

SPRINGING INTO ACTION

Welcome to Spring! Just hearing those words gives us an extra bounce in our step! Be gone old winter boots, farewell big heavy jacket, adios mittens, scarves, and ice grippers. It's Spring! The season of new growth and possibilities. The season of clean ups and fresh starts. The season where the first rays of sunshine recharge our bodies and lighten our souls. Welcome Spring!

Here at the Olde Forge we are all busy getting ready to spring into action to help you with all your clean-ups, clear outs, and fresh starts. Our Home Maintenance and Home Help Workers are here to help you prepare your homes and gardens for the return of the warmer weather, and we will welcome the return of the Olde Forge Gardening Group. The Recreation team is excited to be programming activities that bring us back outside with more nature walks, field trips and socials on our patio. Welcome Back to Spring at the Olde Forge!



UNDER CONSTRUCTION

To improve client safety, our parking lot and patio area will be getting a little make-over. Construction is scheduled to take place at the end of May and will (hopefully) be completed by the end of June. Please note that there may be disruptions to parking and programming during this time. We will do our best to keep Olde Forge patrons informed of any changes to programs that might arise during this time.

Summer Hours



July and August we
are available
from 9am - 3pm
Monday - Friday

www.oldeforge.ca

THE BELLOWS

ISSUE 77, SPRING 2023

Join us for the
Olde Forge AGM



**Wednesday,
June 21, 2023**

2pm (Location TBD)



**RSVP to Sonia
by June 19th**

**613-829-9777 Ext 240
s.lall@oldeforge.ca**

VOLUNTEER APPRECIATION WEEK

The Olde Forge would like to send our most heartfelt thanks to all our volunteers. Your commitment and dedication to the Olde Forge has made a real difference in the lives of seniors living independently in our community. From supporting Olde Forge programming to making friendly check-in calls, running remote income tax clinics, driving our clients to appointments, answering the phones, and helping to proof-read and send out this newsletter you have helped us reach out to our community and better serve our most vulnerable citizens. We are forever grateful!





A MESSAGE FROM THE EXECUTIVE DIRECTOR

Without Winter, Spring would not be as appreciated, would it? I know I am of the minority, but I do love winter and snow and all the fun sports that come with it like skiing and snowboarding. I love the look of clean, bright snow waiting to be played in. Yet when Spring arrives, I suddenly realize how much I missed the grass, and I can't wait for the first flowers to bloom. I guess the lesson is that we tend to appreciate things more once they're gone.

This year, Spring brings not only warm weather, flowers and leaves, but also some challenges. Along with the Olde Forge board and leadership at other community support agencies across the province, I have been working hard to advocate to the provincial government about the value of community support services (CSS) like we offer here at the Olde Forge. Community support programs and services like our Adult Day Program, transportation to medical appointments, footcare, grocery shopping and more are funded by the Ontario government to help people remain in their homes safely for as long as is possible.

Unfortunately, our Provincial government doesn't appreciate the value of organizations like the Olde Forge and has not provided increases to keep up with rising costs for most of the last 11 years. Each year it is getting more difficult to stretch our dollars and keep offering the same quality and level of service our seniors deserve. Recently, the provincial government. "Put the nail in the coffin" so to say, by announcing that once again, it would be sending more money to hospitals, long-term care homes, Home and Community Care (CCAC), mental health services and even private clinics, but will **NOT** be helping struggling agencies like the Olde Forge.

It saddens me deeply to say that due to this short-sighted decision on the part of our provincial government, the Olde Forge will be cutting back on our services. Our dedicated staff and volunteers will, as always, do their best to give you the quality service you deserve, but it means we will have fewer drives available, and fewer seniors with dementia (and their caregivers) will get the respite they need in our Day Programs and Diners Clubs. We understand how upsetting this is to you, our community. We also know the impact that will be felt at our overburdened hospitals when they are unable to discharge people as quickly or when the emergency rooms get even busier. While inflation has been 27.5% in the last 11 years, our funding has only increased by 3.5%. We can no longer stretch our dollars and cut corners to balance our books. It's time for our government to step up and give us sustainable funding.

This is not a plea for your donations; they are always, appreciated and are very helpful. This message is about informing you of what to expect from both the Olde Forge and our neighbouring Community Support partner agencies in the coming months. I invite you to read more in our special advocacy section to learn how you can help us help you.

I wish you a happy and healthy spring and look forward as always to seeing your faces at the Forge.

Blessings,
Colleen

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OASIS PROGRAM - AMBLESIDE

Brenda Faulkner

b.faulkner@oldeforge.ca

BOARD OF DIRECTORS

Chair: Joel VanSnick

Vice-Chair: Sheila Gariepy

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

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/OldeForgeCRC



@oldeforgecrc



/OldeForgeSeniorsCommunity

VOLUNTEER CORNER

VOLUNTEER APPRECIATION
AFTERNOON TEA

What could be better on a cold February afternoon than a hot cup of tea, some delectable treats and friendly company! After 3 long years, Olde Forge volunteers were once again able to come together to celebrate, well, being awesome! On February 24th, Olde Forge staff hosted a special Volunteer Appreciation Afternoon Tea event to thank our volunteers for being there for the seniors in our community and for sticking by us as we navigated through the uncertain waters of the pandemic. Volunteers were greeted with a glass of sparkling juice and enjoyed sipping tea in vintage teacups as tiered trays of dainty sandwiches, scones with clotted cream and homemade jam, and delectable desserts were passed around by staff. Thank you to The Britannia Bakeshop for helping us with our sweet treats, and to Camerata Flutes for creating such a beautiful ambiance with your music. We would also like to show our appreciation to Councillor Theresa Kavanagh, Bay Ward and our MPP Chandra Pasma for taking time out of your very busy schedules to join us and personally express your appreciation for all that volunteers do in our community. The Olde Forge may be small, but our volunteers truly make us mighty!



VOLUNTEER CORNER

THE OLDE FORGE INCOME TAX TEAM

The Olde Forge income tax team was back in action again this year as part of the CRA Community Volunteer Income Tax Program. This program helps to prepare many thousands of tax returns across Canada for low-income seniors and adults with disabilities. This free service not only helps people in our community navigate through the weird and wacky world of income tax, but last year, the Olde Forge Tax Team helped to put \$851,000 in tax credits back in the pocket of our community. So far this year, we are on track to complete over 500 income tax returns and we can't wait to see how much our community will get back! This program gives back with some serious impact!



Volunteer Board Members Needed

The Olde Forge Community Resource Centre is seeking passionate, dedicated, community-minded individuals to join our volunteer Board of Directors.

We currently have openings for 2 board members. Those with backgrounds in legal and financial expertise would be an excellent complement to the existing board.

Time commitment is approximately 6-8 hours per month September-July inclusive. Meetings are conducted in English.

Interested candidates:

Please send your resume to doylehart@outlook.com with the subject line "Board Recruitment". Only candidates selected for an interview will be contacted.



The Olde Forge is a non-profit, charitable community resource centre in Ottawa's west end.

It offers a wide range of programs, services and supports that enable seniors and people with disabilities to live and age well at home and in our community.

**Connecting People;
Creating Communities**

www.oldeforge.ca

FRIENDSHIP, FITNESS AND FUN

EGG-CITED FOR SPRING!

Olde Forge recreation members along with the Pinecrest Queensway International Seniors group were egg-cited to attend a workshop to learn the art of Pysanky (the beautifully decorated Ukrainian eggs). Pysanky is an ancient craft that began in the 7th century when eggs were decorated for spring as a symbol of the rebirth of the earth. The word pysanky is derived from the verb pysaty, meaning "to write", as the designs are not painted on, but rather written with beeswax and then dyed. It is the multi- step process of writing and dying the eggs that leads to beautiful designs and colourful patterns that shine through when the wax is removed.

"I attended the Ukrainian egg painting, and I can't thank you enough, it was so well organized, and there was even a lovely spread of food, and beverages. I had a great time."



OUT AND ABOUT IN OUR COMMUNITY

Olde Forge Recreation has been taking its show on the road! In February, our recreation program headed to Carlingwood Mall to showcase some of our fitness programs available to seniors in our community. We demonstrated Chair Yoga, Balance and Stretch and Fusion classes. Lots of people stopped by our information table to chat about Olde Forge programs and to learn more about how we help support seniors in our community.



COMMUNITY SUPPORTS SERVICES

YOUR STORY. OUR CARE: A CAMPAIGN TO SPOTLIGHT THOSE THRIVING INDEPENDENTLY AT HOME WITH OLDE FORGE

"We find ourselves laughing and enjoying life... The Tuesday group is the highlight of my week," writes Claire, a client member of Olde Forge Community Resource Centre. It's stories like Claire's that have been inspiring us for decades to offer quality support services and programs to seniors and adults with disabilities.

Through *Your Story. Our Care.* we're partnering with Rural Ottawa South Support Services (ROSSS) to share real-life stories of those in Ottawa and surrounding areas who are thriving at home thanks to the support and resources our organizations offer. Our hope is to make more people aware of the affordable programs and services available to them through community support services so they, too, can continue thriving independently at home.

NAVIGATING THE PANDEMIC

The Olde Forge helps folks navigate lifestyles that have been forever changed by the COVID-19 pandemic, particularly as our healthcare system continues to face immense pressure.

"During the pandemic, we saw first-hand how support services such as those provided by Olde Forge and ROSSS can ease the effects of isolation and caregiver burnout," says Colleen Taylor, executive director, Olde Forge.

For Claire our services have also helped her daughter, who is also her caregiver. "[My daughter Roxanne] lives at the other end of the city and knows that when she can't come to see me, she can count on the people around me, my friends in my community, to take care of me," explains Claire.



ROUTINE VISITS

Joanne, a home support worker with Old Forge, visits seniors in their homes every two weeks to clean, do laundry and even to just listen. "My clients are vulnerable. As seniors, they often need people in their lives they can trust and count on. And they can count on me to be there for them," she says.

Thanks to the patience, hard work, and compassion of team members like Joanne, seniors and adults with disabilities can thrive at home and caregivers can receive the support they need so they, too, can live fulfilling lives.

"Working for important community organizations like the Olde Forge means taking pride in caring for others, listening to their needs, and doing what you can to fulfil them," says Joanne. "It's a supportive environment for all. A place I want to be every day."

For more real-life stories from people in our community, and for more information about *Your Story. Our Care.* please visit us at YourStoryOurCare.com.

COMMUNITY SUPPORTS SERVICES

ADULT DAY PROGRAM - VALENTINES

In February, Olde Forge was part of another inter-generational initiative. Seniors from the Adult Day Program made and exchanged Valentines with children from a local elementary school class. Both children and seniors were very excited about this activity and worked hard to make the perfect card for their special someone.



CREATING MEMORIES

Olde Forge was pleased to be part of another wonderful inter-generational project with the Canadian Wildlife Federation. This time CWF youth and seniors from our Adult Day Program got together to build beautiful log birdhouses. They remind me of a miniature version of the Olde Forge building, a fitting design don't you think?



WHEN YOU'RE THE BEST OF FRIENDS: BEST FRIENDS TRAINING BRINGS OUT THE BEST IN PEOPLE WITH DEMENTIA AND IN THOSE THAT CARE FOR THEM.

"When you've met one person with dementia, you've met one person with dementia." Everyone has different life experiences, and their journey with dementia will reflect that. The person-centered Best Friends™ approach to dementia care is one program that understands and celebrates each person's individuality. This program focuses on the value of relationships in dementia care and teaches strategies and approaches to dementia that reflect the essential elements of friendship. A big thank you to Vanessa, a Best Friends Trainer and Olde Forge staff, for offering this interactive training to some of our volunteers and staff. The training featured exercises that highlighted what it is like to have dementia and discussed strategies to become a "Best Friend" to someone with dementia that encourages a safe, secured, and valued environment for all.











SENIORS' RECREATION SCHEDULE



Programs for independent adults 55+ years and adults living with disability. For location details and to register contact the recreation manager. a.temple@oldeforge.ca or 613-829-9777 ext 228

RECREATION PROGRAMMING

May 8th, 2023 - June 30th, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON	VIRTUAL	IN PERSON	VIRTUAL	IN PERSON
10:30AM YOGA (MAT) 	9:30AM CHAIR YOGA	9:30AM GENTLE YOGA(MAT)	9:30AM CHAIR FIT II 	9:30AM OUTDOOR WALKING GROUP WITH BRENDA 
 11:30AM BALANCE & STRETCH		10:30AM CHAIR FIT I 	10:30 AM TAI CHI	
1:30PM MINDFULNESS & MEDITATION LAST FRIDAY OF THE MONTH	10:30AM AEROBICS	11:30AM FUSION	IN PERSON	VIRTUAL
2PM WESTWOODS BRIDGE CLUB 	1:30PM CONVERATION CAFE	2:00PM AMICA MOVIE MATINEE LAST WEDNESDAY OF THE MONTH 	10:30AM CARDIO, STRENGTH	
			COMBO 11:30AM ZUMBA	10:30AM FIT MINDS 
			1:00PM DEBS LUNCH BUNCH LAST THURSDAY OF EACH MONTH	

PARTICIPANT MONTHLY PROGRAM FEE:

IN PERSON PROGRAM \$32 • VIRTUAL PROGRAM \$24

FEE INCLUDES PROGRAM REGISTRATION, SPACE IS LIMITED IN THE IN PERSON PROGRAMS










SENIORS' RECREATION SCHEDULE



Programs for independent adults 55+ years and adults living with disability. For location details and to register contact the recreation manager. a.temple@oldeforge.ca or **613-829-9777 ext 228**

RECREATION PROGRAMMING

July 4th, 2023 - August 31st, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON	VIRTUAL	IN PERSON	VIRTUAL	IN PERSON
10:30AM YOGA (MAT) 	9:30AM CHAIR YOGA	10:30AM CHAIR FIT I 	9:00AM STRENGTH & BALANCE WITH MEG STICKL	9:30AM OUTDOOR WALKING GROUP WITH BRENDA 
 11:30AM BALANCE & STRETCH		11:30AM FUSION	10:30 AM TAI CHI	
1:30PM CONVERSION IN THE PARK (WEATHER PERMITTING) 	10:30AM AEROBICS	2:00PM AMICA MOVIE MATINEE LAST WEDNESDAY OF THE MONTH 	IN PERSON	VIRTUAL
2PM WESTWOODS BRIDGE CLUB 	11:30AM CHAIR EXERCISE II		10:30AM GENTLY YOGA WITH JOSEPH	10:30AM FIT MINDS 
			11:30AM ZUMBA 	

PARTICIPANT MONTHLY PROGRAM FEE:

IN PERSON PROGRAM \$32 • VIRTUAL PROGRAM \$24

FEE INCLUDES PROGRAM REGISTRATION, SPACE IS LIMITED IN THE IN PERSON PROGRAMS

SENIORS' RECREATION SCHEDULE

ALL PROGRAM DESCRIPTIONS

All fitness programs are led by certified fitness instructors & are facilitated by the recreation staff

PROGRAM	DESCRIPTION
	Programs with the Heartwise logo are certified by the University of Ottawa Heart Institute
Aerobics	Cardiovascular exercise includes toning with weights, Intermediate level. Intermediate level.
Balance and Stretch	Designed as a fall's prevention program, the focus is on improving balance, Beginner level.
Bridge Club - Westwoods	A volunteer lead card program offered at the Westwood retirement home. All levels if of players welcome.
Conversation Cafe	Conversation group with guest presenters on topics of general interest
Cardio, Strengthen Combo	Muscle toning with low-impact moves, weights & resistance bands use. Intermediate level.
Chair Yoga	Seated gentle yoga and guided meditation. A soothing start to your day. Beginner level.
Chair Fit level I	A combination of stretch, cardio and toning workout done seated. Beginner level.
Chair Fit level II	An upbeat cardio and strength exercise chair exercise class. Intermediate level.
Conversation in the Park	A casual group social in the park adjacent to the Olde Forge. Bring your own chair
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 with Joseph	A gentle yoga class on the mat, perfect for beginners and those looking for a moderate stretch. Beginner level.
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.
Movie Matinee	Monthly afternoon at the movies sponsored by the Amica retirement home. Snacks included.
Strength & Balance with Meg Stickl; AIM Fitness	This class focuses on strengthening muscles and improving balance, uses weights, resistance bands, chair used for balance. Beginner level.
Tai Chi	A combination of Tai Chi & Qi Gong exercises to improve circulation, balance & mindfulness Beginner level.
Yoga (Mat)	A gentle flow class combining strength, balance & flexibility for the body & mind, perfect for participants with yoga experience. Beginner/Intermediate level.
Zumba Gold	It's a fun dance style cardiovascular workout with a Latin vibe, Intermediate level.

Thank you to our community partners:



FACES OF THE FORGE



MEET RAY

Hi, my name is Ray Brisebois. I moved to Ottawa in September 2018 and was intrigued by the log cabin I saw when I moved into the neighborhood. After a little research, I discovered the Olde Forge and began my journey in November 2018. I moved here from Sudbury Ontario as an older adult, unsure of what lay ahead for a middle-aged dude with a bad back and bad knees from years of kitchen work and challenging working conditions. The Olde Forge has been instrumental in helping me get back into the workforce giving me so much support and understanding of my physical limitations and allowing me to contribute to many important programs and projects helping seniors in the community. The staff and volunteers are amongst some of the most amazing people I have ever known, and it has been an

amazing adventure. It's such a great feeling coming to work every day, speaking with the clients, and helping them with their needs. As a Program Coordinator for Home Maintenance, I help with minor home repairs, yardwork, and snow removal. As a Program Assistant I assist with the transportation program, and I run an online grocery shopping program. As I head towards my 60th birthday this year I just can't imagine being anywhere else but at the Olde Forge. It is such a rewarding experience to be able to be member of this team, and I will be forever grateful to the staff/volunteers and clients for allowing me to be a part of this extraordinary organization.



MEET MARY

I have been a volunteer at the Olde Forge going on 12 years. When I retired, it was a way of giving back to the community. It also helped to fill in some time for me. I have seen so many changes in the Olde Forge and they have all been a benefit to the community. The staff have also been a great part of my experience at the Olde Forge. They are the best! I have really enjoyed my years here and I hope to continue.



Classic Theatre Festival

Summer Theatre in the Capital: Classic Hits from Broadway and the London Stage

Affairs of State



by
Louis Verneuil

SLEUTH



By
Anthony Shaffer

**July 7
to 30,
2023**

**Aug. 4
to 27,
2023**

Join us for a classic romantic comedy and gripping, edge-of-your-seat thriller.

Mention THE BELLOWS and SAVE 20%!

ARTS COURT THEATRE, 2 Daly Avenue, Ottawa TICKETS: (613) 695-9330 or classictheatre.ca

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.

THE MANY WAYS TO PAY!

Do you have a bill that needs to be paid or a donation that you would like to make? Well, here's good news!

In addition to all of our regular payment options (cash, cheque, credit card, online donation through Canada Helps), did you know that the Olde Forge also accepts e-transfers? If you have e-transfer capabilities set up with your bank, just send your payment or donation to theoldeforge1@gmail.com with a title that identifies the purpose of your transfer. We even have the account set up on auto-deposit for your convenience. It's as easy as that - no envelope licking or stamp finding required!

BEFORE IT IS TO LATE

If you have a tender message
Or a loving word to say,
Do not wait til you forget it,
But whisper it today.

The tender word unspoken,
The letter never sent,
The long-forgotten messages,
The wealth of love unspent.

For these some hearts are breaking,
For these some loved ones wait.
So, show them that you care for them,
Before it is too late.

By Frank Herbert Sweet

COMMUNITY CONNECT

OTTAWA WELCOMES THE FIRST OASIS COMMUNITY

WHAT IS AN OASIS COMMUNITY?

The Oasis Senior Supportive Living Inc. program was developed as an innovative solution to support aging well at home. Through collaboration with public sector, not-for-profit, and private sector organizations, Oasis provides a supportive living program for older adults that builds community among members. Oasis programs take place in the setting of an existing private sector apartment building, mobile home park or condo where there is a naturally occurring retirement community (NORCs). In doing so, Oasis allows residents to build a community of support where they live.

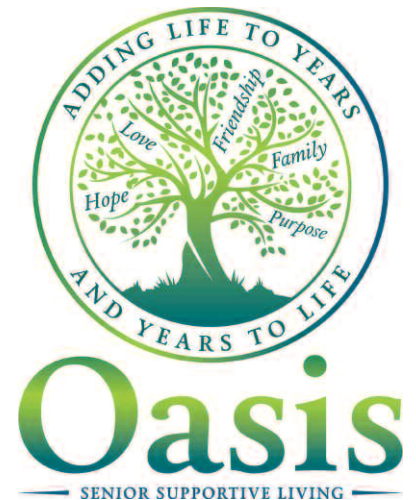
The Oasis program is designed to strengthen and sustain healthy communities of older adults by addressing important determinants of healthy aging such as reduced isolation, improved nutrition and physical fitness, and an overall increase in sense of purpose.

Oasis started more than 10 years ago from a partnership in Kingston between the local Council on Aging and a group of older adults living in an apartment building. The idea was to bring programming and services to the building to benefit residents' well-being. In 2018, Queen's University partnered with Oasis to expand the program to new communities across Canada. Currently, there are 9 established Oasis communities in Ontario and 2 in British Columbia (Vancouver)

In 2022, a committee from the Ambleside Drive condominiums partnered with the Olde Forge and applied to become the first Oasis expansion in the Ottawa area. We are happy to announce that our application was successful, and we are excited to forge ahead with this exciting new initiative.

Brenda Faulkner, a familiar face to many of the Olde Forge Rec clients, has recently been announced as the new Oasis Program Coordinator for the Ambleside Buildings. Brenda has a Certificate in Management of Volunteer Resources from Algonquin College, significant project coordination experience and a solid reputation for her volunteer work at the Olde Forge CRC.

The Olde Forge is excited to be on this journey with Oasis, Queen's University, and the residents of the Ambleside condominiums.



ADVOCACY IN ACTION

Greetings from
THERESA KAVANAGH
CITY COUNCILLOR, BAY WARD
March 2023



This is a critical time for seniors in the province of Ontario. The provincial government is being called to keep step with the priorities that older adults and community advocates have long been calling for. In the recent budget release, the Ford government outlined several measures aimed at reducing emergency room backlogs and long-term care waitlists. It promises to accelerate the training and onboarding of more health care workers. The government will also increase the amount and is expected to increase the eligibility for the Guaranteed Annual Income Supplement for low-income seniors. This is all good news.

While the above measures are all needed and critically important, they are not enough. Older adults have made it very clear that their priority is prevention of the need for institutional care through community-based health and social services. Seniors want supports that will enable them to live in their homes for as long as possible to retain their dignity, autonomy, and lifestyle choices. This approach is smart and cost effective.

Communities across Ontario are facing a crisis of monstrous proportion. Important government funding that was made available to community-based services to help people during the pandemic is ending. But the needs that were highlighted and addressed by community agencies like the Olde Forge during the pandemic are still there. The net result of this funding loss for seniors in Bay Ward will be a reduction in services just as they are most critically needed. This must be prevented.

I am happy to see that there is a growing movement of older adults, community agencies and civic society speaking loudly on this critical issue. My colleague, MPP Chandra Pasma, is making this a priority for her work at the provincial level. On March 8, my motion asking Ottawa City Council to endorse a robust network of community-based services for older adults passed unanimously and was sent to the Premier. The Olde Forge is playing a leading role in this movement, along with its counterparts in Ottawa and Ontario. I urge you to follow the Olde Forge's efforts and get involved however you can.

Every voice is needed to protect and strengthen the good work of agencies like the Olde Forge.

Yours Truly,

A handwritten signature in blue ink, appearing to read 'Theresa Kavanagh', written over a light blue circular stamp.

Theresa Kavanagh
She/elle/her
Bay Ward Councillor | Conseillère quartier Baie
City of Ottawa | Ville d'Ottawa
613-580-2477 • BayWardBulletin.ca

ADVOCACY IN ACTION

OLDE FORGE GETS A SHOUT OUT AT QUEENS PARK



Ms. Chandra Pasma:

An ounce of prevention is worth a pound of cure, as the saying goes, and yet this government is under-funding vital community supports and services that keep people out of the hospital. Thirty-one

organizations that provide community supports in Ottawa and in eastern Ontario are being forced to implement service cuts of up to 40% because of this government's refusal to provide adequate funding. They are being asked to respond to increased need while still operating on 2012 funding levels.

The Olde Forge Community Resource Centre in my riding of Ottawa West-Nepean is one of these organizations. They provide essential supports and care to seniors and adults with disabilities, allowing them to stay in their own homes longer and keeping them out of hospitals and long-term-care facilities. Yet this government's refusal to support this important work means the Olde Forge will be forced to cut up to 22% of their services this year.

On Monday, 13 hospital CEOs in eastern Ontario co-signed a letter to the Premier and the Minister of Health requesting adequate funding for the community support sector, because they recognize these services keep people out of hospitals and get them home from the hospital sooner.

An investment of just \$7 million would mean these organizations can maintain their level of service. That's pocket change compared to what we spend on the hospital sector. I hope the Premier and Minister of Health will do the right thing and listen to the call to invest in these vital services.

A MESSAGE FROM THE CHAIR OF THE BOARD OF DIRECTORS (OLDE FORGE CRC)

Dear friends, clients and supporters
of the Olde Forge CRC:

As you know, the Olde Forge Community Resource Centre has been serving seniors and persons with disabilities in Ottawa's west end for over 40 years. We pride ourselves on the quality of care we provide, the commitment of our staff and volunteers, and the support we receive from our community. Today, I have some bad news to share with you. For some time now we have been living with inadequate funding from Ontario Health, our principal funder. Despite inflation and growing demand for our services, the provincial government has not increased our funding since 2012, with the sole exception of a 3.5% increase this year. Unfortunately, despite bringing this matter to the attention of the provincial government along with other colleague agencies in the Community Support Sector, the recent provincial budget contained no new funding for our sector.

We are a non-profit agency that relies heavily on provincial funding to deliver our many programs. The City of Ottawa supports our programs and has included increases to reflect inflation, our generous donors continue to support us, and we do charge nominal fees to cover some costs. But the short-falls in provincial funding are too much for our budget to bear.

As a result, starting this April, some of our programs will need to be scaled back, including our Dementia Day program and rides to medical appointments. This will affect 95 of our clients. I (and the Board) are very sorry to have to do this.

I can assure you that we will continue to lobby for sustainable funding for our services, as we know the need for this continues to grow. You may wish to let the Minister of Health know your concerns about the inadequate funding we receive from the Ontario Government – their address is: Ministry of Health, 777 Bay St - 5th Floor, Toronto, ON M5G 2C8.

Please ensure that these decision-makers know your views, as we want to be able to continue to meet the needs of our community.

Yours truly,

Joel VanSnick

Chair, Board of Directors – The Olde Forge CRC

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 ☐ \$_____

☐ Donations can be made via E-Transfer to theoldeforge1@gmail.com

☐ 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: _____

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