



THE BELLOWS

ISSUE 81, Fall 2024

WELCOME
fall

The Olde Forge, located in Ottawa's Bay Ward, is a not-for-profit organization with a heartfelt mission to support seniors living independently. Our programs and services are crafted to meet the unique challenges faced by older adults in our community. We pride ourselves on fostering a supportive, welcoming atmosphere where everyone feels like part of the family. Our goal is to ensure everyone feels valued, respected, and empowered within our close-knit community. As autumn graces us with its vibrant hues and crisp air, it's a wonderful time to reflect on the beauty of change and community. This season, let's take a moment to appreciate the warmth of connections and the joy of shared experiences. We're excited to offer a range of activities and programs that celebrate the spirit of fall and bring us closer together. Whether it's joining a cozy gathering, participating in seasonal events, or simply enjoying the change in scenery, autumn is a perfect time to connect and engage with one another. We look forward to embracing this season with you and making the most of the rich opportunities it brings.



GOT CANS??

Fall at the Forge also means we are forging ahead with our Christmas Puddings! We are currently looking for cans (28 oz) to use in the baking of our special holiday treats. Cleaned cans can be dropped off at the Olde Forge anytime!



MESSAGE FROM THE BOARD

Dear Friends,

Boo! It's that scary time of year we call fall! The changing seasons remind us of the beauty in transformation and the importance of coming together as a community. As we embrace the fun fall brings, with its vivid colors and cool air, it's also a perfect moment to reflect on the incredible past few months we've had at the Olde Forge. It has been a time of change, with new programs, partners, donors, staff, board members, and volunteers. What remains constant is our dedication to making this community a healthy place to age!

We're excited to share that our Oasis program expanded earlier this year! In May 2023, we opened our second Oasis location at Rosewood Apartments. Laura Radford, who previously served as the Ambleside Coordinator, is now leading the Rosewood Oasis.

Looking ahead to the holiday season, we're gearing up for one of our cherished traditions, the Olde Forge homemade Christmas pudding. This annual treat is more than just a dessert; it's a symbol of the warmth and togetherness that define our community. Be sure to order yours early before we sell out! If you enjoy sweets and seeing old friends, we hope you will come to the annual bake sale which is always packed to the brim with cakes, cookies, and treats of all kinds! See page 8 for more details!

As the days grow shorter and the nights cooler, we also want to remind everyone of the services and programs we offer. At the Olde Forge, we are dedicated to combatting social isolation among seniors and adults with physical disabilities by providing a range of activities designed to foster connection and engagement. Whether it's joining one of our group events, participating in a workshop, or simply reaching out for a friendly chat, we're here to help you stay connected and involved.

Thank you for being an integral part of the Olde Forge family. Here's to a season filled with warmth, gratitude, and the vibrant spirit of autumn!

Warm regards,

Meghan and Colleen



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&

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 The Bellows is a publication of the Olde Forge and is published 3 times a year.

FORGE
COMMUNITY RESOURCE CENTRE

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 /OldeForgeCRC

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BOARD OF DIRECTORS

Executive:

Chair: Meghan O'Halloran
Treasurer: Liddell Malan-Bennett
Secretary: Janice Bridgewater
Past Chairperson: Joel VanSnick
Executive Director: Colleen Taylor

Directors:

David Bennett
Carol Doyle
Carole Gagnon
Annam Ganesan
Jane Inch
John Lammey
Samir Nawaz

ANNOUNCEMENTS

Welcome

to our newest Board Members

We are pleased to introduce our newest board members, who bring a wealth of knowledge and experience to our board.

Welcome Jane, John and Dave!!



Jane Inch - Director

Jane combines her policy, environmental strategy, and civil engineering expertise with a strong commitment to community service. As a policy advisor, she contributed to environment and energy policy and program development at Natural Resources Canada and Environment Canada. Her previous consulting work focused on public policy and conflict resolution. She began her career in municipal engineering and technical education. Jane holds an MSc in Resource Management Science and a BAsC in Civil Engineering. Since leaving her federal job in 2022, Jane has more time for community involvement. She has volunteered with the Ottawa Network for Education as well as long-term care centres and looks forward to contributing to the Olde Forge Community Resource Centre.



John Lammey - Director

A recent addition to our neighborhood, John has quickly embraced all that Olde Forge has to offer. With a robust background in risk management from both public and private sectors, John now dedicates his time to volunteering with various organizations. Living with multiple sclerosis, John is a passionate advocate for the disabled and senior communities. We're thrilled to have his insights on our team and commitment on our board, and look forward to the positive impact he will bring to our community.



David Bennett - Director

Dave Bennett is a professional registered parliamentarian with a strong background in organizational meetings, board governance, and association management. His career spans over 25 years in senior management roles with national not-for-profit professional associations, coupled with extensive experience in executive management. Dave now dedicates his time to consulting and training, leveraging his deep expertise to enhance organizational effectiveness and streamline governance processes. We are pleased to have Dave's skills and expertise on our team and look forward to the positive impact he will make in our community.



DONATIONS MAKE A DIFFERENCE

Taking Strides for Seniors



Thank you for your incredible support of Team Olde Forge at Ottawa Race Weekend! Your encouragement and generous donations helped us raise over \$5,000 to support seniors in our community. We are especially grateful to our sponsor, Vista on Sparks, for their vital contribution. Your donations not only support our walks but also directly contribute to providing essential services, funding community programs, and enhancing the quality of life for seniors. Your contributions make a real difference and help us continue to make strides for seniors. Thank you for being part of our journey! If you would like to make a donation or continue supporting our cause, please visit: oldeforge.ca/ways-to-give/individual-donations



**Royal Canadian Legion
Bells Corners Branch 593
Donates \$5,000 to Olde Forge**

Thank you for your continued backing of the Olde Forge Community Resource Centre. This donation will significantly enhance our ability to deliver vital programs and services, highlighting the Royal Canadian Legion Bells Corners Branch 593's steadfast dedication to our community. Colleen Taylor, Executive Director, said, "We're incredibly grateful for this support. It will bolster our efforts to assist those in need."

This generous contribution underscores the impact of community collaboration enabling us to continue providing essential resources and support.



**Bells Corners Legion is a proud funder of the
Olde Forge Community Resource Centre**

FACES OF THE FORGE



We're excited to welcome new members to our Olde Forge family!

Sarah Posthuma joined us in May as our new Oasis Coordinator at Ambleside. Her fresh perspective and wealth of experience in Ottawa's community services sector greatly enriches the program.

Laura Coverett joins us as Coordinator for Transportation, Home Help, and Home Maintenance. Read more about Laura below.

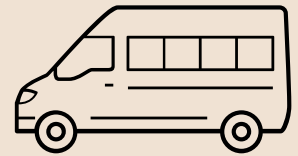
We also welcomed Tricia McGee who stepped into the role of Community Outreach Coordinator, bringing her commitment and innovative ideas to strengthen our community connections.

At the same time, we bid a fond farewell to Emily Angel, as she steps back from her role as Marketing Manager. Although Emily has moved on to other challenges, she will remain as part of our team on a casual basis. We couldn't do without her creativity and eagle eyes!!

This summer we also said farewell to Liam Malloy who returned to Carleton University to further his education. Liam's skills, patience and knack for purging around the office will be deeply missed.



Meet Laura!



Hey there, my name is Laura Coverett and I am so excited to be a part of The Olde Forge Team! I am now the Coordinator for Transportation, Home Help, and Home Maintenance. I am originally from Brantford, Ontario which is the hometown of Wayne Gretzky and the inventor of the telephone, Alexander Graham Bell - Brantford's two claims to fame!

I moved to Ottawa in 2020 during the pandemic, which was an interesting choice looking back but now I couldn't be happier to call Ottawa home. I attended McMaster University and have a Bachelors in Social Work. I've worked in social services for a few years in different roles and have felt a strong need to be doing work that supports and creates community. I previously worked at a private clinic for therapy, and with immigrants and refugees at Ottawa Community Immigrant Services Organization, (OCISO). During my time at McMaster, I completed placements with children as well as women who have experienced domestic violence. In all of these roles I grew to understand the need for services that were accessible and equitable for all of the clients they were serving. I am hoping I will bring this understanding to my position at the Olde Forge and continue to make the programs easy to navigate!

In my spare time, I embroider, go for bike rides with my sister and read. I am currently reading Lessons in Chemistry by Bonnie Garmus. Recently I started trying to learn to crochet with the help of my Grandma over FaceTime. This is my third time trying and I am hoping it will stick this time!

FACES OF THE FORGE

Mary Wiggin: The Heartwarming Voice of Storytelling at Olde Forge



Mary Wiggin is more than a familiar face at Olde Forge’s Adult Day Program; she’s a treasured voice who brings stories to life for those who need them most. Recently honoured for 5 years of dedicated service, Mary extends her nearly two-decade legacy of storytelling by offering profound comfort and joy to seniors facing disabilities and dementia. Mary’s journey into storytelling began with a modest \$45 workshop at Rasputin’s Folk Café, a decision she describes as “the best deal I ever had.” Her passion for storytelling quickly grew, leading her to become an integral part of the Ottawa StoryTellers. This vibrant group, known for its active calendar of over 100 events annually, has been the perfect stage for Mary’s captivating acts.

Mary’s storytelling career is impressive, marked by her roles as co-coordinator of Stories & Tea at the Tea Party Café in ByWard Market and instructor of storytelling workshops. Her performances have graced the National Arts Centre and various storytelling festivals, yet it’s her work at Olde Forge that truly stands out. Here, Mary’s storytelling isn’t just entertainment—it’s a bridge to comfort and connection for those who often feel isolated. At Olde Forge, Mary’s sessions are more than just a chance to hear a good story. They offer a moment of escape and engagement for seniors, many of whom may struggle with isolation or memory loss. Mary’s ability to craft and deliver stories that resonate deeply is a gift to everyone in the program. Her narratives, drawn from a love of folk tales and fairy tales, bring a sense of familiarity and joy to her audience.

Mary’s dedication to storytelling extends beyond her performances. She meticulously prepares for each session, learning new stories and tailoring them to fit the needs and preferences of her audience. Her approach ensures that each story feels personal and meaningful, making her a beloved figure among the seniors at Olde Forge. Outside of her volunteer work at Olde Forge, Mary remains active in the storytelling community. She continues to perform and teach. Her commitment to storytelling has earned her prestigious accolades, including the Order of Ottawa and the Queen Elizabeth II Diamond Jubilee Medal, acknowledging her impact on both literacy and the arts.

“Mary’s storytelling sessions are a highlight of our program,” says Scott Roscoe, Manager of the Adult Day Program. “Her stories bring smiles and laughter, creating a warm and engaging environment for our clients. We are incredibly grateful for her dedication and the joy she brings to Olde Forge.”

Mary Wiggin’s presence at Olde Forge is a testament to the power of storytelling to connect and uplift. Her contributions make a profound difference in the lives of those she serves, transforming each session into a cherished experience.

If you’re interested in volunteering, please visit oldeforge.ca/get-involved/volunteer

VOLUNTEER CORNER

Volunteer of the Year



Sue Fornataro

Sue Fornataro began her journey with us in 2022, using her gardening passion and plant knowledge to revitalize our outdoor spaces. Her work, including creating a beautiful pollinator garden, has transformed the Olde Forge's gardens. Through spring and summer, Sue tirelessly collaborated with volunteers, ensuring the garden thrived with regular care. With her background as a registered nurse and experience with disabilities, Sue became an invaluable asset to our Adult Day Program (ADP) and Luncheon Program. Her idea for a sensory garden has blossomed into a beloved program. This spring, 24 ADP clients, staff, and volunteers have enjoyed weekly sessions in our patio garden, nurturing their green space. Thank you, Sue, for your dedication, creativity, and commitment to enriching the lives of our clients. Your impact on our community is lasting.

Barb Lajeunesse
Community Builder Award

Sue Wormington

Sue Wormington has been a volunteer with the Community Volunteer Income Tax Program since 2015. During that time, she has literally helped hundreds of people get the benefits they are entitled to by preparing their taxes. Sue worked as an executive in CRA and when she retired, she decided she wanted to help seniors in our community and help she has. Sue has taken on challenging situations with caring and compassion. She is an excellent communicator with clients, volunteers and caregivers. Her empathy and ability to explain the sometimes complicated tax system, gives our clients peace of mind knowing that they have her in their corner. Sue champions those who don't always have someone to advocate for them. She embodies the spirit of the Barbara Lajeunesse community builder award. The Olde Forge is extremely fortunate to have her as a volunteer.

VOLUNTEER CORNER

Honouring Our Volunteers: Blossom and Bloom Appreciation Breakfast

At the Olde Forge, our volunteers are the heart of our community, enhancing the lives of those we serve with their dedication. With over 100 volunteers, including front-desk support, drivers, callers, and event helpers, their contributions are vital to our care and companionship.

In June, we hosted the Blossom and Bloom Volunteer Appreciation Breakfast to celebrate these remarkable individuals. The event was a chance for volunteers to connect, reflect on their work, enjoy a morning of camaraderie, and highlight their essential roles. We extend our heartfelt thanks to all who attended and contributed to the success of the event. Your dedication makes the Olde Forge thrive, and we look forward to celebrating more milestones together.



Mary McCaffrey, Verne Bruce, and Priscilla Lanois (not pictured) are honoured for 20 years of dedicated service.



Brenda, Brenda, and Brenda: Celebrating three incredible volunteers who make a difference every day!



Tricia McGee, Chandra Pasma, and Theresa Kavanagh recognize our volunteers

Years of Service

5

Eileen Black,
Louise Fleming
Tom Fleming
Linda Hall
Cathie Hendley
Karen Kelly-Scott
Marja-Leena Majeed
Diane McDonald
James Powell
Mireille Renaud
Lyn Shouldice
Mary Wiggin

10

Lidell Malan-Bennett
Patti McCabe
Don McIntosh
Lynn Miskelly

SPECIAL HAPPENINGS

Calling All Bakers

TO HELP MAKE OUR ANNUAL CHRISTMAS SALE A SUCCESS, THE OLDE FORGE IS LOOKING FOR DONATIONS OF BAKED GOODS, JAMS AND HOLIDAY GOODIES

Donations of cookies, squares, loaves, pies, muffins, tarts, brownies, candy, breads, and jams would be greatly appreciated. This year we will once again bring back our Cookie Walk, so donations of drop cookies would be a wonderful addition and would be greatly appreciated for the December 7th event.

PICK UP/DELIVERY: Due to our shortage of storage, we ask that baked goods be dropped off between November 27 and December 6th. We would like to extend our sincere appreciation for your continued support of this wonderful holiday tradition.



Get into the holiday spirit with our lovingly homemade Christmas puddings, perfect for 1 or 2 people! Order by November 1st to ensure you get a slice of this seasonal delight, ready for pick-up starting December 2nd

Small \$12 Large \$20

Call 613-829-9777 or email: info@oldeforge.ca



FITNESS, FRIENDSHIP AND FUN

Caring for Caregivers: Workshop Series and Retreat



Our caregiver workshop series has been a transformative journey in self-care, offering practical techniques like breathing exercises and acupuncture, along with engaging group activities and luxurious pampering prizes. Prioritizing self-care is vital for your well-being and essential for providing the best support to others.

A heartfelt thank you to the Petro-Canada CareMakers Foundation for their generous support and to Chris Clapp, MSW RSW, whose leadership made the retreat at Willow Wellness Centre truly exceptional with its serene setting, healthy snacks, yoga, and meaningful connections.

We're also excited to announce monthly caregiver lunches starting in September, offering ongoing support and community. Stay tuned for details. Thank you to everyone who participated and contributed!

Enjoying the Rideau River: A Perfect Day on the Water

Recreation clients had the pleasure of embarking on a delightful boat outing, courtesy of Catch a Smile - Friends in Sport Fishing. Their dedicated volunteers, Mark and Tim, were exceptional tour guides, ensuring a fun and memorable experience for everyone.

A big thank you to the Carlingwood Riverstone Retirement Community for generously providing the transportation. Their residents, along with our Olde Forge clients, enjoyed an hour and a half scenic boat ride along the beautiful Rideau River. The day was topped off with a charming picnic lunch, making for a perfect summer outing.

A heartfelt thanks to all who made this event special. Here's to many more joyful adventures together!



COMMUNITY, CARE, AND CONNECTION

Sunshine & Smiles: Adult Day Program Embraces the Great Outdoors

Our Adult Day Program participants are soaking up the sunshine and fresh air as they enjoy the stunning gardens and inviting patio space at Olde Forge. The lovely outdoor setting has become a favorite spot for relaxation and socializing, providing a vibrant backdrop for activities and conversations. It's heartwarming to see everyone reveling in nature's beauty while making the most of these special moments together. Our sincere gratitude goes out to the dedicated gardening volunteers, whose hard work has made this beautiful space possible.



Exciting Expansion: Oasis Senior Supportive Living Grows in Ottawa!

We're excited to announce that the Oasis Senior Supportive Living program has expanded to the Rosewood Apartments in Ottawa! Building on the success of the Ambleside Buildings, Oasis continues to create supportive environments for older adults to thrive while living independently.

Oasis fosters community engagement through social events, nutrition, and physical activities, tailored to the needs and interests of its members. Thanks to the support of partners like Queen's University, local seniors, and the Council on Aging Ottawa, Oasis has become a model of community well-being.

In Ottawa, Olde Forge is crucial in managing Oasis activities, including at the new Rosewood Apartments. Our on-site coordinators work with residents to design enriching programs, while a dedicated steering committee ensures that members' voices and needs are central to our efforts.



For information about Rosewood Oasis, contact Laura Radford at L.radford@oldeforge.ca or visit:

oldeforge.ca/oasis-senior-supportive-living

COMMUNITY SUPPORT PROGRAMS



HOME SUPPORT

Autumn is upon us, and after a summer of shifting temperatures and occasional downpours, your home might be feeling a bit worse for wear. From weather-worn paint and cracked pavement to muddy footprints and dingy windows, the changing seasons have left their mark.

But don't worry! Now is the perfect time to refresh your home and prepare it for the cooler months ahead. Our home help support services are here to tackle those seasonal issues, clean up the mess, and get your space looking and feeling great both inside and out. Let's get your home ready for autumn so you can enjoy the crisp, cool days 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

Home Maintenance

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

\$12 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, example: Tanya Gilmour - Foot Care*

SHOW YOUR SUPPORT

Volunteers
needed



Seeking Volunteer Drivers!

We're looking for compassionate individuals with their own vehicles to join our team as volunteer drivers. Help us support our community by providing transportation for seniors and those in need. Your contribution can make a significant difference in someone's life.



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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Ottawa, ON K2B 7J1

