



OLDE FORGE
COMMUNITY RESOURCE CENTRE

THE BELLOWS

ISSUE 68, SPRING 2020

SPRING IS IN THE AIR!



The birds are singing, the sun is shining (mostly), the crocuses are blooming and the bees are buzzing (I will refrain from acknowledging the other things that might be buzzing in our ears.... I am trying to keep my rose coloured glasses on as long as possible). After being in social isolation for so long, the warm weather just couldn't come soon enough! Spring and Summer showcase Ottawa at its very best, and when the City finally emerges from isolation and gets back to some sort of normal routine, I can't think of a better time to enjoy all that our beautiful region has to offer! Why not explore our region with the Olde Forge recreation program, or use the Run Around Rides service to finally enjoy a lunch date with friends. And as for all of that cleaning and yard work..... the Olde Forge can help wash away the last signs of "social isolation" and get you out and enjoying the splendor that is Spring and Summer in the Capital.



The Olde Forge Community Resource Centre has been Identified as an Essential Service that Helps to Support the City of Ottawa's Current Physical Distancing Restrictions.

OLDE FORGE
COMMUNITY RESOURCE CENTRE

During this time, the Olde Forge will continue to provide the following services to seniors and adults with physical disabilities living in Ottawa's West End.

We are currently offering the following services during the COVID-19 pandemic:

- Medical Transportation
- Telephone Based Regular Check-ins and Friendly Conversations
- Recreational Programming (Via Phone or Computer)
- Adult Day Programming (Via Phone or Computer)
- Grocery and Prescription Delivery
- Community Information and Referral Services
- Online Resources

If you, or anyone you know needs assistance, please contact the Olde Forge at:

613-829-9777 or  info@oldeforge.ca

www.oldeforge.ca

FACELIFT FOR THE FORGE

This Spring the Olde Forge is scheduled to get a much needed exterior refresh! Contractors will be onsite to remove and replace the exterior stucco, to install new windows and doors, and will give our tired exterior a much needed paint job!

For most services it will be business as usual! Staff will be coordinating these services remotely, so please be patient as there may be some delays with response times. Stay tuned for more information on how this might affect any on-site programs that you access.



A MESSAGE FROM THE BOARD



The Olde Forge welcomes Colleen Taylor, as our new Executive Director. Colleen was hired after an extensive candidate search and began her new role on March 23rd, 2020.

Colleen is a dedicated and enthusiastic healthcare professional with an exceptional background well suited to the demands as our Executive Director. She brings with her valuable expertise and leadership. She was employed in a senior position at the Champlain LHIN for over 9 years and is very familiar not only with the Olde Forge, but also the changing environment the Olde Forge will be facing with provincial health system transformation.

Prior to her role at the LHIN, Colleen spent 15 years in various capacities at the Western Ottawa Community Resource Centre including Volunteer Manager, Program Coordinator and Database Implementation Manager. Colleen has a thorough understanding of the strong role community agencies play and an appreciation for the staff and volunteers that make them possible. We welcome her and her passionate dedication and wish her the very best!

I would be remiss if I did not thank our Acting Executive Director, Elizabeth Parcher, who very ably led our team and kept things rolling smoothly for the past six months. Thank you, Elizabeth!

Rod Vanier,
Board Chair



Colleen Taylor

STAFF DIRECTORY

Colleen Taylor

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OLDE FORGE
COMMUNITY RESOURCE CENTRE

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

For more information please contact:
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e.angel@oldeforge.ca

Be sure to check out our website for more details
on all Olde Forge Programs and Services.

www.oldeforge.ca

2730 Carling Ave, Ottawa, ON K2B 7J1
Tel: 613-829-9777 • e-mail: **info@oldeforge.ca**



VOLUNTEER CORNER

NATIONAL
VOLUNTEER
WEEK

The Staff of the Olde Forge would like to applaud all of the selfless individuals who channel their efforts to spur progress in our community by supporting the vision and mission of the Olde Forge Community Resource Centre. Because of you, we are able to provide more quality programs and services for those in our community that could use a helping hand and a friendly face. Because of you, our clients were well cared for and supported during the recent COVID-19 pandemic. We are so grateful for your unwavering support during such a difficult time for our community.

***"It is in your hands to
create a better world for
all who live in it"***

– Nelson Mandela

WELCOME
NEW
VOLUNTEERS!

The Olde Forge would like to give a warm welcome to our new volunteers!

Mark Earle
Louise Blinko
Susan Turanyi
Josh Lucas
Batoul Iskandar
Abha Goomar
Mehry Fertash
Peter Angel

A WORD FROM OUR VOLUNTEER
DRIVERS - DRIVING HEALTH AND
WELLBEING IN OUR COMMUNITY

"I would like to invite my community dwellers to consider driving for The Olde Forge, and this is my take on it. I started driving for The Forge even before I retired. After getting my clearance, Marsha got me driving late afternoons. My director was very supportive and felt it was a great community task for me. Well, I retired April of 2006 and I have been driving for The Forge ever since. First, I love driving, second I love to be with different people, third it gets me off the sofa, away from the television and out in the area. I volunteer drive for all of these reasons. Come out and enjoy my pleasures, you will get to know some very good people in the community that need to go out and about. Some seniors only come out to go to a medical appointment, and we can help them get there with our driving services. If I can make one senior happy today by driving them where they need to go, then I've accomplished my task. So, fellow community persons, come and try it out, no special skills needed other than good driving skills. Come spend a day with me to see how I travel around Ottawa with my seniors. You do not need to drive five days a week, you can pick the days and times that you would like to volunteer and you can put in as many hours as you want. Need more information? Call me I would be more than pleased to discuss my driving with you."

– Priscilla

"It is very important for me to feel connected to a local community and the Olde Forge Community Resource Centre has given me the opportunity to do that by being a volunteer driver. I get to meet interesting and wonderful people who always appreciate the help they are getting by driving them to their appointments. It is very gratifying and fun for me to do this volunteer work. Undoubtedly volunteer work gives a boost for one's own wellbeing."

– Marja-Leena

"I've been a volunteer driver for over 45 years, the past 15 for The Olde Forge. I've found that being a volunteer driver is very liberating, and there's always some request out there that seems to work. People often assume that I spend many hours each week driving when in fact my choice is to drive only once every week and I get to pick the day. Because the demand is so high, I rarely get to drive the same person or couple more than once and often wish that I could. There are some truly lovely people out there and they're just so genuinely grateful for the service. If you enjoy driving, enjoy meeting new people, and have a certain amount of patience, as well as 2 to 3 hours a week to spare, this is the place for you."

– C.D

"In response to your question, let me first say that driving for the Olde Forge has kept me busy, out in the public so, therefore, out of the house. More importantly, it allows me to interact with some very sweet seniors. They love to tell me their life stories and I love to listen to them; some of the stories are very sad but most are very happy ones. It is so nice to hear how much they APPRECIATE the drives that the Olde Forge provides for them and how much they appreciate the drivers involved. My experience (approaching one year) with driving seniors for the Olde Forge has proven to be very rewarding and has re-instilled in me the sense of being worthwhile. My job of driving has also allowed me to be part of the team at Olde Forge--part of the FAMILY ATMOSPHERE that so strongly exists therein!!!"

– Brian

YOUR OPTIMUM HEALTH

FOOT CARE AT THE OLDE FORGE

Having trouble reaching your feet? Are your feet causing you problems? We can help with that! Every Thursday at the Olde Forge we offer a foot care clinic provided by registered foot care nurses from Kirsten's Foot Care who are specially trained to help you with foot related problems. Though the Olde Forge has offered a foot care clinic for years, the Kirsten's Foot Care team took over the clinic in late 2016. You might be wondering why you should see one of our foot care nurses instead of going to the local salon. Foot care is not always about the basic 'pedicure'. The nurses from Kirsten's Foot Care are required to be registered as nurses by the province and are held to a standard of practice. They have specialized training in advanced and diabetic foot care that goes beyond their regular nursing training. In addition to cutting and filing your toe nails, they will also take care of any concerns such as removing corns or calluses; taking care of dry or cracked skin; and even treating ingrown nails. The nurses from Kirsten's Foot Care are also trained to look at the overall health of your lower leg and foot. While providing care, they are also assessing your circulation, temperature, pulses, and checking for sensation and any swelling. They are there to help with common foot issues, while also providing preventative care. It's not just about cutting toenails. One of the most important things about how they provide care is that all the instruments and materials they use are either sterile-to-point of use (autoclaved) or disposable. As the foot care industry is not regulated, not everyone sterilizes their equipment. Kirsten's Foot Care makes your health and safety top priority, by using sterile-to-point of use or single-use disposable instruments. It's your right to know whether foot care instruments are cleaned, sanitized, disinfected or sterilized before they touch your feet; don't hesitate to ask the practitioner. If this sounds like something you could benefit from, please contact the Olde Forge to book an appointment. Drives can be organized through transportation. However if you can't get to the clinic, Kirsten's Foot Care is also available to provide foot care appointments at your home.



OLDE FORGE
COMMUNITY RESOURCE CENTRE

2020 ANNUAL GENERAL MEETING

Due to the extension of physical distancing restrictions by the City of Ottawa, the Olde Forge AGM has been postponed until further notice.

The Olde Forge will update members on this event once a new date has been selected.

Thank you for your understanding.



**SAVE
THE
DATE!**



OLDE FORGE
COMMUNITY RESOURCE CENTRE



1977 40 YEARS 2017

OWCS / SCOO

OTTAWA WEST COMMUNITY SUPPORT
SERVICE COMMUNAUTAIRE D'OTTAWA-OUEST

Helping seniors in our community

2020 Seniors Health and Wellness Fair

Navigating the Pathways to Total Health and Wellbeing

50 Exhibitors

- Free Admission
- Key Note Speakers
- Complimentary refreshments
- Live Demos and Health Screenings

**Saturday
October 3rd, 2020
10am - 2pm**

**Ron Kolbus Centre
Lakeside Gardens
102 Greenview Ave,
Ottawa ON**

**Free SWAG
bags to the
first 200
Attendees**

**VENDORS Book
your booth today!**

Call Emily 613-829-9777 Ext .225

SUPPORTS FOR SENIORS LIVING AT HOME

HOME HELP



Let's play a quick word association game.... If you were given the word "Spring" what would your word association be? I played a quick game with my daughter and the first word she came up with was "mattress".... Seriously?! Not what I was thinking about at all!! The first word that came to my mind was "cleaning". Maybe cleaning is just a high priority for me and sleeping is more of a high priority for her... just a thought. I have to say that spring time is probably the only time when I get excited about cleaning. There is something so satisfying about opening the windows after a long winter and clearing out all of that built up dirt and clutter. The Olde Forge Home Help service is here to help you "Spring Into Action" with all of your cleaning needs!

For more information, please contact
Karen Toll at 613-829-9777 ext. 227
k.toll@oldeforge.ca

Excellent Service, Reasonable Rates!

HOME MAINTENANCE

Doesn't it always feel like Spring takes forever to get here? We wait and wait.... and then all of a sudden-wait a minute-it is here and there is so much to do! Not only do we have to undo all of the prep we did for winter, but everything else seems to be happening in overdrive! How can the grass actually grow that fast?! Where did all of the weeds come from?! How did the patio set get so dirty when it was covered all winter? And just when you decide to sit outside and enjoy the warm sun on your face, where the heck are those patio cushions? As daunting as all of this sounds there is hope! The Olde Forge Home Maintenance service is here to help get you cleaned up, set up and ready to make the most of Spring:

- **Reliable Service**
- **Reasonable Rates**



For more information please contact Elizabeth at
613-829-9777 ext. 226 or e.parcher@oldeforge.ca

**Please visit our website at
www.oldeforge.ca for more details.**

NOTICE BOARD

MEMBERSHIP RENEWALS:

2020 membership renewals are now due to be eligible for voting at this year's AGM. To renew, please visit reception for a membership form.

Renewals for 2020 are \$20

SUMMER HOURS:

July and August

We are open

from 9 am -3pm

Monday to Friday

www.oldeforge.ca

NOTICE OF FEE INCREASE:

Please Note:

As of April 1st, Foot Care services will be increasing to \$24 per visit (after the first initial consultation).

FACILITY RENTAL:

The Olde Forge main room and kitchen are available to rent outside of operating hours.

This is a great space for hosting group meetings, family get-togethers or any other special event. For booking inquiries please contact Azra Temple 613-829-9777 Ext 228

SENIORS' RECREATION SCHEDULE





OLDE FORGE
COMMUNITY RESOURCE CENTRE

The Olde Forge Recreation Program provides barrier-free, low cost recreational and physical fitness activities to local seniors 60+ and adults with disabilities. Please visit our site at www.oldeforge.ca or call us at **613-829-9777**

PLEASE NOTE: The Following Seniors Recreation Schedule Will Resume Once the City of Ottawa's Physical Distancing Restrictions Have Been Lifted.

RECREATION PROGRAMS

Calendar Valid Until August 28, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PINECREST-QUEENSWAY COMMUNITY HEALTH CENTRE 1365 Richmond Road	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	WOODROFFE UNITED CHURCH 207 Woodroffe Ave.	PINECREST-QUEENSWAY COMMUNITY HEALTH CENTRE 1365 Richmond Road
BRAIN & BALANCE 12:00PM	CHAIR YOGA 9:30AM	TAI CHI 9:30AM	YOGA (Mat) 9:30AM	CONVERSATION CAFÉ 10:00AM **Check reverse side for topics & dates
\$28.00 MONTHLY MEMBERSHIP FEE Provides you with unlimited access to all scheduled programs. Drop in fee for fitness classes is \$8.00. Should you require financial assistance, please inquire about our subsidy program 613-829-9777	AEROBICS 10:30AM	LINE DANCING 10:30AM	ZUMBA GOLD 10:30AM	MOTION to MUSIC 12:00PM For the protection of all participants, we remind you of the importance of hand hygiene before & after programs, especially when sharing equipment. Thank you!
	GENTLE YOGA 11:30AM	 FIT MINDS 11:30AM No classes July & August	STRETCH & STRENGTH 11:30AM	
		JULIEN OF NORWICH ANGLICAN CHURCH 7 Rossland Ave	OUR LADY OF FATIMA CHURCH 153 Woodroffe Ave	
		KNITTERS GROUP 12AM - 2PM	MILKBAG WEAVING 1PM - 3PM	

IMPORTANT NOTICE

DUE TO HOLIDAYS THERE ARE NO CLASSES SCHEDULED ON:
May 18th • July 1st • August 3rd

SENIORS' RECREATION SCHEDULE

FITNESS CLASS DESCRIPTION

AEROBICS – Cardiovascular exercise including some weights

BRAIN & BALANCE – Improve focus, balance & memory through movement

CHAIR YOGA – Stretching & breathing exercise

GENTLE YOGA – Yoga for beginners and those looking for a moderate pace

LINE DANCING – Low impact cardiovascular exercise

MOTION TO MUSIC – Balance, flexibility & stretch

TAI CHI – Balance, breathing & meditation

STRETCH & STRENGTH – Circuit format strength training

YOGA – Floor mat intermediate level yoga

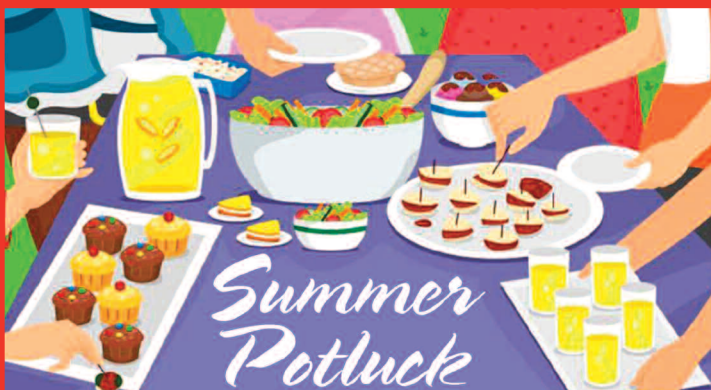
ZUMBA – Cardiovascular workout with Latin dance vibe

*All fitness programs are lead by certified fitness instructors.
Program assistant, Deborah is available on site at the Woodroffe United Church during
scheduled programs. Our instructors and staff are all trained in first aid and CPR*

WHAT IS FIT MINDS?

Build cognitive resilience & help create a healthy brain fitness routine. This program is both mentally challenging & engaging.

Join the Olde Forge via Zoom for the months of May and June for this innovative program.



Coming Soon!!

Olde Forge Recreation Open-House Week

Rec Group Potluck Socials.

Stay tuned for more details!

SENIORS' RECREATION SCHEDULE

PLEASE NOTE: To support the City of Ottawa's current physical distancing restrictions, the Conversation Café will be made available to clients via Zoom until further notice. Clients can connect to Zoom meetings using telephone or computer-based access. Please be aware that due to the ever-changing circumstances that our community is currently facing, some speakers may not be available to present. For more information on the current structure for this program, please contact Azra 613-829-9777 Ext: 228 / a.temple@oldeforge.ca

CONVERSATION CAFÉ

**NOTE THE LOCATION & TIME
PLEASE SIGN UP 613-829-9777**

DATE & LOCATION:	TOPIC:
May 15th at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Helping Executors Tubman Funeral Homes
May 22nd at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Your Safety & Falls Prevention Presented by Modern OT
May 29th at 10:30AM Olde Forge 2730 Carling Ave	See Workshop & Crafting Below
June 5th at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Post Funeral Care Tubman Funeral Home
June 12th at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Tea and Toast Downsizing, Health Home
June 19th at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Be Aware & Stay Safe Presented by Constable Jeff with the Ottawa Police
June 26th at 10AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	Green Funerals Tubman Funeral Homes
July 31st at 10:30AM Olde Forge 2730 Carling Ave	See Workshops & Crafting below
August 28th at 10:30AM Pinecrest Queensway Community Health Centre 1365 Richmond Road	See Workshops & Crafting below

SENIORS' RECREATION SCHEDULE

Telephone Based Regular Check-ins and Friendly Conversations:

Through this program, volunteers make regular telephone calls to homebound seniors (60 years of age or older) and disabled persons to check on their well-being and give people an opportunity to socialize. For more information, please contact Karen 613-829-9777 ext 227 / k.toll@oldeforge.ca.

Adult Day Programming (via Telephone or Computer)

The Olde Forge is continuing to run its popular Adult Day Program virtually! Clients can join the group via Zoom or can call in to participate. This is a great way for clients to stay connected and enjoy some good laughs and great discussions with some friendly faces.

Wednesday Group - the Same Bunch without the Lunch (via Telephone or Computer)

The Wednesday Luncheon group (same bunch without the lunch) is continuing to run in a "party line" format. Clients can expect interesting discussions and trivia activities along with some good old fashion fun with Vanessa! To register, please contact Vanessa 613-829-9777 Ext 223 or email v.jackson@oldeforge.ca

To Help Support the City of Ottawa's Physical Distancing Restrictions, the Olde Forge is Currently Offering the Following Community Services to Seniors and Adults with Physical Disabilities

Medical Transportation: Transportation for seniors and adults with disabilities to non-urgent medical appointments.

To register, please contact Ray 613-829-9777 ext 232 / r.brisebois@oldeforge.ca



GROCERY SHOPPING/ PRESCRIPTION PICK-UP AND DELIVERY SERVICE:

Need help with your groceries? Clients can now call-in or email the Olde Forge with their grocery shopping list. This no-contact service allows grocery orders to be filled in a timely manner by Olde Forge volunteers, and then delivered directly to the client's door.

For more information on this exciting new service, please contact Sue 613-829-9777 ext 231 / s.vinson@oldeforge.ca

Please Note: This service is only available to seniors and adults with physical disabilities.

The Olde Forge Will Be Running the Following Recreation Schedule via Zoom until Physical Distancing Restrictions Have Been Lifted:

Tuesdays

9:30AM: Chair Yoga with Barbara
10:30AM: Aerobics with Isabel

Wednesdays

9:30AM: Tai Chi with Vinh
10:30AM: Line Dancing with Vinh
11:30 AM: Fit Minds (May and June only)

Thursday

9:30AM: Conversation Cafe with Janice
10:30AM: Zumba Gold with Isabel
11:30AM: Chair Exercise with Kelsey

For More Information on the Virtual Rec Schedule, please contact Azra 613-829-9777 Ext 228 / a.temple@oldeforge.ca

**A BIG THANK YOU FOR THE SUPPORT OF
OUR COMMUNITY PARTNERS:**



**PROGRAMMING MADE POSSIBLE
THROUGH FUNDING BY:**





OLDE FORGE
COMMUNITY RESOURCE CENTRE

FOR MORE INFORMATION ON OLDE FORGE
PROGRAMS AND SERVICES PLEASE VISIT



www.oldeforge.ca



613-829-9777

SERVICES AND RATES

Programs at the Centre

Adult Day Programs
Monday/Tuesday

\$20.00
\$10.00

Includes a Hot Lunch
Transportation Fees (round trip)

Luncheon Program
Wednesday

\$10.00
\$6.00

Includes a Hot Lunch and Entertainment
Transportation Fees (round trip)

Foot Care
Thursday

\$39.00
\$24.00
\$10.00

Initial Appointment
Ongoing Appointments
Transportation Fees (round trip)

Transportation Services

Medical Drives

\$12 (return)
\$17 (return)
\$25 (return)

***Clients are
responsible for
parking fees*

1-20 kms
21-40 kms
Over 40kms

Fees calculated from client home to destination

Shopping Van
Tuesday/Thursday/Friday

\$6.00 (return)

Runs Weekly



Grocery Bus
Every Second Thursday

\$4.00 (return)

***Check Website for Route Information*

Run Around Rides
Available for all non-medical
transportation needs

\$6.50
\$10.40
\$15.10
\$18.50
\$22.65
\$1.05 per km

0-5 km
5.1-10 km
10.1-15 km
15.1-20 km
20.1-25 km
25+ km



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www.oldeforge.ca



613-829-9777

SERVICES AND RATES

Recreation Program



Fitness, Social and
Creative Programming

\$28.00 / Month
\$8.00 Drop In

Includes Access to ALL
Recreation Programs

***Additional charges may apply to
certain outings and craft projects*

Community Support Services

Home Help

\$25.00 per hour
2 hour
minimum

Includes:
General housekeeping services
(cleaning, vacuuming and laundry)
as well as simple meal preparation

Home Maintenance

\$25 per hour
1 hr minimum
with
30 minute
increments
there after

Includes:
• Minor repairs
• Odd jobs
• Window cleaning
• Ongoing lawn and
garden maintenance

Snow Removal

\$25 per hour
1 hr minimum
with
30 minutes
increments
there after

Includes:
Clients are referred to vetted
snow contractors and/or can use
a 1 time snow removal with the
Olde Forge

FITNESS FRIENDSHIP AND FUN

RECREATION OPEN HOUSE

Due to the extension of physical distancing restrictions by the City of Ottawa, the Olde Forge AGM has been postponed until further notice.

The Olde Forge will update members on this event once a new date has been selected.

Thank you for your understanding.



CRAFTING FOR A CAUSE: MILK BAG WEAVING GROUP

They start as milk bags, and end up as mattresses. The Milkbag Weaving Program run by Our Lady of Fatima Church and the Olde Forge has helped countless people in need by weaving mats made of recycled milk bags. Each mattress is made of approximately 420 milk bags, and has a lifespan of approximately 25 years. The finished product is durable, waterproof, bug-proof and can be easily cleaned and dried. The mats are made by cleaning the milk bags, cutting them into strips, and then looping and fitting them on frames where they are woven into mattresses. Once completed, the mattresses are given to the organization Canadian Food for Children who distribute them to developing countries around the world. What a great way to upcycle and give new life to plastics that would otherwise end up in our landfills and waterways.



CRAFTING AT THE FORGE

The Olde Forge hosted some beautiful crafting workshops this past winter!

From acrylic painting to jewelry making projects, clients got to design, create and bring home some beautifully hand crafted creations.



PUTTING THE "FUN" IN FUNDRAISING



Saturday, July 25th, 2020 • 10am til 2pm
The Olde Forge Community Resource Centre park grounds

- Local artisans and vendors • BBQ and refreshments •
- Live Musical Entertainment • Raffle prizes •

INTERESTED IN BECOMING A VENDOR?

Please contact the Olde Forge 613-829-9777 to book your space
\$40 (table included) first come first served • \$35 if you provide your own table

Weather - the Market will proceed Rain or Shine, so please come prepared.
 Exhibitors are responsible for their own tent canopy to protect from the elements

*** All Proceeds from this event go directly to the Olde Forge Community Resource Centre to help support seniors and adults with physical disabilities living independently in our community.*

INTERESTED IN HELPING WITH THE OLDE FORGE CHRISTMAS IN JULY CRAFT AND VENDORS MARKET?

To help make this event a success, the Olde Forge will be looking for:

- Donations of baking, preserves, spreads, or crafts to sell at the Olde Forge table
- Volunteers to price, wrap and organize sale items
- Volunteer on the day of the event

If interested, please contact Emily at
 the Olde Forge 613-829-9777 Ext 225
e.angel@oldeforge.ca

**Come Out, Have Fun, and
 Support Local Small
 Businesses in our Community!**



CARING FOR CAREGIVERS

In January, the Olde Forge partnered with the Pinecrest Queensway Community Health Center to deliver caregiver education to their multicultural seniors group. This was the first time educational materials on supports and resources for caregivers had been presented to this group. Topics covered included including Healthy Home and Downsizing, presented by Agewell Solutions; The Best Friends Approach to dementia care presented by our Day Program Coordinator, Vanessa Jackson and; Advanced Care Planning presented by Shevon Thompson RN. Finally, the group had an outing to Loblaws for a presentation on Nutrition and the New Canada Food Guide. Interpreters in Russian, Arabic and Chinese were present for each presentation to verbally translate to each of the multicultural groups in attendance. Thank you to the Ministry of Health for providing funds for this project.



Care Channel

CareChannel is an online portal that provides FREE resources to family and community caregivers. Among many topics, the practical skill guides tackle tricky tasks such as How to Maintain a Catheter or How to Help Someone Shower, and the self-care tips help caregivers Stay Positive and Prevent Burnout. All the tools and resources are available in 5 languages: English, French, Punjabi, Spanish, and Mandarin. Care Channel was developed as part of the Ministry of Health-funded Caregiver Education and Training Project.

If you are interested in receiving a resource package featuring additional information on the topics that were covered in the Caring for Caregiver series, please contact Azra at 613-829-9777 ext 228.

Funding for this project was generously provided by the Province of Ontario



AN ANNIVERSARY MILESTONE

On March 3rd long time Olde Forge clients Austin and Peggy Reeve celebrated their 75th Wedding Anniversary. Austin and Peggy were married in England in 1945 where they were each serving in England's war effort. Peggy shared that her neighbours and friends scraped together coupons so that she could purchase a wedding dress for her special day. The couple had only been married 5 weeks before they were each deployed and separated for more than 2 years. After 7 years of marriage, the couple immigrated to Canada. Austin and Peggy moved to Ottawa when Austin got a job at CJOH and the couple enjoyed raising their 2 children in the local neighbourhood. The couple was pleased to be able to celebrate this special milestone anniversary with family and friends.



FUN FACTS ABOUT LIFE IN 1945:

In the News:

WWII Comes to an end May 8th in Europe and August 14th in the Pacific

United Nations convenes with representatives from 51 nations

In Music:

Dream by Frank Sinatra
White Christmas by Bing Crosby

Til the End of Time by Perry Como

Celebrities born in 1945:

- Van Morrison (musician)
- Goldie Hawn (actor)
- Tom Selleck (actor)
- Anne Murray (singer)
- Henry Winkler (the Fonz)

Life in 1945 (in US dollars):

- Only 5000 home in the US had television sets
- Average cost of a new home: \$4625
- Average income: \$2390 per year
- Average rent: \$60 per month
- Movie ticket: 50 cents
- Eggs: 22 cents per dozen
- Baked Bread: 9 cents a loaf

ACTIVE LIVING CENTRE

Show your support for the Olde Forge Community Resource Centre
Your generous donation will improve lives of seniors in your community by:

- Providing a place where seniors can socialize and learn
- Providing transportation services to less mobile seniors



DONATE TODAY!

I WANT TO ENHANCE THE LIVES OF SENIORS IN MY COMMUNITY !

☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250 ☐ \$_____ ☐ donate online at www.oldeforge.ca

☐ 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

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Ottawa, ON K2B 7J1