



OLDE FORGE
COMMUNITY RESOURCE CENTRE

THE BELLOWS

ISSUE 75, FALL 2022



Mornings are crisp, the leaves are changing, and everyone is getting back to some sort of routine. Yes, the lazy days of summer are behind us once again, but change is not always bad. The return of fall means seeing friends who have been away for the summer, it means changing our wardrobe to include those cozy sweaters, and fall also means that it is almost ok for us to start talking about the Olde Forge Christmas Sale! Fall is a great time to fall back into our routines or change things up by trying something new! This fall, the Olde Forge will be offering a mix of well-loved programs and some exciting new offerings to spice things up. Welcome back to Fall at the Forge!

ON THE LOOKOUT

The Olde Forge is looking for 28 oz cans to use for their Christmas Puddings. Cleaned cans can be dropped off at the Olde Forge anytime.



OLDE FORGE, NEW HOME

There is a little log
home – In the west
of the city.

I wonder who
lives there?

It is really so pretty.

I want to find out
more – How did it
come to be?

How long has it
been there?

Is there room in
there for me?

It looks so cozy –
I believe, an
old home.

Been there
for centuries?

Where settlers
first roamed?

Did some research –

Happy me –

It is so much
more now –

A wonderful
place to be.

Now a place
of comfort –

Kindness fills
the halls –

I have found a
family there –

Love within its walls.

Catherine A Hendley.
March 2022



A MESSAGE FROM THE EXECUTIVE DIRECTOR

Kale, tomatoes and cucumbers. These are the veggies from my garden that stare at me waiting to be eaten. But by the time you read this Fall edition of the Bellows, I shall be mulling over recipes for squash and cauliflower, my crunchy, green salads will be out of season and my tiny garden will have done its work for the year. Oh, summer how I miss you already!

But wait – there are a ton of great things to look forward to this Fall including fresh strolls through the many pathways in our community, pumpkin pies and colourful leaves that crunch underneath your feet – or wheels. And don't forget to join a program or two at the Olde Forge – yoga, a luncheon, an online or in-person chat or book a drive to get somewhere you haven't been in a while. Need your feet taken care of – call us for an appointment with a foot care nurse. Have some time on your hands to volunteer with us in a luncheon program, making calls to isolated seniors or here in the office? - call us. Do you know of someone wanting some spare income cleaning or doing small handyman jobs for seniors? – That's right – call us for that too!

Since my last message to you, we were able to do something we haven't done since 2019 – we had an in-person/hybrid Annual General Meeting! Those who came in person were able to remind themselves of the positive energy of the Olde Forge building and staff. People were able to see the garden out front that had been planted in memory of our former Executive Director, Barb Lajeunesse who passed away earlier in 2022. Our AGM tribute to Barb was a reminder for each of us to connect with our neighbours, family and friends while we can - or make some new friends here at the Forge! I leave you with this quote I found that resonates with me and I hope it will do the same for you.

***How beautifully leaves grow old.
How full of light and colour are their later days.***

Cheers,
Colleen Taylor

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BOARD OF DIRECTORS

CHAIR: Joel VanSnick

VICE-CHAIR: Sheila Garipey

TREASURER: Liddell Malan-Bennett

SECRETARY: Janice Bridgewater

PAST CHAIRPERSON: Rod Vanier

DIRECTORS:

Alex Cullen
Catherine Farrow

Carol Doyle
Meghan O'Halloran

Carole Gagnon
Sandra Crocker

THE BELLOWS is the publication of The Olde Forge Community Resource Centre and is published three times a year.

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www.oldeforge.ca



OLDE FORGE
COMMUNITY RESOURCE CENTRE

VOLUNTEER CORNER

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

Eileen is a volunteer driver, shortbread baker extraordinaire, pickler, jam maker and overall Olde Forge Helper. The COVID pandemic didn't slow Eileen down one bit and we are so grateful for her time and dedication to our organization.



Barb Lajeunesse Community Builder Award: Cheryl Heney

Cheryl started in recreation but now shares her talents and energy with the rest of the Olde Forge. When we needed help with our pudding fundraiser Cheryl stepped up, then she took on reception, then gardening.

Most of all, she is a champion for seniors and for the Olde Forge in our community.

**Can You Spare a Few
Hours Each Month?**

**Volunteer Drivers
Needed**



**Olde Forge offers help to seniors in the Ottawa's West End.
More and more people are seeking our help for transportation for medical
appointments. We urgently need more volunteer drivers to join our team**



**Contact Marrie
m.rappos@oldeforge.ca
613-829-9777 Ext: 253**

YOUR OPTIMAL HEALTH

NUTRITIONAL EATS AND SOCIAL TREATS: THE MANY HEALTH BENEFITS OF CONGREGATE DINING

Let's grab a bite to eat and catch up...

Across generations and cultures, sharing a meal has always been about so much more than just eating food. Dining together provides opportunities to connect, share stories, discuss current events, and learn from one another. And seniors- did you know that having companionship during mealtimes is one of the most important ways to maintain independence, feel happier, and experience good health as you age? Believe it or not, studies have suggested that dining alone may be one of the main factors driving both poor eating habits and loneliness amongst our senior populations. So, what can we do to help our dining dilemma? Why not try a lunch club? For a small weekly fee, lunch clubs offer seniors a chance to come together, share a nutritional meal and enjoy some social time filled with games, discussions, and entertainment. Sounds like a full meal deal to me! And want to know something even more tantalizing? It has been reported that food actually tastes better when we dine with others! So, let's get together, grab a bite, and savour the flavour of our nutritional eats and social treats.

Food for Thought-

- Eating alone is associated with heightened nutritional risk (Hetherington et al., 2006)
- Eating in the presence of known others has been shown to enhance energy intake (Hetherington et al., 2006)
- Eating with friends or family can be enhanced (increase nutritional intake and quantity of food consumed) by around 40%–50% compared to eating alone (de Castro, 1994)
- According to research, while the taste and nutritional value of the food itself is important, most seniors report that sharing a meal and having a stimulating conversation is almost equally as important!

For more information on healthy eating for older adults, visit:

<https://www.ottawapublichealth.ca/en/public-health-topics/healthy-eating-online-resources-for-older-adults.aspx>



WELCOME BACK TO LUNCHEON - THE RETURN OF THE OLDE FORGE LUNCH CLUB

After 2 years with no lunch, we were thrilled to welcome the return of the Olde Forge Diners Club. Our clients were literally “chomping at the bit” to get back together for some good food and more importantly, great company. Vanessa, Scott, Liam, Nicholas, and a team of dedicated volunteers were happy to return to their roles as the “hosts with the most” offering up a healthy lunch, interesting discussions and of course, musical entertainment. Luncheon clients were keen to dust off their dancing shoes and hit the dance floor with friends once again.



FACES OF THE FORGE

In this edition of "Faces of the Forge", we would like to shine the spotlight on the lovely Elizabeth. Elizabeth is the original Glitter Girl, the wearer of many hats and the owner of one of the biggest/kindest hearts in all the land! We are so lucky to have her skills, knowledge, compassion, and can-do attitude on our team. She is a steady guide for all the staff and volunteers at the Olde Forge and is a true champion for seniors in our community. This year marks Elizabeth's 10 Year Anniversary with the Olde Forge. Please join us in wishing her a Happy 10 Year Work Anniversary. Elizabeth really is the sunshine and sparkle at the Olde Forge. Thank you, Elizabeth, for sharing your sparkle with us! When we are with you, we all shine brighter!



MEET ELIZABETH

Hello, I am Elizabeth Parcher, Senior Manager of Programs and Operations at the Olde Forge. I have been at the Forge for 10 years and oh how my job has changed! I started here in a part time position taking care of Home Maintenance and Volunteers. Slowly my hours increased, and I took on billing and all things database. Today, my job includes oversight of programs, staff and supporting our fabulous Executive Director. I have also been known to be the photocopier whisperer, which is a valuable skill to have!

I was born and raised in Ottawa's East end and have taken immense joy in raising my family in our fair city. As a mother to two very active boys, I have learned to be able to keep many balls in the air at one time. We recently added an adorable Australian Shepherd "Lenny" to our clan so I can safely say our family is complete. I graduated from Carleton University with a Bachelor of Psychology with a concentration in Adulthood and Aging and I have worked with seniors ever since. Having such a close relationship to my maternal "Nanny" really imprinted on me the importance of our elders in the community. I started my work life in the business office of a long-term care facility and quickly moved on to Community Support where I coordinated the Home Maintenance Program and the Luncheon Club. I had my second son and stayed home for 4 years which was such a beautiful time in my life. My career jumpstarted again at the Olde Forge, and I have never looked back. This workplace holds a special place in my heart, and I consider my colleagues my work family. I never stop learning from my colleagues and our clients and for that I am grateful.

I love all things that sparkle, our cottage, the sound of water, and feel lucky to have landed in such a wonderful place. As a former confirmed East End girl, the Olde Forge and its West Ottawa Roots have an incredibly special place in my heart.

AGM

After 2 long years of being remote, the 2021 Annual General Meeting returned to the Olde Forge. To accommodate those not able to join in person, a hybrid meeting space was created giving people the option to attend using the Zoom platform. Olde Forge Board Member Alex Cullen, provided a Memorial tribute to long time Executive Director, Barb Lajeunesse. On behalf of the Olde Forge Board of Directors, he also announced that the newly planted garden for pollinators would be named the Barb Lajeunesse Memorial Garden in recognition of her 23 years as head of the Olde Forge Community Resource Centre. In addition to the garden, the Outstanding Volunteer Award was renamed the Barb Lajeunesse Community Builder Award in recognition of Barb's outstanding advocacy for seniors in our community and her tireless commitment to the Olde Forge and its mission. It was a real privilege to have Barb's daughter Melissa and her granddaughter Olivia on hand for the tribute and the official announcement.

In addition to the auditor's report, here are some statistical highlights from 2021/22 Fiscal year.

- Over \$851,000 in tax credits put back in the pockets of 500 low-income seniors in our community thanks to the Olde Forge income tax program.
- 868 Hours of programming provided through the Senior Centre without Walls program
- 168 clients enrolled in the recreation program
- 250 online grocery orders placed and delivered

To read the full 2021 Annual Report visit our website www.oldeforge.ca and download your copy. If you would like to receive a printed copy of this document, please contact Emily at e.angel@oldeforge.ca



SUPPORTS FOR SENIORS LIVING AT HOME



Olde Forge Home Maintenance Service is Hiring!

Olde Forge Home Maintenance is committed to Helping seniors and adults with physical disabilities remain independent in their homes.

Home Maintenance employees perform minor repairs and odd jobs around the home and garden.

Competitive Rates
Best suited for someone who is retired or has a flexible work schedule.



For More Information
Contact Ray

613-829-9777 Ext 231
r.brisebois@oldeforge.ca



www.oldeforge.ca

DEB'S LUNCH BUNCH

Once a month, join Deb and a bunch of Olde Forge clients as they enjoy lunching together at one of our local restaurants. Food, friendship, and fun is the name of the game for this bunch. All are welcome!



PROGRAM AND SERVICE RATES

DAY PROGRAM: \$20
\$10 Transportation (round trip)

LUNCHEON PROGRAM: \$15
\$6 Transportation (round trip)

FOOT CARE

\$39 Initial Appointment
\$24 Ongoing Appointments
\$10 Transportation (round trip)

TRANSPORTATION SERVICES

MEDICAL DRIVES

\$12 Return (1-20 km)

\$17 Return (21-40km)

\$25 Return (over 40km)

*Check website for catchment area.

SHOPPING VAN

\$12 (Return)

RECREATION

FITNESS/SOCIAL/CREATIVE

\$32/Month (in-person & virtual)

\$24/Month (virtual only)

HOME SUPPORT SERVICES

HOME HELP

\$30 Per Hour (2 hour minimum)

HOME MAINTENANCE

\$25 Per Hour (1 hour minimum)

with 30-minute increments thereafter.

GROCERY SUPPORT

Online ordering
support and delivery \$10

SNOW REMOVAL

\$25 Per Hour (1 Hour minimum)

with 30-minute increments thereafter.

SENIORS' RECREATION SCHEDULE










OLDE FORGE
COMMUNITY RESOURCE CENTRE

Programs for independent adults 55+ years and adults living with disability To enroll and register for programs contact the recreation manager; a.temple@oldeforge.ca or 613-829-9777 ext 228

RECREATION PROGRAMMING

September 6th, 2022 - December 23rd, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON PROGRAM	VIRTUAL PROGRAM	IN PERSON PROGRAM	VIRTUAL PROGRAM	IN PERSON PROGRAM
10:30AM YOGA (Mat) 	9:30AM CHAIR YOGA	9:30AM GENTLE YOGA 	9:30AM CARDIO, STRENGTH COMBO	9:30AM WALKING GROUP WITH BRENDA SEP. 9 – OCT. 28 WEATHER DEPENDING
 11:30AM BALANCE & STRETCH	10:30AM AEROBICS	10:30AM TAI CHI	 10:30AM CHAIR EXERCISE	GROUP MEETS AT THE OLDE FORGE PARKING LOT
VIRTUAL PROGRAM	MONTHLY PROGRAM FEE	2:00PM MOVIE MATINEE	IN PERSON PROGRAM	VIRTUAL PROGRAM
1:30PM CONVERSATION CAFE 	IN PERSON PROGRAM \$32 VIRTUAL PROGRAM \$24 FEE INCLUDES UNLIMITED PROGRAM REGISTRATION PROVIDING THERE ARE SPACES AVAILABLE	LAST WEDNESDAY OF THE MONTH 	11:30AM ZUMBA	10:30AM  EVERY FRIDAY EXCEPT THE LAST FRIDAY DAY OF THE MONTH
			1:00PM DEBS LUNCH BUNCH LAST THURSDAY OF EACH MONTH	10:30AM MINDFULNESS & MEDITATION LAST FRIDAY OF THE MONTH

SENIORS' RECREATION SCHEDULE

PROGRAM DESCRIPTION

All fitness programs are led by certified fitness instructors & Facilitated by qualified recreation staff

PROGRAM	DESCRIPTION
	Programs certified with the Heartwise logo are identified on the recreation calendar by the University of Ottawa Heart Institute Program
Aerobics	Cardiovascular exercise including toning with weights, Intermediate level
Balance and Stretch	Designed as a falls prevention program, focus is on improving balance, Beginner level
Cardio, Strengthen Combo	Muscle toning with low -impact moves, weights & resistance bands use. Intermediate level
Chair Yoga	Seated gentle yoga moves and relaxing guided meditation. A soothing and relaxing class to start your day. Beginner level
Chair Exercise	A combination of stretch, cardio and toning workout done seated. Intermediate level
Conversation Cafe	Conversation group with guest presenters on topics of general interest
Fusion	A ballet bar, dance style class using resistance bands and weights. Intermediate to Advanced level
FitMinds	Fun word and math challenges to exercise the mind in a welcoming group setting.
Gentle Yoga	A gentle yoga class on the mat, perfect for beginners and those looking for a moderate stretch
Lunch Bunch	Social dining program. Participants will meet at a local restaurant each month for lunch and friendly conversation. Pay your own way
Mindfulness and Meditation	Our experienced mindfulness coach teaches what is mindfulness, how to use it daily and guides participants in a relaxing meditation in the comfort of their own home.
Tai Chi	Focus your mind, improve circulation & breathing through guided movements Beginner level
Tai Chi Fusion	This class is a combination of Asian meditation (Tai Chi Qigong) and Western fitness (resistance band) exercises. Program designed to improve balance, cognition and reduce stress.
Yoga (Mat)	An intermediate gentle flow class combining strength, balance & flexibility for the body & mind
Zumba Gold	A fun dance style cardiovascular workout with a Latin vibe, Intermediate level

Thank you to our funders for their generous financial support:

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



Thank you to our community partners:



CARING FOR OUR CAREGIVERS - CAREGIVER RETREAT

This spring, the Olde Forge was happy to host another Caregiver retreat. Caregivers enjoyed a wonderful day of rest and rejuvenation in beautiful Rockland at historic Maison Tucker House.

"It was such a relaxing day. Beautiful restful surroundings, a delicious brunch and enjoyable company. The meditation session was something I really appreciated and needed at this time."

Attendees also received a lovely take away care package from Anna's Bee-licious Honey Products. Olde Forge is proud to help care for our community caregivers.



TO HELP MAKE OUR ANNUAL CHRISTMAS SALE A SUCCESS, THE OLDE FORGE IS LOOKING FOR DONATIONS OF BAKING, PRESERVES AND JAMS:

DONATIONS OF: cookies, squares, loaves, cakes, pies, muffins, tarts, cupcakes, brownies, candy, tourtieres and jams/preserves would be gratefully appreciated.

This year we will be organizing a modified Cookie Walk so donations of drop cookies would also be a wonderful addition.

PICK UP/DELIVERY: Due to our shortage of storage, we ask that baked goods be dropped off no earlier than the week of the bazaar (November 14th-18th).

*We would like to extend our sincere appreciation
for your continued support of this wonderful holiday tradition.*



OLDE FORGE
COMMUNITY RESOURCE CENTRE

CHRISTMAS SALE

Saturday, November 19, 2022

10am-2pm

The Olde Forge, 2730 Carling Avenue

- **Holiday Baked Goods**
- **Olde Forge Christmas Puddings**
- **A Selection of Jams/Preserves**
- **Modified Cookie Walk**

HOPE TO SEE YOU THERE!

OLDE FORGE *Christmas Pudding*

An Olde favorite in a convenient size for one or two people. Olde Forge brings you our traditional Christmas pudding individually wrapped in a serving for one or two. Made from a classic recipe with real fruit, it is sure to delight!

The deadline to pre-order puddings is November 1st. And they will be available for pick up on November 19th.

Small: \$12 Large: \$20

**When you can't
be close, we're
here to help
seniors and
their families**



"I just want to say how my mom has transitioned from her home after over 50 years to Redwoods. She is partaking in most activities and meeting several new friends. Thanks to all the staff at Redwoods that make this experience so special."

Redwoods Resident Family Member

**LIMITED TIME – Save
\$1,000 per month for 6
months and up to \$2,500 in
moving expenses!* Starting
at \$2,730/month.**

**Call April today at
(613) 986-8082**



THE REDWOODS
RETIREMENT RESIDENCE
2604 Draper Avenue, Ottawa, Ontario

*Terms and conditions apply.
Promotional savings expire December 31, 2022.



LEARN MORE AT REDWOODSRETIREMENT.COM



GROWING GARDENS AND GOODWILL

Olde Forge Wild Generations Gardening Club has been busy this summer. Together with the Canadian Wildlife Federation's Wild Outside youth program, they trimmed trees, moved rocks, and shoveled dirt to create a beautiful habitat for pollinators. After a garden thief (who apparently doesn't like radishes) took off with vegetable seedlings, some perennial plants and even some dirt, this group was also able to grow some goodwill as our wonderful community stepped up to help replenish our garden and nurture our spirit.



FORGING INTERGENERATIONAL PARTNERSHIPS

This spring the Olde Forge Community Resource Centre partnered with the Youth Volunteer Program of the Canadian Wildlife Federation to transform the gardens at the Olde Forge to become a Certified Wildlife-friendly Habitat. As a volunteer and member of the Olde Forge and a member of the Canadian Wildlife Federation I was excited to be part of this project. Seniors were partnered with Youth Volunteers to plant a variety of native plants which would attract our amazing pollinators ~ the bees, butterflies, and birds as well as countless other insects that have a symbiotic relationship with our natural world. My Youth Volunteer was Serena. At first, she appeared shy and hesitant but once she was shown what to do it didn't take long for her to start planting on her own with only words of encouragement from me. "Serena's garden", as I like to think of it, is now flourishing with New England asters, Black-eyed Susans, wild bergamot, purple coneflower, and hyssop as well as other native plants and there is much winged activity. In other garden beds, you will find milkweed, goldenrod, cranesbill, columbine, and sunflowers to name a few. All planted by young and old hands together. It was a grand day of perfect weather and wonderful companionship. A great example of how "many hands make light work" and how seemingly small actions can achieve huge benefits making our world a healthier, happier place for all. In the words of Robin Wall Kimmerer taken from the oral teaching of our First Nations people "Sustain the ones who sustain you and the earth will last forever."



COMMUNITY CONNECT!

Connections are an essential part of self-care. Studies have shown that feeling connected to others lead to decreased stress, increased happiness, and improved well-being. Connections have also been found to be an essential part of building a positive and caring community. Connections formed from people and organizations working together to solve a problem are what have the greatest impact on a community's overall well-being and happiness.

The Olde Forge is very proud to be connected to many local organizations. Together, with the help of our partners, we continue to offer innovative and affordable programming to seniors and adults with physical disabilities living independently in our community. So, who are some of these community partners in our neighborhood? Well, let us introduce you to Woodroffe United Church and Amica Westboro- two Olde Forge Community Partners with Purpose.



WOODROFFE CHURCH

If you have ever been to Olde Forge fitness, you will be familiar with the big, bright recreation space at Woodroffe United Church. For the past 10 years, Woodroffe Church has been working as a community partner with the Olde Forge to provide this beautiful, accessible recreation space at an affordable price. It is because of this partnership, Olde Forge can offer barrier-free fitness programs for seniors and adults with physical disabilities in our community. To further support seniors, Woodroffe church has recently become a contributor to the Olde Forge Congregate Luncheon program where seniors can come together, share a nutritious meal and enjoy some social time filled with games, discussions, and entertainment. For more information on Woodroffe United Church visit: <https://www.woodroffeunitedchurch.org>



AMICA WESTBORO

What started 6 years ago with the donation of Helping Hands charity baskets has turned into a beautiful year-round partnership that tackles loneliness and isolation facing seniors in our community. During the COVID pandemic, Amica Westboro worked with the Olde Forge to develop the innovative and very popular Armchair Travel program. This free virtual program provided seniors with the opportunity to explore new destinations from the comfort and safety of their own home and more importantly, offered an opportunity for social engagement during public health restrictions. This fall, our recreation program will be partnering with Amica Westboro once again for more fun, barrier-free social activities for registered Olde Forge clients. This time the fun will be in-person as Amica offers monthly movie matinees in their theater room and special social events a couple times a month! For the team at Amica Westboro, the partnership with the Olde Forge is a natural fit. "We love connecting with seniors in the community and helping them reach their full potential." For more information on Amica Westboro visit: <https://www.amica.ca/westboro-park>



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

DONORS MAKE A DIFFERENCE:

Do you love the programs and services at the Olde Forge? We sure do! And these programs are made available in part by the support of donors. Every dollar we receive makes a difference in the lives of seniors living independently in our community. There are many ways to donate to the Olde Forge Community Resource Centre whether it is through an individual donation, a tribute or memorial donation, or by becoming a monthly donor. As we are a registered charity, your donation is tax-deductible, and you will receive a charitable tax receipt for your gift. Your donation allows the Olde Forge to continue providing essential, barrier-free programs and support services to seniors and adults with physical disabilities in our community.

Become a Donor. Make a Difference!

SHOW YOUR SUPPORT FOR THE OLDE FORGE COMMUNITY RESOURCE CENTRE!

Do you love the programs and services at the Olde Forge? There are many ways to support the Olde Forge Community Resource Centre, whether it is through 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 in our community.

All donations can be made online through our secure website donation portal at www.oldeforge.ca or by mail to The Olde Forge, 2730 Carling Ave, Ottawa ON K2B 5K4



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

☐ I will donate online at www.oldeforge.ca ☐ I have left a **legacy** by including a donation in my will

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

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

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

Signature : _____ Name: _____

Address: _____ City: _____ Postal Code: _____

Telephone : _____ - _____ - _____ Email: _____

☐ Yes! Please sign me up for the email newsletter.

Charitable Status Number: 10779 4000 RR0001



OLDE FORGE

COMMUNITY RESOURCE CENTRE

2730 Carling Ave

Ottawa, ON K2B 7J1