



THE BELLOWS

ISSUE 82, Winter 2025

As we enter 2025, we celebrate the Olde Forge's 193-year legacy as a cherished community hub. Founded in 1832 by George Winthrop as a blacksmith's shop, it has grown into a vital resource center for seniors and adults with disabilities. Despite the challenges of preserving our historic building, the Olde Forge continues to offer a welcoming space for connection and support. Our accessible facilities, dedicated staff, and volunteers help us meet the needs of those we serve. Since 1987, our home support program has empowered seniors and adults with disabilities to live independently. As we look to the year ahead, we remain committed to providing advocacy, referrals and services to our community. We invite you to join us in continuing this important work, whether through participation, volunteering, or connecting with us. Thank you for being part of the Olde Forge family. Here's to a bright and hopeful New Year!



MESSAGE FROM THE BOARD

Dear Friends,

As we enter the new year, we take a moment to reflect on the wonderful experiences we've shared together and the growth we've seen within our community at the Olde Forge. While the holiday season has passed, the spirit of togetherness and warmth that it brings continues to guide us as we look ahead to the new year.

We have so much to celebrate and be thankful for this year, including the expansion of the Oasis for Seniors program to Rosewood Apartments, the addition of some amazing new staff, board members and volunteers, and a generous community that has brought us closer to our fundraising goal for the year. In our programs, we welcomed an Indigenous Elder to the Forge to share their knowledge with us, provided some much-needed TLC to hard working caregivers and we even took our enthusiasm to the streets at the Ottawa Race Weekend. What a year!

2024 ended with our annual bake sale and, as usual, visitors were lined up before we opened to get top pick of the many delicious treats. Thank you to everyone who baked, volunteered, and supported this event. And a special thanks to our friends at RBC who volunteered their time and made a generous donation to the Forge! As we move into the coldest months of the year, we want to remind you to keep your hearts warm with friendship and kindness – take it when it's offered and give it back out when it's needed.

Moving into 2025, we remain committed to our mission of combating social isolation and supporting seniors and adults with physical disabilities, something that will be increasingly important in the snowy months ahead. Whether you're joining a recreation event, attending a luncheon, or simply having a chat with us, we're here to help you stay engaged and involved in our vibrant community.

Thank you for being part of the Olde Forge family and Best Wishes for a healthy and engaged 2025!!

Warm regards,
Meghan and Colleen



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BOARD OF DIRECTORS

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CULTIVATING CONNECTION



The four pillars of healthy aging emphasize the importance of diet, stress management, exercise, and social connection. The recreation program at the Olde Forge fosters a welcoming atmosphere of empowerment and belonging, offering participants the opportunity to connect and engage with each of the four pillars. Participants are like a well-tended garden, benefiting from the Forge's core values of caring and respect. The Friday morning walking club is a prime example. Participants, some of whom have been walking and talking together since its inception three years ago, and others who have joined later, have created their own community. They chat as they walk

(about 5,000 steps) and then migrate to a restaurant where they sit with a beverage and snack to visit some more. Each individual no longer stands alone but has become part of a personally chosen family.

Recently, Dorothy M and Marion W from the walking group have experienced the benefits of this responsive and caring community. When Dorothy injured herself in a fall at home and Marion broke her pelvis and was temporarily in a care facility, individuals from the walking club rallied around them with calls of support, help gathering groceries, and rides to appointments. Marion and Dorothy were treated like beloved family members.

And that is what we are, really—a family looking out for each other. The recreation program at the Olde Forge encourages each of us to step out of our comfort zone and embrace one another, with peers helping peers. Quality of life is so important as we age. Walking alone, both literally and figuratively, is doable, but walking with cultivated friends enriches life. Belonging has the potential to evolve into a celebration.

DONATIONS MAKE A DIFFERENCE

AMICA

HELPING HANDS CHARITY



QUEENSWAY
TERRACE NORTH
Community Association



Carlingwood
COMMUNITY ASSOCIATION



Storage for this project is kindly being provided by Dymon Storage



Our year-end fundraising campaign was severely impacted by the Canada Post strike, leaving us well below our fundraising goals for the year. At the Olde Forge, your donations directly help seniors and adults with disabilities live independently, at home, with essential services like transportation, foot care, and grocery support.

We thank our partners for their generous contributions, making this holiday season brighter for isolated seniors. We invite others inspired by the spirit of giving to join us in offering their support!

It's never too late! If you haven't already, please consider donating to the Olde Forge today so we can continue providing the same level of quality care and support as always in the future. Thank you for making a difference in our community.



Ottawa West
& Nepean Lions



THE REDWOODS
retirement community
BY SPRING LIVING

Fairlawn **BulkBarn***

Your kindness makes
the season brighter!

COMMUNITY CONNECTION



Greetings! It's winter in beautiful Bay Ward!

December is the holiday season, but it's also budget season at City Hall. For those who thought their comments on the draft budget went unheard, the December 11th budget debate showed that your voices make a difference. After a nine-hour meeting, the City of Ottawa's budget passed with significant changes.

One major concern was the cost of transit, especially its disproportionate impact on seniors. A proposed 120% increase in the senior transit pass and no commitment to keep free Wednesdays and Sundays raised widespread concern. Councillor Menard and I successfully advocated to retain free Wednesdays and Sundays, and the senior transit fare was set to match the low-income EquiPass. Earlier proposals to limit this fare reduction to low-income seniors would have burdened those most in need with excessive paperwork.

While fares were a key issue, residents have emphasized the need for reliable transit service. OC Transpo must provide on-time service, particularly on routes like Route 11, often used by older adults.

Other budget highlights include more funding for emergency services, adding an additional 23 paramedics and 22 firefighters. Affordable housing remains a priority, and as Chair of the Ottawa Community Housing Board, I will continue to advocate for nonprofit housing investments.

I also worked with Councillor Menard on a motion to enhance access to public washrooms citywide, with funding for better cleaning, extended hours, and new portable facilities. Thank you to the Gotta Go! Campaign for their ongoing advocacy.

As I said in my budget remarks, this is not a perfect process, but collaboration and listening to residents paid off. Thank you to everyone who participated!

A handwritten signature in blue ink, appearing to read 'Theresa Kavanagh'.

Theresa Kavanagh She/elle/her
Bay Ward Councillor | Conseillère quartier Baie

FACES OF THE FORGE

Hi! I'm one of our two Oasis Program Coordinators/Community Developers at Olde Forge and am the primary coordinator for Rosewood Oasis. I'm originally from Orangeville AKA: "about an hour Northwest of Toronto". After completing my Bachelor of Science in Psychology at Queen's University and working as a Behaviour Support Worker, I decided to move to Ottawa to complete my Bachelor of Social Work at Carleton University. I've been with the Forge since September 2023 and am grateful for every moment spent here. I have a deep love for supporting community wellness and encouraging people to engage their strengths, and my role as an Oasis coordinator is a perfect fit for that! On my off-time, you'll likely find me enjoying movies with friends; talking about my lovebird, Otis, and family dog, Snickers; going to a yoga class; playing video games; and - perhaps most likely - collecting a new art-related hobby.



MEET LAURA



MEET CHER

I grew up in Northwestern Ontario and moved to Ottawa during high school. I love hosting dinners with my husband for our three sons, their wives, and our two grandsons. I became involved with the Olde Forge through the recreation program before Covid. After being asked to help at the reception desk, I met the staff and was immediately impressed. "Family Comes First" has always been my motto, and the Olde Forge team has become my second family. I was welcomed with open arms and soon started helping with the garden. Along with other

volunteers, we've brought the Olde Forge gardens back to life, and it's rewarding to receive compliments from visitors. I also look forward to making Christmas puddings with other volunteers each fall, and when asked to help with the grocery program, I happily joined in. I enjoy calling my 'grocery ladies' weekly, taking their orders, and ensuring they're delivered the following week. I'm honored to be the first recipient of the Barb Lajeunesse Community Builder Award. Volunteering at the Forge has brought me new friends, activities, and experiences, all of them positive!

VOLUNTEER CORNER**THANK YOU, BAKE SALE
VOLUNTEERS!**

A heartfelt thank you to everyone who baked, volunteered, and supported this event. A special thanks to our friends at RBC for handling all the financial aspects, ensuring smooth transactions, and contributing to the day's success. Their support allowed us to focus on the fun and community spirit of the bake sale, and their cheerful energy and generous donation made all the difference. We truly appreciate your generosity and commitment to helping the Olde Forge!

**THE OLDE FORGE INCOME
TAX TEAM**

The Olde Forge income tax team will return in February 2025 as part of the CRA Community Volunteer Income Tax Program, assisting low-income seniors and adults with disabilities. This free service helps people navigate the often confusing world of income tax, and we aim to complete more than 500 returns in 2025. We can't wait to see the positive impact: last year \$1,052,186.52 was returned to our community!

VOLUNTEER CORNER

CHRISTMAS PUDDINGS



Thank you to our amazing volunteers for preparing the Christmas puddings with extra love. Your care and commitment are truly appreciated, and your efforts have made this holiday season even more special for everyone.



REMEMBERING SERGE

Our beloved Olde Forge Santa, whose warmth and kindness always brought joy to the season.



THE CHRISTMAS ROCKERS

Bring joy and music to our Adult Day Program, creating an uplifting atmosphere with their lively performances. Their tunes brighten the day and bring smiles to everyone lucky enough to catch their performance!

8 THE BELLOWS

Winter 2025

FEBRUARY IS WOMEN'S HEART HEALTH MONTH

Exercise - It's Good Medicine



Having a chronic health condition doesn't mean you can't exercise. Get Wise and help prevent your condition from progressing.

Get your heart pumping every day.

Work the large muscles in your arms and legs by walking, swimming or cycling.

Work your other muscles, too.

Strengthening your trunk, arms and legs improves your overall fitness.

Work on balance. Do something to challenge your balance every day, even standing on one leg in a safe place.

Some exercise is better than no exercise. Sessions of at least 10 minutes are beneficial as you work towards 150 to 200 minutes per week.

Set a goal and track your progress. Set realistic goals and adjust them regularly.

Warm up and cool down. Gently increase your intensity over the first 5-10 minutes and gradually slow down at the end.

Listen to your body. Aim for a feeling of "moderate to somewhat difficult" rather than "easy" or "too difficult." If you can sing while exercising, take it up a notch, if you can't talk without pausing to breathe, back off a bit. Moderate intensity exercise is safe for most people. If you're unsure or want to push a little harder, check with your healthcare provider.

Sit less, move more. Moving often throughout the day will improve your overall health. **Make a plan with a friend or join a group to help get you started,**

Heart Wise Exercise Offerings at the Olde Forge

Programs certified with the Heartwise logo by the University of Ottawa Heart Institute Program, are identified on the recreation calendar.

oldeforge.ca/activity-calendar

Interested in exercise classes or fitness groups at the Olde Forge?

Contact Azra: a.temple@oldeforge.ca

613 829 9777 ext. 228



FITNESS, FRIENDSHIP AND FUN

BALANCE AND STRETCH WITH SUSAN BLAIS



Teaching yoga and movement to adults brings me joy! My retirement dream was to take Hatha Yoga Teacher Training, but after over 31 years in a high school classroom, I wasn't looking to actually teach again. Surprise! I love it!

I'm from Guelph, but have been in Ottawa for 2 years now. I love gardening,

swimming, and reading. I have 2 young cats who bring laughter and joy into my life. I'm a bit of a yoga philosophy nerd. I believe in simplicity and joy in the everyday. My top 4 influencers are Dr Gabor Mate, Eckart Tolle, Deepok Chopra and Thich Nhat Hanh. I love yoga because it benefits body, mind and soul. See you in class!

NEW! in 2025

Deb's Happy Hour Hangout

1st Tuesday of Every Month at 1:30 PM

Join us in person for a fun, relaxed afternoon where you can enjoy cards, games, sing-alongs, and more, all while spending time with friends. Treats will be provided, and activities may change based on the interests of the group, so there's always something new to look forward to!

Come for the fun, stay for the great company - we can't wait to see you there!

Body Flow

In person at 10:30 AM every Thursday!

What to expect: This moderate-difficulty class combines stretching, Pilates, and light toning exercises to improve flexibility, core strength, and overall fitness.

The class is taught by Instructor Anne and is perfect for anyone looking to stay active and energized. Don't forget to bring your own mat and wear comfortable clothing.

We look forward to seeing you there!

COMMUNITY, CARE, AND CONNECTION

Good Food Pop-Up Markets: A New Year of Community Support

As we usher in the new year, we reflect on a wonderful story from November that continues to grow and inspire. Oasis Aging-in-Place has teamed up with Good Food Box to bring fresh, affordable food to seniors and isolated community members in the Ambleside neighborhood, near the Woodroffe/Lincoln-Heights area.

In this area, many grocery stores are difficult to reach, especially with blocked paths from the transitway during the winter months. Additionally, rising food prices make it hard for residents to access affordable options, leading to food insecurity for many.

Thanks to the dedicated Oasis team, seniors have been able to order Good Food Boxes, delivered right to their doorsteps and this month marked a milestone with the first-ever Pop-up Market, which was a tremendous success. More than 60 community members attended, excited to shop for fresh fruits and vegetables they otherwise wouldn't have access to on a regular basis.

One attendee shared their gratitude after the event:

"Thank you for the marvelous opportunity to shop for produce in my own condo. What a great treat! As the weather cools, this is a life-saving event for seniors, and we all appreciate this new initiative from Oasis. Looking forward to the December Market!" With more Pop-up Markets planned for the upcoming months, we are excited to see this initiative grow and reach even more community members in need. Here's to a new year filled with continued support, fresh food, and a stronger sense of community!



Get good food
in your community!



Oasis
SENIOR SUPPORTIVE LIVING

Good Food | **BOÎTE DE**
BOX | **bonne bouffe**

OTTAWA

ottawagoodfoodbox.ca

COMMUNITY SUPPORT PROGRAMS



HOME SUPPORT

Winter is here, and after a season of crisp autumn air and falling leaves, your home might be feeling a bit worse for wear. From weathered paint and cracked pavement to lingering autumn debris and foggy windows, the changing seasons have left their mark.

But don't worry! Now is the perfect time to refresh your home during the colder months ahead. Our home help support services are here to tackle those seasonal issues, including snow removal, clean up the mess, and ensure your space is warm and inviting. Let's get your home ready for winter so you can enjoy the chilly days and cozy nights in comfort and style.

Home Help

The Olde Forge Home Help program offers housekeeping services to seniors and adults with physical disabilities living in Ottawa's West end. The Home Help is a customizable service that focuses on the tasks you need completed.

Services may include:

- vacuuming
- laundry
- additional housekeeping chores
- organizational help
- light meal preparation

With Olde Forge Home Help you get the same Home Helper at the same convenient time which helps to keep scheduling simple and easy for everyone! Provided on a fee-for-service basis by Olde Forge employees, this program provides the support that some clients need to continue living independently in their homes.



Book your service today!

r.briseboise@oldeforge.ca l.coverett@oldeforge.ca

613-829-9777

Snow Removal

It's like having your own reliable handyperson. The Home Maintenance Service provided by Olde Forge runs on a fee-for-service basis that focuses on the projects you want completed with no long-term contracts or obligations.

Services provided may include:

- storage cleanout
- window cleaning
- ongoing lawn and garden maintenance (mowing, planting, weeding)
- Patio and outdoor set-up
- small interior and exterior home repairs and maintenance
- snow shoveling and odd jobs

Our maintenance employees can work as little or as often as you need. Bookings are done on a job-by-job basis unless otherwise arranged with Ray Brisebois. Get the help you need at a reasonable rate!

PROGRAM AND SERVICE COSTS

Transportation Services*

\$12 Round Trip (1-20km)

\$17 Round Trip (21-40km)

\$25 Round Trip (over 40km)

Drive requests must be made 7 days in advance

Types of trips

- Non-Urgent Medical Appointments
- Olde Forge Day Programs
- Weekly Luncheons
- Grocery Shopping

**available for those living in Olde Forge catchment*

Home Support Services

\$30/hr Home Help (2 hr min)

\$30/hr Home Maintenance (1 hr min*)

\$25/hr Snow Removal (1 hr min*)

*30 minute increments thereafter

Grocery Support

\$10 Online ordering support and delivery

Day Services

\$25 Adult Day Program

\$10 Transportation Round Trip*

\$15 Luncheon Program

\$12 Transportation Round Trip*

**available for those living in Olde Forge catchment*

Recreation

(Fitness/Social/Creative)

\$40/Month (in-person & virtual)

\$32/Month (virtual only)

Foot Care

\$40 Initial Appointment

\$28 Ongoing Appointments

\$10 Transportation Round Trip*

**available for those living in Olde Forge catchment*

Appointments available on Thursdays



**To confirm the catchment area of these services, please refer to our website www.oldeforge.ca*

ELECTRONIC BILLS AND PAYMENT

The Olde Forge is continuing to move billing to an electronic format. If you have an email address, you can participate in electronic billing.

Did you know that Olde Forge takes electronic payments through online banking as well? Send an e-transfer to theoldeforge1@gmail.com *Please include client's name and department

SHOW YOUR SUPPORT

**Volunteers
needed**



If you're interested in volunteering, please contact us at 613-829-9777 or visit oldeforge.ca/get-involved/volunteer to learn more about how you can get involved.

**JOIN
OUR TEAM**

SHOW YOUR SUPPORT

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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