



2023 ANNUAL REPORT

Connecting People and Creating Communities

2730 Carling Avenue, Ottawa, ON, K2B 7J1

613-829-9777

info@oldeforge.ca

www.oldeforge.ca





ABOUT US



OUR MISSION:

EMPOWERING OLDER ADULTS AND PEOPLE WITH PHYSICAL DISABILITIES TO MAINTAIN THEIR INDEPENDENCE THROUGH ADVOCACY, REFERRAL AND SUPPORT SERVICES.

The Olde Forge Community Resource Centre is a non-profit, charitable organization run by staff and a dedicated corps of volunteers. Located at the junction of Carling Avenue and Richmond Road in a heritage log building, the Olde Forge provides an information and referral service to the community at large and community support programs to seniors and adults with physical disabilities living in the west end of Ottawa. As well, the Olde Forge provides other services for the greater Ottawa area, such as fitness and social recreation programs, and annual tax clinics for seniors.



Meet our dedicated staff



Colleen Taylor
Executive Director



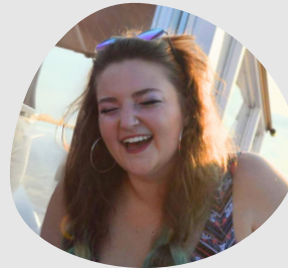
Elizabeth Parcher
Senior Manager



Sonia Lall
Program Assistant



Karen Toll
Program Coordinator



Laura Radford
Oasis Coordinator



Scott Roscoe
Program Manager



Liam Molloy
Program Coordinator



Ray Brisbois
Program Assistant



Deborah Davis
Program Assistant



Azra Temple
Program Manager



Emily Angel
Marketing Manager



Jennifer Zeinstra
Volunteer Coordinator

We ♥ our Volunteers

At the Olde Forge Community Resource Centre, our volunteers are the heartbeat of our organization, embodying the spirit of community and dedication that defines us. Every volunteer plays a crucial role, contributing their time, skills, and energy to support our mission and enrich the lives of those we serve. Their commitment is the cornerstone of our success, and we are profoundly grateful for their support.

VOLUNTEER AWARDS

We would like to recognize the following volunteers for their dedication and outstanding contributions to the Olde Forge community.

Volunteer of the Year

Barb Lajeunesse

Community Builder Award

Sue Fornataro

Sue Wormington

2023

BOARD OF DIRECTORS

Chair: Meghan O'Halloran

Vice-Chair: Sheila Gariepy

Treasurer: Liddell Malan-Bennett

Secretary: Janice Bridgewater

Past Chair: Joel VanSnick

Directors: Alex Cullen, Carol Doyle, Catherine Farrow, Carole Gagnon, Annam Ganesan, Samir Nawaz

We our Volunteers



MEET THE BOARD



Meghan O'Halloran - Chair

Meghan lives in the Belltown neighbourhood, within the Olde Forge catchment area. She has worked in the legal/HR fields for 10 years. Meghan enjoys organizing activities in the neighbourhood, including an annual Easter Egg hunt. In her spare time, she can be spotted biking, kayaking, and skiing cross-country with her two young kids.

Sheila Gariepy - Vice Chair

Following a career in public policy and management with the federal government, Sheila came to the Olde Forge as an income tax volunteer and joined the Board in 2019. Sheila keeps active hiking and cross-country skiing in the Gatineau Park and along the Ottawa River.



Liddell Malan-Bennett - Treasurer

Liddell is a qualified CPA and financial management executive with 20+ years of progressive experience within different business sectors. Liddell and her family reside near the beautiful town of Carp. She enjoys gardening, is an avid traveller, and absolutely loves spending quality time with her daughters. Liddell is an avid advocate for children and aging seniors. The Olde Forge is very dear to her heart.



MEET THE BOARD

Janice Bridgewater - Secretary

During her 30 plus year career, Janice was involved in the development and management of community support programs for seniors. Currently, she is a certified Older Adult Fitness Instructor leading a class in the Olde Forge Recreation Program. She is very grateful to be a part of the amazing community of clients, volunteers who make up the Olde Forge.



Joel VanSnick - Past Chair

Joel is a Canadian Armed Forces veteran. Originally from the Maritimes, his military career took him around the world and introduced him to many remarkable people. Recently, he was honored with a Quilt of Valour from Quilts of Valor Canada. After retiring from the military, Joel and his family settled in Ottawa. As he prepares for a second retirement, he looks forward to spending time with his five great-grandkids.



Alex Cullen - Director

Alex Cullen is currently a resident of Belltown which is in the Olde Forge's catchment area. Alex was the former City Councillor for Bay Ward and is very familiar with all things Olde Forge. He is retired, an active cross-country skier, canoeist and cyclist.



MEET THE BOARD



Catherine Farrow - Director

Catherine is a Financial Planner with RBC. She has spent many years volunteering for children and animal charities including Junior Achievement, Christie Lake Kids and Rideau Valley Wildlife Sanctuary to name a few. As an active member of the Bel Air Community Association, Catherine saw the need for supports and programs for seniors living independently in her community.

Carol Doyle - Director

Carol has been a dedicated volunteer driver for the Olde Forge for over 15 years. With a deep commitment to community service, she values her role in supporting the organization. Outside of her involvement with the Olde Forge, Carol enjoys participating in various other volunteer activities and spending time with her three active grandchildren



Samir Nawaz - Director

Before joining the Immigration and Refugee Board as an adjudicator, Samir had a diverse career as a lawyer, policy analyst, and ATIP analyst, including roles at Citizenship and Immigration Canada. He holds undergraduate degrees in Biology and Political Science from the University of Western Ontario, graduated from Osgoode Hall Law School, and completed his LL.M. at the University of Ottawa. Called to the Bar of Ontario in 2009, Samir lives in Ottawa with his wife and daughter.



MEET THE BOARD

Carole Gagnon - Director

Recently retired, Carole enjoys gardening, yoga, biking and cross-country skiing. She brings many years of experience as a fundraiser and community development professional to the Olde Forge. Working for, and with seniors, has been an interest of hers for many years.



Annam Ganesan - Director

Annam, is the Director of Audit at Global Affairs Canada, has over 25 years in accounting and internal auditing, managing audits of embassies, grants, and corporate processes. She previously served on the Ottawa Chapter Board of the Institute of Internal Auditors. With expertise in risk management, financial controls, and governance, she advises executive management. A long-time Ottawa resident, Annam enjoys yoga, gardening, and traveling..



Colleen Taylor - Executive Director

Colleen Taylor has been the Executive Director of the Olde Forge since March 2020. Colleen's career includes more than 30 years in Ontario's healthcare system working both in community support and resource centres, and the Champlain LHIN. A seasoned senior healthcare leader, she is skilled in strategic planning, system integration and community development. Colleen knows the value of partnerships to move the dial in Ontario's complex and stressed health system.



A message from the Executive Director

Dear Friends and Supporters,

On behalf of all of us at the Olde Forge, I am very pleased to share with you our Annual Report. This year's report highlights our accomplishments throughout the year and the many ways that the Olde Forge continues to provide extraordinary support to seniors and adults with disabilities in our community. As we reflect on the past year, I am filled with immense pride and gratitude for the remarkable strides we've made together at the Olde Forge. This year has been one of growth, transformation, and deepened connections, and I am delighted to share our progress with you.

In 2023, we embarked on an exciting journey as we launched the Oasis for Seniors program at our first site on Ambleside Drive. This successful partnership involves innovative older adults, Queen's University and the Council on Aging Ottawa and has validated the power of collaboration. 2023 also saw the introduction of the Cooking Connections, a program that brings people together through food, and Links2Wellbeing, which promotes social prescribing.

Our growth extended beyond programs as we welcomed new staff, volunteers, donors and clients to the Forge. We are deeply grateful for the support of our volunteers and donors whose generosity and commitment have played a crucial role in helping us achieve our goals.

As we look ahead, we remain focused on supporting our community to age in place, advocating for improved health and wellbeing for seniors and adults with disabilities and embracing our creativity to move the dial. We will continue to be open to new opportunities that align with our mission to empower older adults and people with physical disabilities to maintain their independence. And the continued involvement of our supporters will be essential as we build on the successes of this past year and strive for even greater achievements in the coming year.

Thank you for being an integral part of The Olde Forge's journey. Your partnership is the cornerstone of our success, and together, we will continue to create a positive, lasting impact in our community.

Warmest regards,

Colleen Taylor
Executive Director

YEAR In Review

Exciting Developments at Olde Forge Community Resource Centre: A Look at Our Recent Highlights

The Olde Forge Community Resource Centre is excited to share some highlights from this year. From groundbreaking models of aging to vibrant recreational programs, here's a look at what's new and noteworthy:



Oasis For Seniors: Enhancing Aging in Place

We are thrilled to bring Oasis to Ottawa! The Oasis model, which supports older adults in Naturally Occurring Retirement Communities (NORCs). This innovative approach has fostered a supportive and engaging environment, allowing individuals to maintain their independence and well-being as they age in place. This successful program wouldn't be possible without our amazing partners including Queen's University, local seniors and the Council on Aging Ottawa.

Revival of Our Volunteer Program

Our Volunteer Program experienced a dynamic resurgence this year. With a refreshed focus, we reconnected with our dedicated volunteers and provided them with enriched opportunities to contribute, thereby enhancing our programs and services.



OACAO and Links2Wellbeing

The Olde Forge proudly joined the Older Adults Centres of Ontario Association (OACAO) and became a partner in the Links2Wellbeing initiative. This affiliation has enabled us to collaborate with healthcare partners to implement social prescriptions, linking individuals to our valuable community resources and support.

Recreation: Engaging and Enriching Senior Activities

New and Notable Programs:

- **Cooking Connections:** Launched in collaboration with Britannia United Church, this popular program has successfully promoted community through culinary activities and social interaction.
- **Sensory Garden Program:** We introduced a new sensory garden for the Adult Day Program, creating a multi-sensory environment that engages and stimulates the senses, enhancing overall well-being and providing a therapeutic experience for participants.

These accomplishments reflect our ongoing commitment to enhancing the lives of our community members. For more information or to get involved, please contact us at info@oldeforge.ca or call 613-829-9777

DAY PROGRAM/DINERS CLUB

1753 Program Attendances
for **93** clients

People need social connection



HOME SUPPORT SERVICES

4719 hours of Service

286 Clients

22% increase
from last year



TRANSPORTATION

6488 Drives for **353** clients
15% increase from last year



RECREATION

190 Active Clients
24 Unique Programs

INCOME TAX

565 Clients Served

A total of \$1,052,187, in tax credits
back in the pockets of our community.



OASIS

134 New Clients in 2023



SUBSIDY PROGRAM

1239 services
provided to
57 clients

Thanks to our donors



Friendly Visiting

1627 Visits
to **32** Clients



GROCERY SUPPORT

1407 Deliveries
to **51** Clients



OUR YEAR IN PICTURES

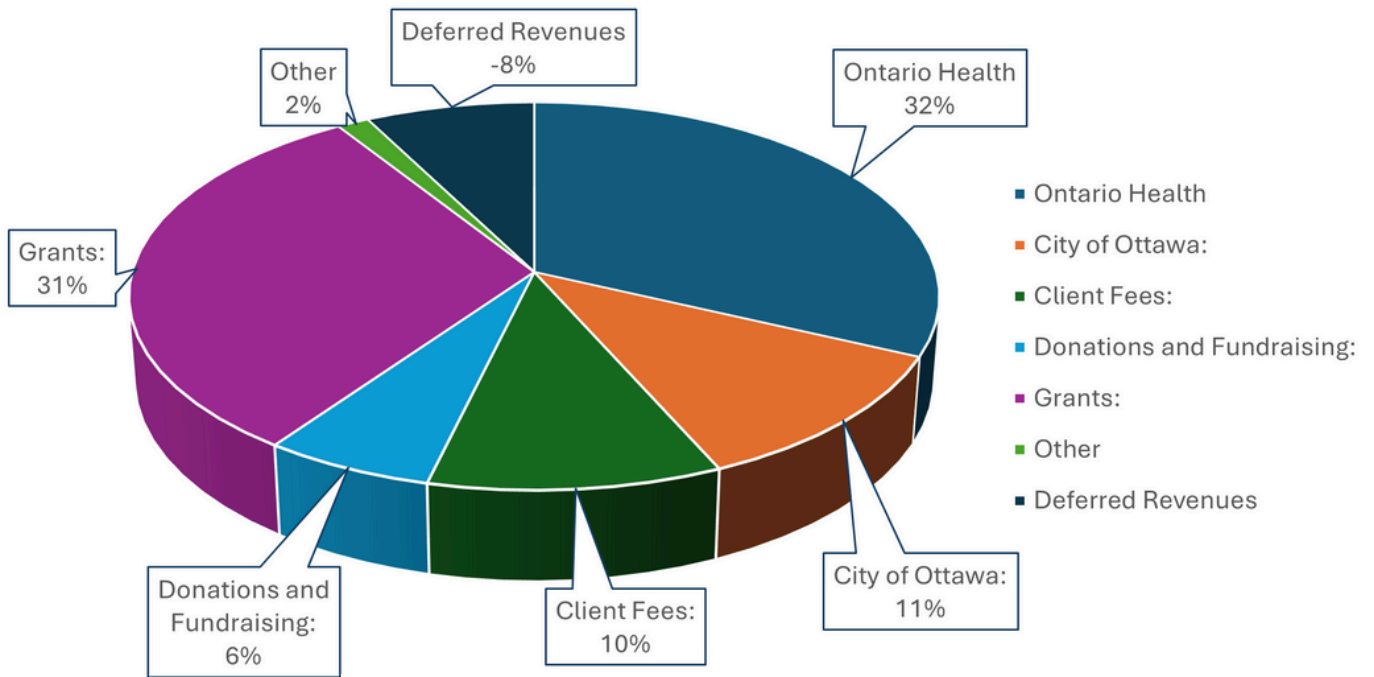




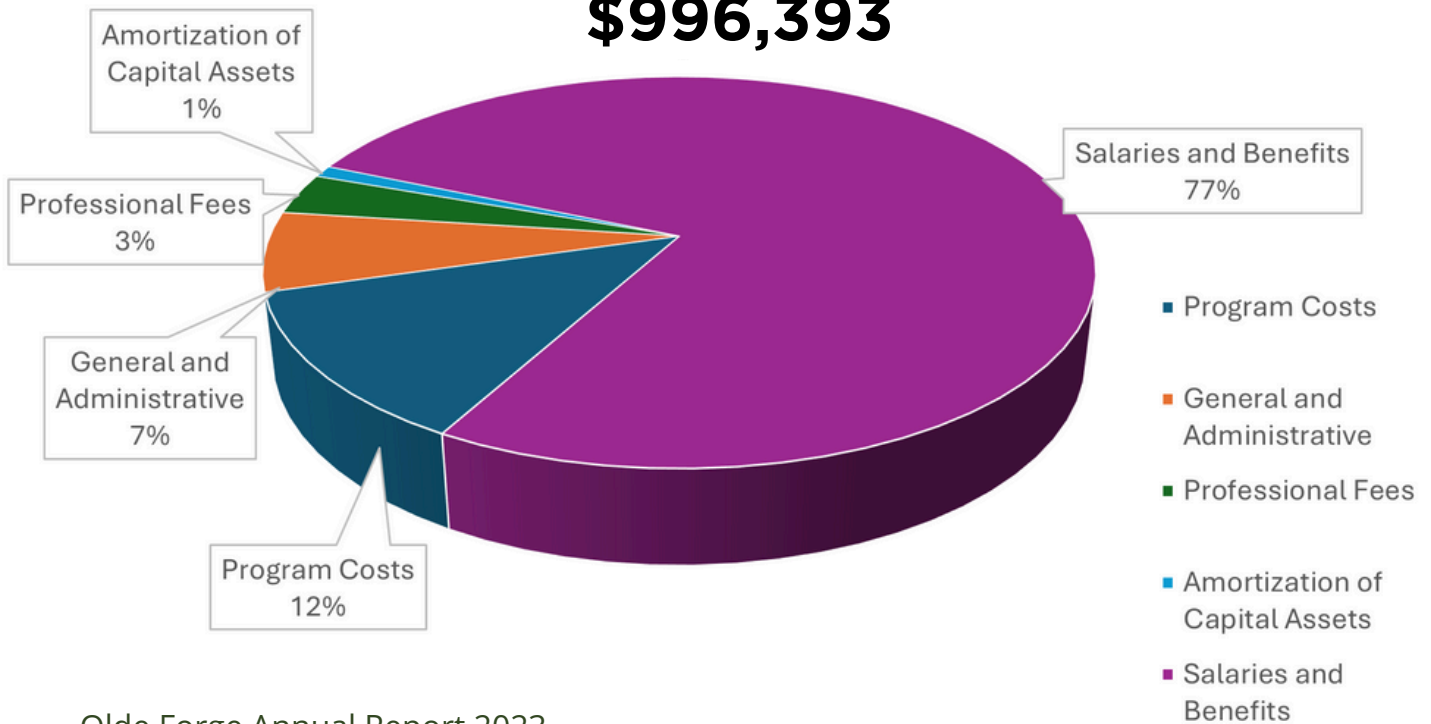
2023/
2024

FINANCIAL REPORT

Revenue \$986,968



Expenses \$996,393



Senior Trends

IN OUR COMMUNITY

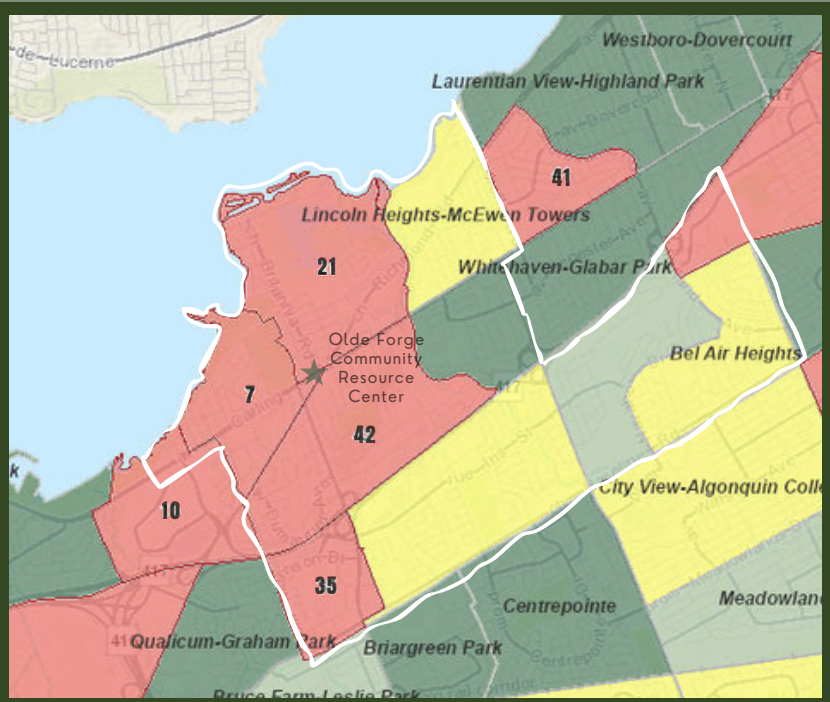
In 2021 there were 172,510 people aged 65 and older in Ottawa, representing 17% of the population. According to the 2021 Census, 30% of Ottawa's population is over the age of 55. This is the fastest growing age group in Ottawa. By 2031 older adults are expected to make up 22% of the population.



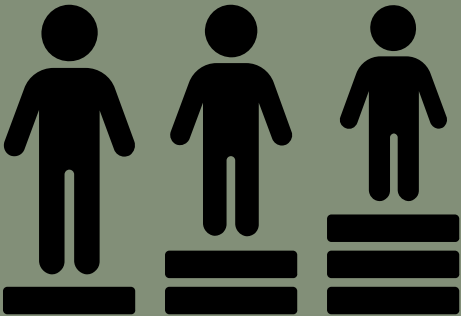
The Olde Forge Service Area Rankings



NEIGHBOURHOOD
EQUITY INDEX



Neighbourhood Equity Index	> Strong equity concern	> Nominal equity concern
No data	> Possible equity concern	> No equity concern



The Olde Forge service area supports **6 of the top** neighbourhoods in Ottawa experiencing **high** equity concern.

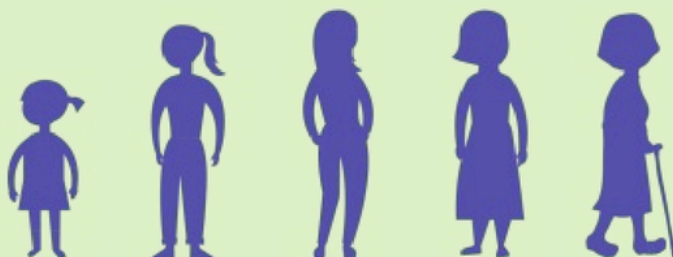
1 in 4 older adults are living alone

2 out of 10 older adults are living in low income

If the Olde Forge service area were a village of 100 people



Age



16

0-14

13

15-24

53

25-64

9*

65-74

9*

75+

* Total population of seniors 65+ **10,420**

Neighbourhood Equity Index

Marital Status



24*

single/
never
married



7

common
law



33

married



36*

divorced/
separated/
widowed

* Total seniors 65+ living alone **3,745**

Neighbourhood Equity Index

Languages Spoken at Home



83

English



6

French



19

non-official
languages

Miscellaneous

for every 100 private households



2

Indigenous
people



25*

Racialized



24

Born outside
of Canada



47

employed



18*

low income*

43

renters

57

owners



* Total racialized seniors 65+ **1,335**

Neighbourhood Equity Index

* Total seniors 65+ in low income **1,200**

Neighbourhood Equity Index



Community Data Program

Enabling communities across Canada to measure and track local well-being

Funders



**Ontario
Health**



Funded by the
Government of Canada's
New Horizons for Seniors Program



CRIME
PREVENTION
OTTAWA



**Community Services
Recovery Fund**



Canadian
Red Cross



COMMUNITY
FOUNDATIONS
OF CANADA



United Way
Centraide
Canada



Funded by the
Government of Canada's
Community Services Recovery Fund



Partners and Supporters

Ottawa West
Four Rivers
ONTARIO HEALTH TEAM



ÉQUIPE SANTÉ ONTARIO
Ottawa Ouest
Quatre Rivières



Ottawa Health Team
Équipe Santé Ottawa



**Senior Organic
GARDENERS**



CENTRE DE SANTÉ COMMUNAUTAIRE
PINECREST-QUEENSWAY
COMMUNITY HEALTH CENTRE



CANADIAN WILDLIFE
FEDERATION
FÉDÉRATION
CANADIENNE DE LA FAUNE



Réseau de soutien communautaire de
CHAMPLAIN
Community Support Network



OLDE FORGE
COMMUNITY RESOURCE CENTRE

SHOW YOUR SUPPORT FOR THE OLDE FORGE COMMUNITY RESOURCE CENTRE!

Do you love the programs and services at the Olde Forge? Show your support with an individual donation, a corporate matching program, a tribute donation or by setting up Legacy Giving. Your donation allows the Olde Forge to continue providing essential programs and support services to seniors and adults with physical disabilities living independently in our community.



All donations can be made online through our secure website donation portal at www.oldeforge.ca, by e-transfer at theoldeforge1@gmail.com, or by mail to the Olde Forge, 2730 Carling Ave, Ottawa ON K2B 5K4

☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250 ☐ \$ _____

☐ Donations can be made via E- Transfer to theoldeforge1@gmail.com

☐ I will donate online at www.oldeforge.ca ☐ I have left a legacy gift in my will

☐ One-Time OR ☐ Monthly Pledge (Post dated cheques or credit card, paid 1st of each month)

☐ Cash ☐ Cheque (Payable to Olde Forge Community Resource Centre) ☐ Visa ☐ MC

Card Number: _____ Expiry Date (MM/YY): _____ CVC: _____

Signature: _____ Name: _____

Address: _____ City: _____ Postal Code: _____

Telephone: _____ Email: _____

Charitable Status Number 10779 4000 RR0001



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Ottawa, ON K2B 7J1