



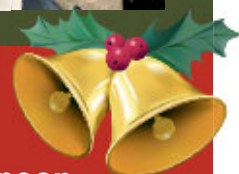
HOLIDAY TREATS ARE BACK AT THE OLDE FORGE

Can you believe we are heading into the holiday season? With temperatures in early November reaching highs of 22 degrees, some days it felt more like we were forging into summer! Even if we were still wearing shorts, holiday preparations needed to get underway, and here at the Olde Forge, we like to welcome the season of giving with our Annual Christmas Bake Sale. This year, we were thrilled to welcome over 100 people from the community back to our beloved log home for an in-person Holiday Bake Sale. A big thank you to all the volunteer bakers and bottlers who filled our sale with delicious holiday treats. To the volunteer pudding makers, baking sorters and bake sale helpers, we couldn't run this well-loved community event without you! And of course, thank you to Scott Wilton and his team at Bulk Barn Fairlawn Plaza for helping us again this year with our long list of pudding ingredients. Finally, our holiday sale would not be possible without the continued support of our wonderful community. From all of us at the Olde Forge, we wish you Happy Holidays, and we look forward to seeing you in 2023.



Holiday Hours

The Olde Forge will be closed for the Holidays starting December 23rd at noon.
We will reopen to serve you on Tuesday January 3rd, 2023! Happy Holidays!



A MESSAGE FROM THE EXECUTIVE DIRECTOR

As I type this letter, I can hear laughter coming from the hall downstairs here at the Forge. This is the sound that keeps me coming back every week. It is the sound of clients and staff enjoying their time together in our Day Program; laughing, singing, sharing a meal and stories. And while they enjoy themselves, there is a caregiver who is relieved, knowing that their loved one is in good hands with us. And at this same time, while our day program is happening, our instructors are leading a Fusion class for seniors in a local community gym. There are also 80 people having a hot meal at a local restaurant today because our caring staff reached out to find those who are sometimes forgotten. And all the while, Olde Forge drivers are bringing people to their medical appointments today as well. I am in awe of what the Forge staff and volunteers do each day. This is what the Forge is about. This is what Community Support Services are about.

My message to you in this edition of the Bellows is about hope and home. Hope for yourself, those whom you call family and the place you call home. Hope for a season of love and giving and good health. We are at a critical juncture in time where our healthcare system is stretched more than ever. Hospitals are tapped out and most people choose to stay at home rather than move to long-term care or retirement residences. Organizations like the Olde Forge give seniors and adults with disabilities the hope that they can stay at home longer with our support. We are working with our community partners and funders to advocate for a future that includes enough funding and resources to keep offering the services we do to keep you at home, healthy and active.

I hope that the pages of this newsletter will inspire you and fill you with hope. I hope that you will reach out to us if you see something we can offer you to help you be the best you can be.

Blessings to you and yours on behalf of the Forge,



Cheers,
Colleen Taylor
Executive Director

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

For more information please contact:
EMILY ANGEL, *Manager Marketing/Communications*
e.angel@oldeforge.ca

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Our Facebook page is Changing!!
Follow our NEW Facebook Page and Instagram!



/OldeForgeCRC



/OldeForgeSeniorsCommunity

VOLUNTEER CORNER

VOLUNTEER AWARDS

Volunteers are the heart of our organization. We would like to recognize the following volunteers for their dedication and outstanding contributions to the Olde Forge Community.

5 YEAR PINS (2017)

Carol Barnard
Gail Brown
Anne Croucher
Gisele Desjardins
Lynda Joyce
Cynthia Martin

10 YEAR PINS (2012)

Neal Cowan
Doris Forget
Steven Guttadauria
Alistair Hensler
Gerry O'Neill
D'Arcy Quartermaine

15 YEAR PINS (2007)

Carol Kolbus

20 YEAR PINS (2002)

Susan Au

25 YEAR PINS: (1997)

The Quarter Century Club!
Diane Beauchamp
Denise Kirkpatrick

VOLUNTEER OPPORTUNITIES

The Olde Forge has several volunteer opportunities available:

Volunteer Drivers

Friendly Callers

Day Program Volunteers

Special Event Volunteers

Volunteer Entertainers

**To learn more please contact:
Emily Angel**

MEET THE STUDENTS

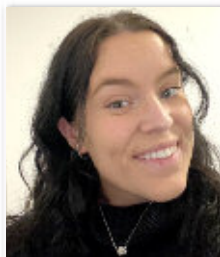
CHANI TEITLEBAUM



Hello everyone, my name is Chani Teitlebaum, I'm in my third year of the Social Work program at Carleton University. I am so lucky to be spending my year-long placement here at the Olde Forge. The Forge is a wonderful and happy place where I can barely see the difference between work and fun!

I come from a large Jewish family, where I have nine siblings and nearly 100 first cousins! I have an older sister, who has two very cute and very chunky babies, and I have eight younger siblings. I was born in Vancouver and moved to Ottawa when I was ten years old. I have since lived in Toronto, New York, Miami, Israel, and now I am finally back home in Ottawa. I am very passionate about Social Work, and I love to work with individuals, groups and communities. After I finish my Social Work studies, I plan to get a Master's in Education as well. My hope is to write a curriculum for parents and educators to provide comprehensive sexual and consent education for school-age children in the Jewish community. In my free time I love camping, canoeing, and spending time at my partner's cottage. In the winter I prefer to hibernate and binge watch Netflix, with a few trips out skiing. It has been so nice getting to know all of my Forge friends! I'm excited to spend the rest of the school year meeting you all and having a great time together!

BROOKE ANNAN



Hello everyone! My name is Brooke Annan. I am originally from Ajax, Ontario. I was given the opportunity to move to Ottawa to further my studies. I am currently in my fourth and final year of the Bachelor of Social Work Program at Carleton University, with a minor in Women and Gender Studies. I have been at the Olde Forge

since the beginning of September, and unfortunately my placement ends in December. My time here at the Olde Forge has flown by way too fast. However, I have learned several important things while being here, especially during my time helping at the Adult Day Program and with the Mercuri Phone Program. The Olde Forge has become my home away from home. As soon as I stepped in the doors, everyone was so welcoming and kind, I could not have asked for more. There have been several wonderful individuals that I have gotten the pleasure to meet, both in-person and online. I would like to give a huge thank you to the wonderful staff, volunteers and clients that have made my time here at the Olde Forge one to remember.

YOUR OPTIMAL HEALTH

THE FITNESS EVOLUTION: TRENDS FOR SENIORS IN 2023

What are some of the notable fitness trends from your youth?

Who remembers the hoola hoop trend of the 1950s? How about the vibrating belt trend of the 1960s where it was thought we could just jiggle the pounds away. Who has memories (or nightmares) about the spandex and legwarmer craze of the 1980s? And speaking of the 80s, who could forget our old pal Richard Simmons with his Sweating to the Oldies tapes.

Thankfully, fitness and fitness trends are always evolving. Can you believe that not too long ago, experts recommended resting and avoiding exertion as the fitness regime of choice for older adults? Luckily, research in recent decades has found that staying active and socially engaged play a vital role in healthy aging and falls prevention, and have even been found to help fight age-related diseases such as dementia.

So, what are some of the big fitness trends for seniors today? Believe it or not, it is all about going back to basics (with a little technology twist for those who are so inclined). In 2023, we will continue the trend towards a simple, more natural approach to exercise that supports wellness of our body and our mind. And we will keep track of all our progress with the support from some digital technology.

Trend 1: Wearable Fitness Technology

Wearable fitness technology has exploded in popularity with seniors over the past few years. From Steppers to FitBits to Apple watches, wearable fitness technology that look like a fashion accessory can help track all of your personal health stats and support your fitness goals. No more guessing how many steps you are taking in a day, no more wondering if you had enough sleep, or what your heart rate might be. Everything you ever wanted to know (or didn't want to know) about your health can now be synced to an app and analyzed. These devices can even track your diet, your calories burned and even the caloric breakdown!

Seem a little too much? If you are not into technology, there is always the tried-and-true pen and paper tracking system. Whatever way you decide, maintaining a daily log of your health and fitness has proven to help people build routines and habits that support healthy aging.

Trend 2: Functional Fitness

Functional fitness simply means exercising and strength training to help support and maintain daily activities. Functional fitness may include strength training to support tasks such as carrying groceries, agility training for climbing stairs, and balance exercises to help with falls prevention. Functional fitness routines make sense for older adults who might not be interested in training for a marathon, but do want to continue to age well and live independently in their communities.

Trend 3: Exercising to Fight Pain

Your physiotherapists have been saying it for years, but now exercise is being positioned as a go-to natural treatment solution for pain reduction. In addition to exercise (which helps stretch tense muscles and boost blood flow to fight painful inflammation), heat therapy, yoga, acupuncture and massage are also being encouraged as a natural way to fight pain.

Trend 4: Mind-Body Exercise - Yoga and Tai Chi for Seniors

A rise in mind-body exercises, that embrace meditation and deep breathing in addition to movement and stretching, is bringing the art of mindfulness to the forefront of senior fitness. Yoga and Tai Chi are proving to not only help build muscles and bone density but also improve balance while easing anxiety and stress. The incorporation of mind-body exercises has also been found to stimulate positive cognitive function that help fight memory loss and dementia.

YOUR OPTIMAL HEALTH

Focus your mind
Improve balance, circulation & breathing
through guided movement.

Level
Beginner

Join Olde Forge, in Partnership with The Westwood Revera for

Tai Chi

MONDAYS,
STARTING JANUARY 9TH
2-3PM
LOCATION:
THE WESTWOOD BUILDING 2
2370 CARLING. AVE, OTTAWA

To Register, contact Azra:
a.temple@oldeforge.ca
613-829-9777 Ext 228

THIS CLASS IS LEAD BY
CERTIFIED THAI CHI INSTRUCTOR
VINH TRUONG.



THIS GROUP WAS MADE FOR WALKING

The Olde Forge walking group sure got to enjoy some fabulous fall weather this past session! Just before Thanksgiving they took a walk around Mud Lake, enjoyed a beautiful display of fall colours and even saw some wild turkeys! This group has had so much fun getting together, that they have decided to keep their feet moving over the winter months... but this time at an indoor location. Maybe they will be encountering turkeys of a different kind during these indoor walks.



COMMUNITY CONNECT!



Greetings from
THERESA KAVANAGH
CITY COUNCILLOR, BAY WARD

I'd like to take this opportunity to express my gratitude for the honour of representing the people of Bay Ward at City Hall for another term of Council. Having spent the last four years getting to know the issues that matter most to people in our community, I will keep working hard to make sure that our shared values guide us as we take on the challenges and opportunities ahead. Thank you for staying in touch with my office and keeping me informed and connected with your priorities.

Bay Ward is home to the greatest per capita proportion of seniors in Ottawa. They contribute to our collective quality of life in countless ways. Many of those seniors are involved with The Olde Forge. I continue to be impressed by the way The Olde Forge is constantly adapting its programs in a way that respects seniors' resiliency and choice. The innovative new programs that grew out of the pandemic are proof of that responsiveness.

I am especially thrilled about the Olde Forge's engagement with the emerging Naturally Occurring Retirement Community (NORC) initiative. Together with residents at three Ambleside condos, a research team at Queen's University and the Ottawa Council on Aging, the Olde Forge will collaborate on a new model for promoting seniors' preference for aging at home. This first Ottawa program of its type will be an expansion of the Oasis (NORC) program in Kingston. In an approach that goes against the traditional notion of services "for seniors", the condo residents will co-create programs to support healthy lifestyle and active involvement with their neighbours. I believe that this model for aging at home is the way of the future. It respects seniors' dignity, independence, and choice. It promotes healthy intergenerational life in diverse communities. The Olde Forge is the perfect agency to take the lead on service provision for this new venture. My expectation is that the Ambleside Oasis-NORC project will pave the way for many more senior-led aging at home ventures across Ottawa and the province.

I look forward to working closely with the Olde Forge as it plays its important role in helping to create a vibrant, inclusive community.

Theresa Kavanagh
City Councillor, Bay Ward

Joyful Sound Ottawa choir

A community choir for people with memory loss,
their caregivers, and their family and friends.

In-person rehearsals: February 15-May 10, 2023

Where: St. Stephen's Anglican Church,
2821 St. Stephen's Street, Ottawa

When: Wednesdays, 10:30 a.m. – 12 noon

JSO partners with the Dementia Society of Ottawa and
Renfrew County. For more info or to register contact
zkirschner@dsorc.org



SENIORS' RECREATION SCHEDULE



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


January 9th, 2023 - April 28th, 2023

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 CHAIR EXERCISE I 	9:30AM CARDIO, STRENGTH COMBO	9:30AM INDOOR WALKING GROUP WITH BRENDA
 11:30AM BALANCE & STRETCH	10:30AM AEROBICS	 10:30AM GENTLE YOGA	 10:30AM CHAIR EXERCISE II	
IN PERSON AT WESTWOODS	MONTHLY REGISTRATION FEE	2:00PM AMICA MOVIE MATINEE	IN PERSON PROGRAM	VIRTUAL PROGRAM
2:00PM TAI CHI 	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 MINDFULNESS & MEDITATION LAST FRIDAY OF THE MONTH	10:30AM CONVERSATION CAFÉ FIRST FRIDAY  THE FRIDAYS IN BETWEEN MINDFULNESS & MEDITATION LAST FRIDAY

SENIORS' RECREATION SCHEDULE

PROGRAM DESCRIPTION

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

PROGRAM	DESCRIPTION
	Programs with the Heartwise logo on the recreation calendar are certified 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 <i>*Starts January 17</i>	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	A monthly conversation group with guest speaker, various general interest topics.
Chair Exercise level I	A combination of stretch, cardio and toning workout done seated. Beginner level
Chair Exercise level II	A combination of stretch, cardio and toning workout done seated. Intermediate level
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
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 community partners:



OLDE FORGE IN THE COMMUNITY

FACES OF THE FORGE



My name is Deborah Davis, I AM BLESSED. I am a baby boomer in the November season of my life. I am happy joyous and free and I live a life of abundance. I recognize the correlation between discovering the Olde Forge and my state of physical emotional and spiritual well-being. I started life in a small northern Ontario mining town, Timmins. I am the oldest of five, left home at 19 to go to college and earned a degree in recreation leadership, spending 1 year as Assistant Recreation Director in Timmins. Like many of my generation I married, had a child, and divorced. I retired in 2014 after 28 years in policing. I live alone and have no family in town. After retirement I lost my reason for getting up in the morning. So, I decided one day it was time to find meaningful purpose in life again.

I was driving by the Olde Forge and saw an advertisement asking for drivers for medical appointments. That was the beginning of my relationship with the Olde Forge. I started driving people to medical appointments. My next job was delivering meals to Day Program participants. However, I wanted more to do so I asked if I could work on the reception desk. it was like a door opening up and a whole new world appeared. It is so rewarding to be with people that appreciate you and are happy to see you. I had found my happy place. After about a year of volunteering an opportunity came up to take a part-time job with the Olde Forge. the position of Recreation Program Assistant. Imagine my surprise when I realized I had come full circle. I love my job and the Olde Forge so much sometimes I think I should be paying them for the privilege to work here. I see the Olde Forge as a vortex of Light. We are a community of golden hearted souls. It is my experience that if you come to the Olde Forge you will be treated with kindness, compassion, and dignity. We are here to help you stay independent in your home. The Olde Forge has been a life-changer for me. My hope is that your experience is similar. Stay well.

**If you need help
and can't go
home just yet,
consider a stay
at The Redwoods!**



With nursing available 24/7, a respite stay at The Redwoods allows you to recover in comfort without stress for your family.
Call April today at (613) 986-8082 to learn more.

THE REDWOODS
RETIREMENT RESIDENCE
2604 Draper Avenue, Ottawa, Ontario



LEARN MORE AT REDWOODSRETIREMENT.COM



COMMUNITY SUPPORT

ADULT DAY PROGRAM AT THE OLDE FORGE

The Olde Forge is a warm and happy place where we can share a meal, a joke, a story, a memory, and where the staff and volunteers are friendly and make us all feel special, important. A home away from home, where we feel cherished, where we can always find a helping hand, or kind word to soothe the pain in the loss of a loved one or share the joy of a happy event.

We are entertained with live music, a video of someone's travel, a lecture from an expert on the history of our region, our province, our world. We learn about geology and earthquakes, the flora of Canada's North. We find compassion in the groans of our exercises, we participate in trivia, mind-sharpening tools, and study poems and short stories by Canadian authors. We play games, all kinds of games during which we find ourselves laughing and enjoying life. We are so very happy. The Tuesday group is the highlight of my week.

The Olde Forge was the bright light in the darkness of the pandemic. Their Mercuri line and Zoom programs were welcomed by many seniors. Thank you, Olde Forge, for being there and supporting us.

C. Paulin

September 21, 2022



YOUR STORY.
OUR CARE.

Meet Mary

VOLUNTEER, CLIENT

Our services have helped people like Mary stay engaged and live independently at home.

To read Mary's story and learn more about our services visit:

YourStoryOurCare.com



T 613 829 9777

E info@oldeforge.ca

W YourStoryOurCare.com

We're sharing stories of how real-life seniors and adults with disabilities live independently and well at home with the help of community support programs and services made available through the Olde Forge Community Resource Centre.

This March...

Income Tax Clinics are Back

A Friendly reminder that The Olde Forge will be running a Drop-Off Income Tax Clinic again this year. Please check the guidelines below to see if you qualify for this **FREE** service.



- You live in Ontario
- Your 2022 income tax return has not yet been filed with CRA
- You were born in 1968 or earlier or you are an adult with a disability
- Married or common-law couple: your 2022 total income was \$50,000 or less
- Single, separated or divorced person: your 2022 total income was \$35,000 or less
- You did not have income from capital gains, rental income from a property you own, income from a business you own, nor were you self-employed
- You are not bankrupt



For More Information:
613-829-9777
www.oldeforge.ca

I SPY

The Olde Forge staff will be even easier to recognize thanks to these spiffy new jackets!



Winter is Coming....

Snow Go and Snow Go Assist are BACK!

Snow Go:

A matching service for seniors and adults with disabilities looking to hire a contractor to clear snow from private driveways/ walkways.

Snow Go Assist

Provides financial assistance to eligible low-income seniors or persons with disabilities looking to hire a contractor to clear snow from private driveways/walkways.



*Spaces and Funds are Limited
Contact Ray at the Olde Forge for more information*

www.oldeforge.ca

613-829-9777

*Funded by the
City of Ottawa*

PROGRAM AND SERVICE RATES

DAY PROGRAM: \$20

\$10 Transportation (round trip)

LUNCHEON PROGRAM: \$15

\$6 Transportation (round trip)

FOOT CARE

\$40 Initial Appointment

\$28 Ongoing Appointments

\$10 Transportation (round trip)

TRANSPORTATION SERVICES

Medical Drives:

\$12 Round Trip (1-20 km)

\$17 Round Trip (21-40km)

\$25 Round Trip (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.**

GIVING GIFTS THAT GIVE

December is often called the Season of Giving. It is always such a thrill when you find that perfect gift for that special someone. But what is the perfect gift? For some people, it is that little extra something that they would not buy for themselves. Sometimes it is something they need (the practical gift). And for some, in a world where many of us are trying to declutter, simplify our lives, and make a difference in some way, the perfect gift is often a gift that gives - The Tribute Gift.

WHAT EXACTLY IS TRIBUTE GIVING?

Tribute giving is a way to recognize, honor, and celebrate people that are important to you while giving back to organizations that you and the honoree care about. Tribute gifts are donations made in honor or in memory of someone who is not the donor.



TYPES OF TRIBUTE GIFTS

There are 2 Types of Tribute Gifts:

- **Gifts Made In Memory Of Someone –** A tribute gift can be made in honor of the memory of someone who has passed away. Making a donation to something that the person cared is a beautiful way to honor their legacy.
- **Gifts Made In Honour Of Someone –** Tribute gifts can be made in celebration of a special occasions or milestones, and are often made in lieu of a physical gift. These gifts can be for occasions such as anniversaries, birthdays, Father's Day/Mother's Day, or other holidays. The idea here is that many of us have too much stuff already, so why not ask friends to donate to a favorite charity instead.

Giving a tribute gift to the Olde Forge is a meaningful way to recognize, honor and celebrate people that are important to you while also helping the Olde Forge continue to support vulnerable seniors living independently in our community. As we are a registered charity, your donation is tax-deductible, and you will receive a charitable tax receipt for your gift.

Giving Makes a Great Gift!

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



2730 Carling Ave
Ottawa, ON K2B 7J1