



2024 ANNUAL REPORT

Connecting People and Creating Communities

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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



Jacinthe Gosselin
Program Manager



Sarah Posthuma
Oasis Coordinator



Laura Coverett
Program Coordinator



Tricia McGee
Community Outreach
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

Carolyn Beaton
Carol Doyle

2024

BOARD OF DIRECTORS

Chair: Meghan O'Halloran

Treasurer: Liddell Malan-Bennett

Secretary: Janice Bridgewater

Past Chair: Joel VanSnick

Directors: Dave Bennett, Carol Doyle, Jane Inch, Carole Gagnon, Annam Ganesan, John Lammey, 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.

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.



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.



MEET THE BOARD



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.

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.



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.

MEET THE BOARD



Jane Inch - Director

Jane is a former policy advisor with expertise in environmental strategy, public policy, and civil engineering. She has worked with Natural Resources Canada and Environment Canada and holds an MSc in Resource Management Science and a BAsC in Civil Engineering. Since 2022, she has focused on community volunteering, including with the Ottawa Network for Education and the Olde Forge Community Resource Centre.

Dave Bennett - Director

Dave is a professional registered parliamentarian with over 25 years of senior management experience in national not-for-profit associations. Now focused on consulting and training, he helps organizations strengthen governance and effectiveness. We're pleased to have his expertise on our team and look forward to his positive impact.



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

John Lammey - Director

John is a dedicated community member with a strong background in risk management across public and private sectors. Now retired, he devotes 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.



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

As I reflect on the past year at the Olde Forge, I am filled with gratitude and pride. 2024 was a year of both challenge and achievement, as Ontario's healthcare system continues to face pressure from rising demand, and the growing needs of seniors and adults with physical disabilities. Our Seniors Trends pages tell a story of a community seeing increasing numbers of older adults in our neighbourhoods living alone and in low income. Despite this, our community has shown resilience, creativity, and an unwavering commitment to supporting one another.

At the Olde Forge, we have seen firsthand how essential community-based care has become. With more people wishing to age at home, our programs and services have never been more important. This year, we invested further in the Oasis program, a model that brings programs and supports directly to where seniors live, by launching a new Oasis site at Rosewood Apartments. This expansion has created a vibrant hub of connection and independence at home that supports seniors to thrive.

Our community partnerships, highlighted throughout this report, have flourished this year, and our reputation for delivering meaningful, impactful work has never been stronger. These collaborations deepen our connection with our community and demonstrate the Olde Forge's ability to innovate and adapt to the evolving needs of our clients.

I am especially proud of the dedication of our staff, who continually take on new challenges while keeping the well-being of our clients at the centre of all they do. Their professionalism and kindness shine through in every interaction. I also want to recognize our volunteers and donors—your generosity of time and resources makes it possible for us to reach further and serve more.

Despite the uncertainty in the broader healthcare landscape, 2024 was a year of success and growth at the Olde Forge. We launched new initiatives that promote independence, faced our provincial healthcare crisis with creative solutions, and delivered programs that bring comfort, dignity, and joy to those we serve.

Looking ahead, I am optimistic. We know that the need for community support will only grow, and the Olde Forge is ready to rise to the challenge. Together, with our clients, families, staff, volunteers, partners, and donors, we will continue to build a community where seniors and adults with disabilities feel supported, connected, and valued.

Thank you for being part of the Olde Forge family and for making 2024 a year to celebrate.

Warmly,

Colleen Taylor

Olde Forge Annual Report 2024

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 Expands in Ottawa - Rosewood Apartments

Oasis has expanded to Rosewood Apartments, offering older adults a vibrant, supportive community where they can live independently. With programs focused on social connection, nutrition, and activity, residents thrive while shaping the experiences that matter to them. Olde Forge coordinates these initiatives with guidance from a resident-driven steering committee, supported by partners Queen's University and the Council on Aging Ottawa.



Good Food Box Markets

In November, Oasis partnered with the Good Food Box to bring fresh, affordable produce to seniors in Ambleside, where grocery access is limited and food costs are rising. With home deliveries and the launch of the first-ever Pop-up Market, more than 60 community members were able to shop for healthy fruits and vegetables close to home. As one participant shared, "This is a life-saving event for seniors." With more markets planned, this initiative is reducing food insecurity and strengthening community connections.



Olde Forge Celebrates First Year at Ottawa Race Weekend

This year marked Olde Forge's first participation in Ottawa Race Weekend! Our team came together to celebrate community, wellness, and active living, showcasing the spirit and enthusiasm of our residents and staff. Through this event, Olde Forge strengthened connections, encouraged healthy lifestyles, and highlighted the joy of coming together as a community.



Recreation: Engaging and Enriching Senior Activities

6

Community Educations Sessions

- Tech help for low vision seniors
- Emergency preparedness
- Service Canada services and benefits
- City of Ottawa waste management
- Financial literacy
- Tech scan and fraud prevention

5

Health Clinics

- Diabetes screening
- Dental screening
- Fall prevention
- Community COVID vaccine clinic
- Hearing and screening

YEAR In Review

Wellness Clinics Bring Care to the Community

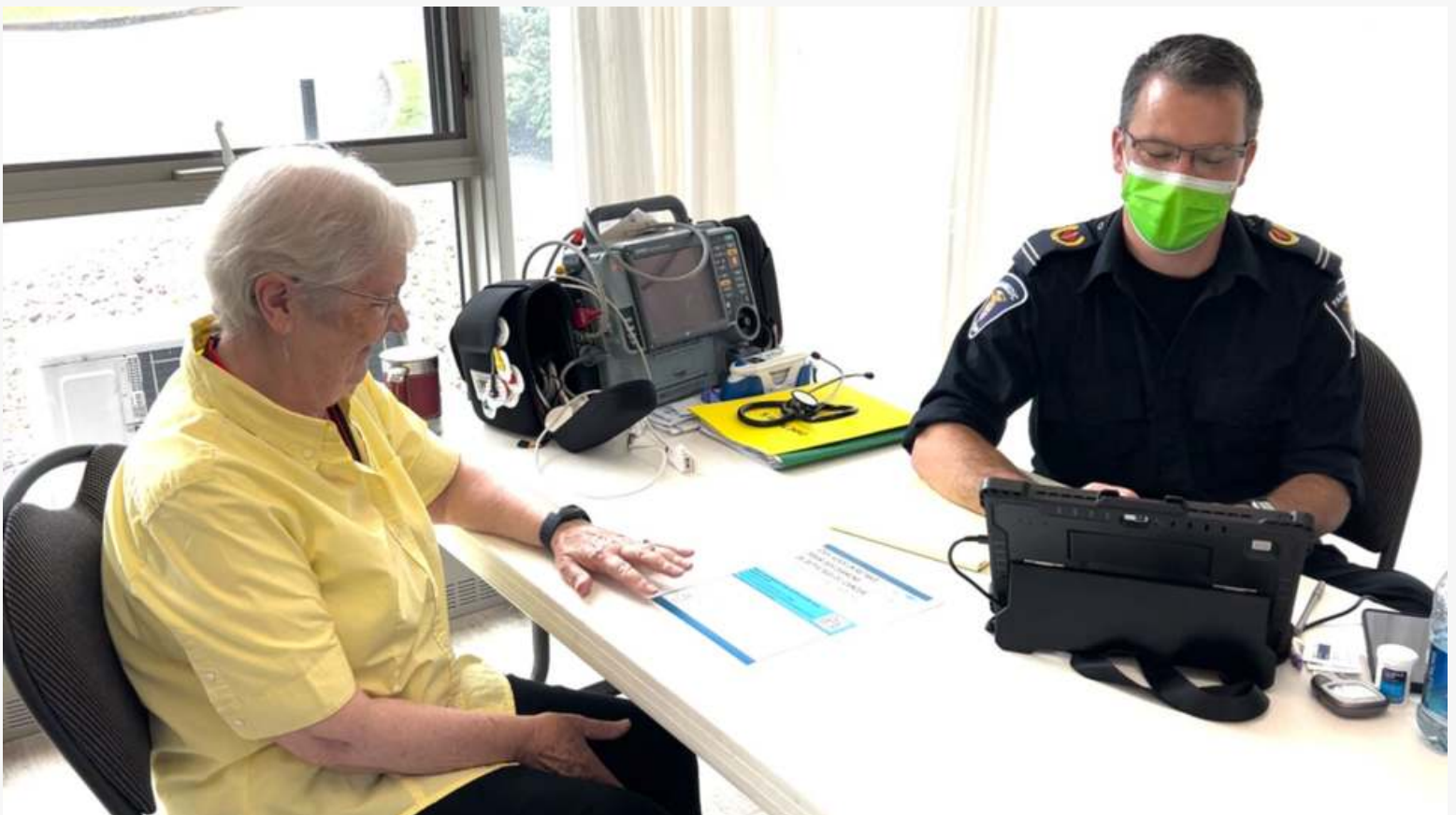
In 2025, OASIS members at Ambleside spearheaded a groundbreaking initiative to bring essential healthcare services directly to seniors in their buildings. Partnering with Community Paramedics, Ottawa Public Health, Rexall Pharmacy, and Pinecrest-Queensway Community Health Centre, they launched monthly on-site wellness clinics offering screenings, immunizations, cognitive and mobility assessments, and more.

The response was overwhelmingly positive, with clinics serving up to 40 residents per session and helping fill critical gaps in access to primary care.

“It’s convenient, high-quality care—and it helps us stay healthy without the stress of travel,” said one resident.

Due to its success, the program outgrew its Ambleside roots to operate out of the Carlingwood Library, making it accessible to even more seniors across the city.

This initiative showcases the power of community leadership and collaboration in creating sustainable, preventative healthcare solutions for older adults.



Maryanne MacDonald receives a routine checkup at a monthly wellness clinic in Ambleside Naturally Occurring Retirement Community. June 6, 2024 (Sam Houpt/CTV News Ottawa)

LUNCHEONS, FRIENDLY VISITING, DAY PROGRAMS

3337 Program Attendances for **132** clients

People need social connection



HOME SUPPORT SERVICES

6,032 hours of Service

346 Clients



TRANSPORTATION

5346 Drives for **269** clients



RECREATION

195 Active Clients

27 Unique Programs

INCOME TAX

493 Clients Served

\$1M in refund, credit, and benefit entitlements



OASIS

247 Participants in 2024



SUBSIDY PROGRAM

1023 services provided to **61** clients

Thanks to our donors



Footcare

1195 Visits to **447** Clients



GROCERY SUPPORT

1115 Deliveries to **33** Clients



OUR YEAR IN PICTURES

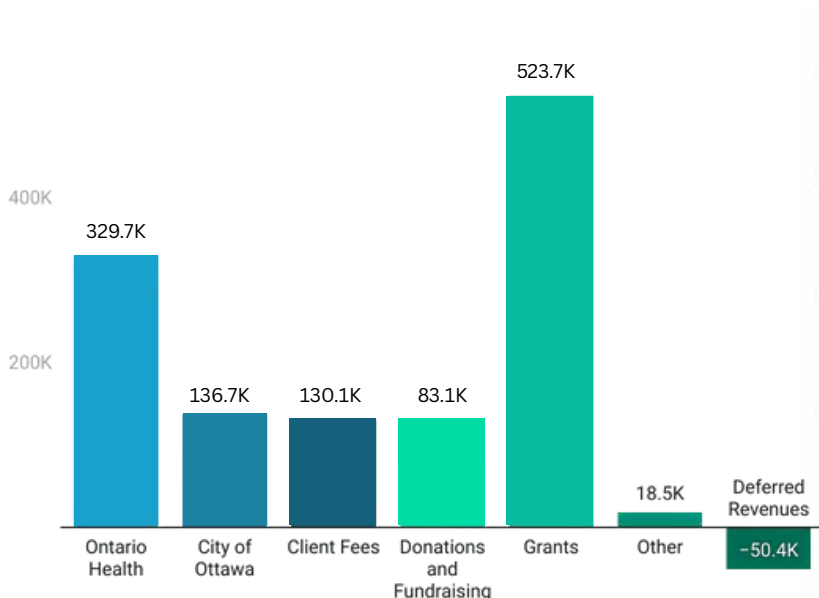




2024
2025

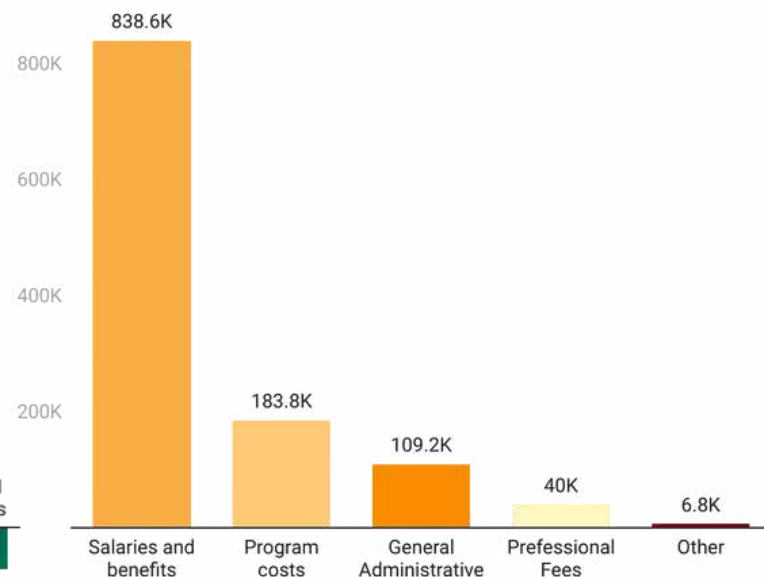
FINANCIAL REPORT

REVENUE



\$1,171,611.00

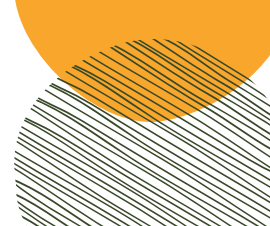
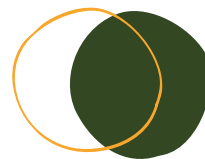
EXPENSES



\$1,178,335.00



Senior Trends



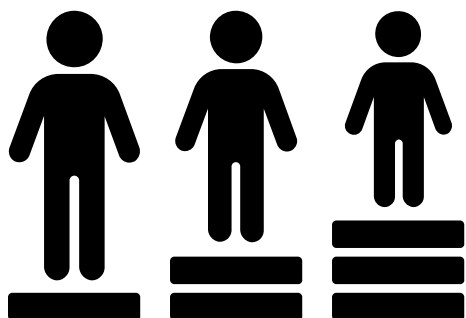
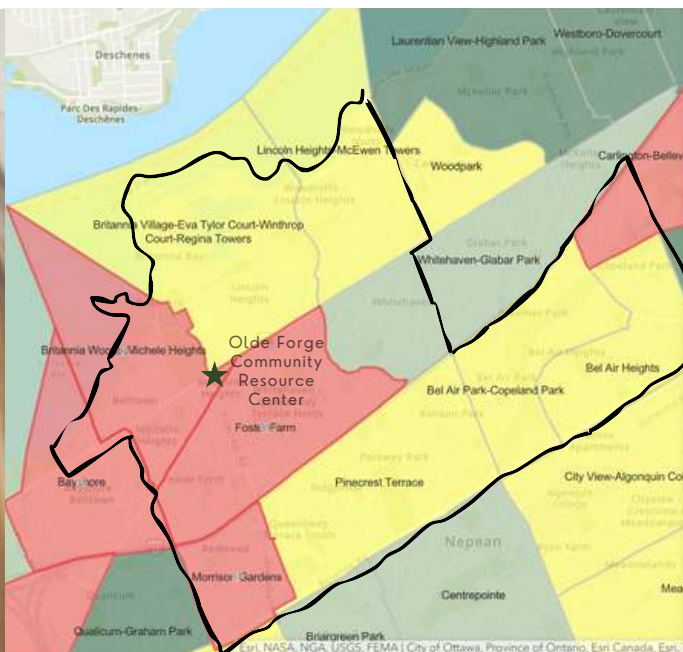
IN OUR COMMUNITY

Ottawa's senior population is rising quickly, with older adults projected to make up 22% of residents by 2031. More seniors are now living alone (1 in 3), with low income (3 in 10), showing sharp increases in isolation, financial insecurity, and housing vulnerability. In the Olde Forge service area, 10,720 seniors—including many racialized and newcomer older adults—face these intersecting challenges. These shifts highlight the urgent need for inclusive, affordable, and community-based supports so seniors can age with dignity and stability.

The Olde Forge Service Area Rankings



NEIGHBOURHOOD
EQUITY INDEX



Neighbourhood Equity Index

- > Strong equity concern
- > Possible equity concern
- > Nominal equity concern
- > No equity concern
- No data

The Olde Forge service area supports **5 of the top** neighbourhoods in Ottawa experiencing **high** equity concern.

1 in 3 older adults are living alone

Up from 1 in 4

3 out of 10 older adults are living in low income

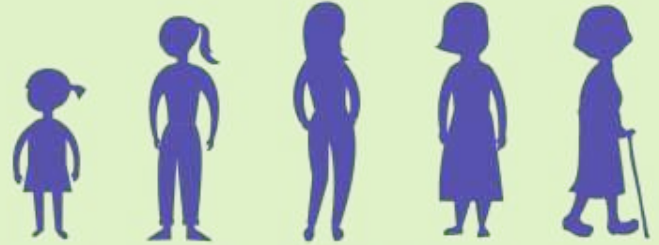
Up from 2 in 10

If

the Olde Forge service area were a village of 100 people



Age



10

0-14

7

15-24

55

25-64

15*

65-74

13*

75+

*Total population of seniors 65+ **10,720**

Marital Status¹



33*

single/
never
married



9

common
law



34

married



36*

divorced/
separated/
widowed

*Total seniors 65+ living alone **3,980**

Languages Spoken at Home



83

English



6

French



19

non-official
languages

Miscellaneous



3

Indigenous
people



25

Racialized²



24

Born outside
of Canada

*Total racialized seniors 65+ **1,060**



48

employed

for every 100 private households



34

low income*

49

renters

51

owners

*Total seniors living in low income **3,670**



Community Data Program

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

Funders



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



The Voice of Older Adult Centres
La voix des centres pour aînés



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



Partners and Supporters



Senior Organic
GARDENERS



CENTRE DE SANTÉ COMMUNAUTAIRE
PINECREST-QUEENSWAY
COMMUNITY HEALTH CENTRE





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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