



OLDE FORGE
COMMUNITY RESOURCE CENTRE

ANNUAL REPORT 2021-2022



2730 Carling Avenue, Ottawa, ON K2B 7J1
(613) 829-9777
info@oldeforge.ca

OUR MISSION:

Empowering older adults and people with physical disabilities to maintain their independence through advocacy, referral and support services.

WHO WE ARE...

Olde Forge Community Resource Centre is a not-for-profit, charitable organization governed by a Volunteer Board of Directors. Programs and services are implemented and overseen by a team of skilled staff and supported by an incredible group of volunteers. As a Community Support Agency, we help people find solutions to social issues by providing information and services or by referring to other community agencies. We provide programs and services to seniors and adults with physical disabilities in our area that include:

- Transportation Services
- Luncheon Program
- Community Van
- Virtual Programming
- Foot Care Clinics
- Friendly Visiting/Telephone Assurance
- Home Help
- Income Tax Assistance
- Grocery/Food Security Support
- Adult Day Programs
- Recreation Programming
- Home Maintenance

ACCOMPLISHMENTS

- Acquired 2 new vans to bolster our transportation program enabling us to increase our transportation capacity.
- Hosted a Caregiver retreat for the caretakers of Olde Forge clients.
- Launched five new programs offered to clients including; Book Chat, Sing-a-long, and Mindfulness and Meditation, Yoga in the Park, and the Art Program for a total of 21 unique program offerings.
- New Program and Partnership was developed with the Canadian Wildlife Federation. This intergenerational program pairs youth with seniors as mentors with the goal of creating a natural garden at the Olde Forge.
- Welcomed Olde Forge volunteers back into the building for the first time since the start of the COVID-19 pandemic.
- Restarted the 55-Alive program after a 2-year hiatus. This program is an in-class driver refresher course for those 55+.
- Welcomed several new board members to our Board of Directors to enhance our leadership and pave a new direction for our centre.
- Continued our partnership with other Ottawa Community Support Service providers to create the Ottawa Community Transportation Coalition – an initiative that provided free transportation to COVID-19 vaccine appointments throughout Ottawa.
- Hosted a “Welcome Back Social Garden Party” for clients to enjoy the community gardens while spending social time together in a safe environment.
- The Olde Forge was pleased to join the Anka family in honouring their mother/grandmother Laura Anka with the planting of a tree at the Olde Forge in her honour. Laura was a long time Britannia resident who volunteered at the Olde Forge for over 25 years
- Continued our technology lending program to ensure seniors without devices can stay connected and access our programs.
- Established a client subsidy fund for low-income clients.
- Participated in the “Stop the Spread and Stay Safe at Work” program led by the Canadian Red Cross to administer COVID-19 Rapid Antigen tests to keep people safe.
- Participated in the Cooling Initiative by providing air conditioning installations and fans to low-income seniors through our Home Maintenance Program.
- Partnered with the Giving Tree, a local community organization, giving gifts to seniors throughout the holiday season.
- Safely returned 50% of our recreation programs to in-person by March 31st 2022.

BOARD OF DIRECTORS 2020-2021

Chair: Joel VanSnick

Vice-Chair: Sheila Garipey

Treasurer: Liddell Malan-Bennett

Secretary: Janice Bridgewater

Past Chairperson: Rod Vanier

Directors:

Alex Cullen

Carole Gagnon

MJ Naushad Quraishi

Catherine Farrow

Meghan O'Halloran

Sandra Crocker

Carol Doyle

OUR STAFF

Colleen Taylor

Executive Director

Elizabeth Parcher

Senior Manager,
Programs and Operations

Karen Toll

Coordinator,
Community Support Services

Vanessa Jackson

Manager, Day Programs

Scott Roscoe

Program Assistant,
Community Support Services

Emily Angel

Manager, Marketing and Communications

Azra Temple

Manager, Recreation

Deborah Davis

Program Assistant, Recreation

Sonia Lall

Program Assistant,
Community Support Services

Ray Brisebois

Program Assistant,
Community Support Services

Marrie Rappos

Program Assistant,
Community Support Services

Nicholas

Summer Student

Liam

Bachelor of Social Work,
4th year Carleton University, Student



OLDE FORGE
COMMUNITY RESOURCE CENTRE

A MESSAGE FROM THE EXECUTIVE DIRECTOR

To our Olde Forge Community,

I am pleased to share with you the Olde Forge 2021-22 Annual Report. Once again, our Annual Report showcases the many accomplishments, highlights, and good news stories from the Olde Forge in the past year. I am delighted to share the outcomes of our hard work.

Over the past year, we have learned that there is no going back and that many of the changes we have made, such as virtual and phone-based programs, are here to stay. In addition, we learned that a hybrid model of service meets the needs of many including those who are challenged to leave home and that in-person programs provide essential respite for our caregivers. These are a few of the positive lessons learned through the collective struggle many of us faced during the year.

At the Forge, we remain encouraged to serve, support, and connect the community near and dearest to our hearts. As always, we will continue to assist seniors and adults with disabilities in our community through our understanding of their needs and our ability to swiftly adapt and respond.

The work of our organization would not be possible without the support of our selfless volunteers. They are an irreplaceable resource, crucial to helping those who depend on us most. From friendly, smiling faces at our recreation programs, to a listening ear on the other end of the call, we thank you most sincerely for your dedication to our organization and community.

And to our donors, your generosity brings confidence, health, and wellness to seniors in our community. It allows us to improve their lives in ways that are most helpful to them. Thank you.

Lastly, on behalf of the Board of Directors and myself, I wish to express an abundance of gratitude to the dedicated staff of the Olde Forge. Your work has a meaningful and direct impact on our clients and the community we provide. Thank you endlessly for your efforts Team Forge!

Thank you,

Colleen Taylor
Executive Director

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VOLUNTEER OF THE YEAR AWARDS

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

VOLUNTEER OF THE YEAR:
Eileen Black

BARB LAJEUNESSE COMMUNITY BUILDER AWARD:
Cheryl Heney

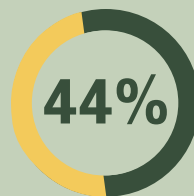
SNAPSHOT OF OUR COMMUNITY

WHO ARE OUR CLIENTS?

The Olde Forge provides programs and services to seniors and adults with physical disabilities from Ottawa community neighbourhoods including; Woodvale-Craig Henry, Whitehaven, Queensway Terrace North, Queensway Terrace South, Westboro, Crystal Bay/Lakeview Park, Iris, Laurentian, Qualicum, Redwood park, Trend/Arlington, Woodroffe-Lincoln Heights, Bells Corners West/East, Bayshore, Braemar Park, Bel Air Heights, Copeland Park, Briar Green, Britannia Village, Carlington, Carlingwood West, Glabar Park, McKeller Heights, and CentrepoinTE.

NEIGHBOURHOOD EQUITY INDEX: HOW IS OUR COMMUNITY DOING?

Six of the Olde Forge area communities are identified as having the strongest equity concerns in Ottawa.



of Olde Forge communities are identified as having strong or possible equity concerns.

WHAT IS THE NEIGHBOURHOOD EQUITY INDEX?

The NEI is a "tool to assess and compare unnecessary and unfair differences at a neighbourhood level on factors impacting wellbeing".

LOW INCOME PREVALENCE

There is a 9.9 low income prevalence (LIM-AT) among seniors (65+) among the Olde Forge area communities.

SOCIOECONOMIC DISADVANTAGES

The Olde Forge area houses 3 of Ottawa's highest socioeconomically disadvantaged neighbourhoods.

SENIORS LIVING ALONE IN OUR COMMUNITY

It's in the data. According to the Ottawa Neighbourhood Study,

30%
of seniors live alone in our community.

GEOGRAPHY

Let's map it out.

The Olde Forge area houses the community with the highest population of advanced aged seniors in all of Ottawa; 895 individuals in one community.





SPECIAL OCCASION MEALS

OVER **200** SPECIAL
MEALS SERVED ON
VALENTINE'S DAY AND
THANKSGIVING

HOME MAINTENANCE



118
CLIENTS
SERVED

41 PEOPLE
SERVED IN THE
SNOW GO PROGRAM

RECREATION

168 ACTIVE CLIENTS FOR
RECREATION PROGRAM

42 NEW CLIENTS ENROLLED
IN VARIOUS PROGRAMS

21 UNIQUE PROGRAM
OFFERINGS

3 NEW HEARTWISE
CERTIFIED INSTRUCTORS

1 FITMINDS CERTIFICATION
OBTAINED

285 LINE DANCING
ATTENDANCES

497 STRENGTH AND CARDIO
CLASS ATTENDANCES

POST PANDEMIC FRIENDLY VISITING



789
VISITS

INCOME TAX

500
CLIENTS SERVED



A TOTAL OF \$851,000
IN TAX CREDITS BACK IN THE
POCKETS OF OUR COMMUNITY



HOME SUPPORT SERVICES

SENIORS CENTRE
WITHOUT WALLS:

868 HOURS OF
PROGRAMMING

250 WEEKLY
ONLINE GROCERY ORDERS
PLACED AND DELIVERED

TRANSPORTATION
4414 DRIVES



BOARD OF DIRECTORS



JOEL VANSNICK Joel is a 5-year member of the Olde Forge Board of Directors, a 37 Year Veteran of the Canadian Armed Forces, and a member of several seniors and veterans' groups and organizations. Born and raised in the Maritimes and with a yearning to travel, the military was a wise choice. Through his career Joel has seen (and lived) many places and met some wonderful people. He recently became the recipient of a quilt of Valour made by a wonderful group of ladies from quilts of Valor Canada. Post Military retirement, Joel and his family made Ottawa home. Joel is now preparing to retire for a second time and is looking forward to entertaining and being a grandpa to 5 great grandkids.



SHEILA GARIEPY 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 lives in the Wellington Village neighbourhood and keeps active hiking and cross-country skiing in the Gatineau Park and along the Ottawa River.



JANICE BRIDGEWATER 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 who leads a class in the Olde Forge Recreation Program. She is very grateful to be a part of the amazing community of clients and volunteers who make up the Olde Forge.



ROD VANIER Rod is the founder of Vanier & Associates and has been practicing law for approximately 40 years. Rod practices in the areas of corporate law, real estate, family law, and wills and estates. Rod is active in the community and has obtained such honours as the Ontario Volunteer Service Award for over ten years. His continuous service to the Greater Nepean Chamber of Commerce as vice-chair and chair are some of his many achievements. He is also past chair of Queensway Carleton Hospital Board of Directors. In his spare time, he enjoys family time and a love of sports.



LIDDELL MALAN-BENNETT Liddell is a qualified CPA, and a 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 (born in beautiful South Africa), and absolutely loves spending quality time with her daughters. Liddell is an avid advocate for children and aging seniors and is looking forward to contributing to the Olde Forge, a charity very dear to her heart, in a meaningful way.



ALEX CULLEN Alex Cullen is currently President of the Belltown Neighbours Association, in the Olde Forge's catchment area. Alex was the former City Councillor for Bay Ward and is very familiar with the Olde Forge's activities. He is retired, an active cross-country skier, canoeist and cyclist.



CATHERINE FARROW 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. She is excited to contribute to the Olde Forge and help supports its vision and mission in the community.



CAROLE GAGNON Carole is recently retired, enjoys gardening, yoga, biking and cross-country skiing. She offers us years of experience as a fundraising and community development professional. Working for and with seniors has been an interest of hers for many years.



MEGHAN O'HALLORAN Meghan lives in the Belltown neighbourhood, within the Olde Forge catchment area. She has worked in the legal/HR fields for 10 years and is excited to join the Board this year. 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.



SANDRA CROCKER Sandra currently lives in the Queensway Terrace North community. She moved to Ottawa in 2011 to join Carleton University, and has worked in higher education (Carleton, McGill and Queen's University) for the past 35 years. An avid walker and hiker, she takes great pleasure in the well-appointed multi-use pathways and the trails of Gatineau hills.



CAROL DOYLE Carol has been a volunteer driver for the Olde Forge for over 15 years and was previously a board member. She is looking forward to working with some of the newer, younger board members, and still having the time to enjoy other volunteer activities and 3 active grandchildren.



MJ NAUSHAD QURAISHI M.J. joined the Olde Forge board of directors in 2020 and has helped us navigate the uncertain waters of the pandemic. He brings a wealth of business and tax knowledge to the table and for more than a decade, has been helping seniors, low-income families, newly arrived immigrants, and students with their taxes. He also led public information sessions and presentations on tax credits, childcare benefits and financial literacy through the Ontario Ministry of Finance and the Chartered Professional Accountants Canada.



Barbara (Barb) Lajeunesse

It is with great sadness and much love that we mourn the passing in April of Barbara (Barb) Lajeunesse, an important member of the Olde Forge family, at the age of 84 after a valiant battle with leukemia.

Barb's association with the Olde Forge started in 1980, when she was editor of our community newspaper – the Olde Forge Flyer. That's when I first met Barb, as I was an up-and coming politician submitting articles as the local school board trustee. Barb herself was politically engaged, running twice for Ottawa City Council in Carleton Ward. However, the taxpayers' loss was the Olde Forge's gain, as in 1983 she became Executive Director of the Olde Forge Community Resource Centre.

She was a community-oriented person and a tireless advocate for seniors in our community. In 1987 she inaugurated the home support program for senior citizens at the Olde Forge, helping local seniors remain independent in their homes, a function that continues here today. By 1991 I was a City Councillor and I came to rely on Barb's advice regarding seniors programs at the City of Ottawa. She worked with other senior support agencies in the city, leading the Ottawa Community Support Coalition and often appearing at City Council meetings on behalf of seniors. Her experience and commitment was recognized by the City when she was appointed by the City of Ottawa to its Seniors Issues Advisory Committee from 2001 to 2004 (ultimately becoming its Chair), and later by the Province when she was appointed to the Champlain Community Care Access Centre Board of Directors in 2007. I was on City Council during those years and always appreciated Barb's frank advice on seniors and other issues, which she always gave with a smile and a chuckle.

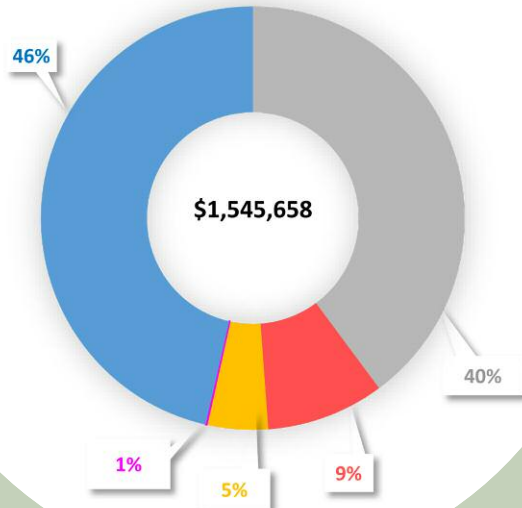
Anyone who was fortunate to call Barb a friend knew that she was active with her community association in Queensway Terrace South, advocating to make things better for the citizens of Ottawa. She doted on her grandkids (lucky them!). She was also an accomplished Master Gardener - Barb had a natural green thumb which was evident in her beautiful gardens.

The Olde Forge was lucky to have such a dedicated leader for the 23 years she led this organization. I am pleased to say, on behalf of the Olde Forge Board of Directors, that a garden here on the Olde Forge grounds will be named after Barbara Lajeunesse.

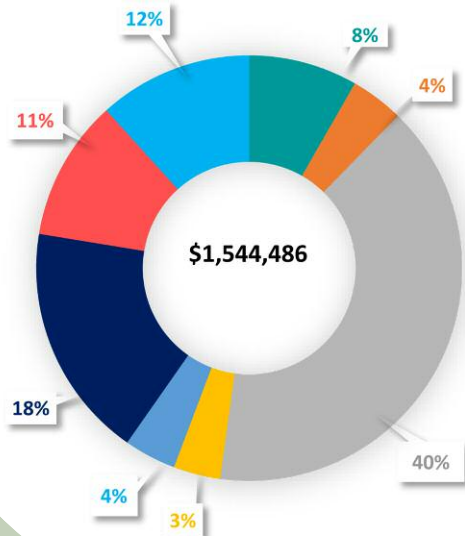
Alex Cullen

FINANCIAL REPORT

Expenses



Revenue





FUNDERS

PARTNERS AND SUPPORTERS

Ottawa OTH



OLDE FORGE
COMMUNITY RESOURCE CENTRE
Charitable #10779 4000 RR0001

