the City of Ottawa website (www.ottawa.ca). The Snow-Go Program begins in November and runs through to April. Be sure to request help early to ensure service arrangement.

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

MAYOR'S SENIORS SUMMIT

OCTOBER 3, 2011

The Mayor's Seniors Summit is an opportunity for seniors to come together to ask questions and get answers about what the City is doing for seniors and to provide ideas about ways to improve services. This Summit is part of a larger project that will culminate in a new older adult action plan for the City of Ottawa in 2012. Everyone is invited to participate, but registration is limited.

You can participate in the Seniors Summit by simply registering for the event. There will be small group discussions during which you can provide your comments and ideas. On the registration form, you will be asked to choose which topics you would like to discuss. The discussion areas are:

Transportation

Housing

Public Safety and Security

Social and Recreational Services

Community support and Health Services

Civic participation and volunteering

Register online or call 3-1-1

FRIENDS OF THE FORGE

We are excited to announce the formation of a new corporation ***Friends of the Forge.***

Friends of the Forge will raise funds and collect donations to be used to further the objects of The Olde Forge Community Resource Centre.

Starting in Fall 2011 we will ask that anyone wishing to make a donation to the Olde Forge, make the cheque payable to

Friends of the Forge

IN MEMORY

Jo van Ingen Schenau



Jo was born and raised in Holland. During the war years, she was very active in the Dutch resistance movement and contributed significantly to the operations to rescue Allied airmen.

Jo became a physical education teacher and physiotherapist. She was married to Sibbo and together they had four children. The family emigrated to Canada in 1958. Jo was a participant in our seniors day program and will be sadly missed by our staff and volunteers and the other participants.

The Redwoods

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Already planning for next year's book sale!



We are now accepting donations of good quality, recent novels and current non-fiction. DVD's are also welcomed. Books may be dropped off

at the Olde Forge between 9 a.m. and 4 p.m. daily.

We are sorry but we are unable to accept Reader's Digest Condensed Books, coffee table books, Harlequin romance novels or any magazines, including National Geographic.

Old age is fifteen years older than I am.

~Oliver Wendell Holmes

Church Ladies With typewriters

They're back! Those wonderful church bulletins! Thank God for church ladies with typewriters. These sentences (with all the BLOOPERS) actually appeared in church bulletins or were announced in church services:

The Fasting & Prayer Conference includes meals.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight:
'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not
worth keeping around the house. Bring your husbands.

Remember in prayer the many who are sick of our community. Smile at someone
who is hard to love. Say 'Hell' to someone who doesn't care much about you.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure
to the congregation.

For those of you who have children and don't know it, we have a nursery
downstairs.

Next Thursday there will be tryouts for the choir.
They need all the help they can get.

The smallest act of kindness is worth more than the grandest intention.

~Oscar Wilde

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GROWING TOGETHER WITH CARE

LET'S HAVE SOME FUN.....

The Olde Forge receives many requests about recreational activities for seniors. There are currently no organized seniors' recreational programs in the catchment area of the Olde Forge.

The Olde Forge is seeking funding to create such a program, in partnership with other community organizations. The program would provide a variety of affordable recreational and physical fitness activities and will have a health outreach component.

To help us better plan such a program, we would appreciate if you would take a minute to provide us with information about what types of activities should be included in the program. Even if you do not feel you would be able to take advantage of the program, your input will help us determine the types of activities that are appealing to our seniors.

Please tick off all of the activities that might be of interest to you and return this form in the enclosed envelope.

- | | | | |
|--------------------------------|-------|----------------------|-------|
| Speaker's Bureau | _____ | Music appreciation | _____ |
| Bridge/Euchre/other card games | _____ | Board games | _____ |
| Chess club | _____ | Swimming | _____ |
| Computer training | _____ | Armchair travel | _____ |
| Dance | _____ | Friendship luncheons | _____ |
| Crafts | _____ | Bingo | _____ |
| Coffee chat (current affairs) | _____ | Cooking | _____ |
| Visual arts | _____ | Drama | _____ |
| Bus trips | _____ | Shuffleboard | _____ |
| Chair exercise program | _____ | Dancersize | _____ |
| Aquafit | _____ | Tai Chi | _____ |
| Yoga | _____ | Weights | _____ |
| Walking program | _____ | ESL classes | _____ |

Workshops/clinics

- Falls Prevention _____
- Foot care _____
- Nutritious eating on a budget _____
- Heart/stroke _____
- Diabetes _____
- 55 Alive Driver Refresher _____



Please tell us of any other ideas you may have.

Should the program run mornings ___ or afternoons ___?

Thank you for your help!

UPCOMING WORKSHOPS

The Olde Forge Community Resource Centre and Pinecrest Queensway Community Health Centre are teaming up to offer a series of free workshops for seniors and adults with physical disabilities.

Engaged Seniors *Want to be more involved in your community?*

Presentations help seniors and others craft a vision of how they could become more engaged in their community.

Speaker: Robert Vibert
Venue: Pinecrest Queensway Community Health Centre
Date: October 26th, 2011
Time: 10:00-12:00

Fall Prevention Workshop

Speaker: Ginette Asselin, Public Health Nurse, Seniors' Team
Venue: PQCHC
Date: November 16th, 2011
Time: 10.30am – 12 noon

To register for either workshop, call Pinecrest Queensway Community Health Centre at 613-820-4922 ext. 318 (Alice) or ext. 339 (Sahra)

55 Alive Fall Course date TBD - call the Olde Forge for more information

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; Executive Director, Sue Goddard at 613-829-9777



The Fall Bus Tour for members of the Day and Luncheon Programs will occur on October 12th from 1:00 to 4:00 p.m. For those who are not clients of these Programs, we usually have a limited number of extra seats available. If you are interested, please register your name and phone number with the receptionist. The fee of \$20 includes the trip in a luxury bus and a treat along the way.

Call 613-829-9777



ANNUAL BAZAAR

SATURDAY, NOVEMBER 26TH

9 a.m. to 2 p.m.

**The Olde Forge
2730 Carling Avenue**

**Shop early to get one of our famous
Christmas Puddings!**

THANKS TO OUR SUPPORTERS

Amica Westboro
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CLV Group
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.

We will be closed:
Monday, October 10, 2011
Friday, November 11, 2011
December 26th—January 2nd inclusive

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

**The Olde Forge Community Resource Centre is funded in
part by the Champlain LHIN and the City of Ottawa.**