



OLDE FORGE
COMMUNITY RESOURCE CENTRE

THE BELLOWS

ISSUE 64, WINTER 2019

WELCOME TO THE FIRST NEWSLETTER OF 2019!

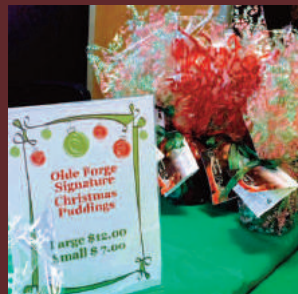
It's hard to believe we are at the start of a brand new year (the last year in this decade I might add). Many of us see the changing of the calendar year as a time where we reassess our lives and think about what we would like to accomplish or change. It is like a clean slate, a time to press the reset button on our lives and make those adjustments we need to create balance. So what are your New Year's Resolutions? Maybe you would like to focus on fitness, maybe you would like to get out and try something new, maybe this is the year to check a few things off your "to do" list or maybe you would like to get involved and meet new people in the community. This Newsletter is full of opportunities and great ways to add those "updates" to your life. From Recreational programs and Social Enterprise services to Volunteering, the Olde Forge can help you accept those New Year's "updates" and get you on your way to a fresh new 2019.

CHRISTMAS AT THE FORGE

The holiday season started early at the Olde Forge with the hosting of the Annual Christmas Sale held on November 17th. This year's sale featured many of the Olde favorites including homemade holiday baking, a knitting table, traditional Christmas decor, and everyone's favorite, the "Cookie Walk", where customers mixed and matched all of their favorite holiday cookies, and had them boxed for the Holiday Season....That was Easy!

The Olde Forge also prepared over 60 individually wrapped Traditional Christmas puddings. This holiday classic sold out in less than 1 hour!

A Big Thank You to Karen for once again sharing her culinary skills to prepare take home containers of her Olde fashioned soups and baked beans to sell at the Christmas sale. All proceeds from the soups were directed towards a subsidy fund that enables low-income seniors to benefit from our services.



The Olde Forge wishes to formally thank the following volunteers who helped make our Christmas Sale such a success. With your assistance, we were able to raise over \$2500 dollars

Thank-You one and all!!

Lyn Shouldice	Sue Proulx
Sugar Tarts Bakery	Susan Au
Bulk Bar, Carling	Mary Leclaire
Carol Doyle	Sandra Thomas
Carol Kolbus	Marie-France Bonenfant-
Lorne Toll	Kuster
Karen Toll	Margaret Finn
Christie May	Mary McCaffrey
Emily Angel	Peggy McHugh
Denise Kirkpatrick	Deb Davis
Carol Doyle	Odet Aslan
JaneBarbe	Sue Walker
Joan Dwyer	Marilyn Ettinger
	Vanessa Jackson

We would also like to say a special thank-you to all of our knitters, bakers and those who donated their home made items.

A MESSAGE FROM THE BOARD

Hello Everyone,

The Board of Directors continued to meet this past fall and continued our work to support the initiatives currently in place and those being planned for members.

We were thrilled to hear that the Seniors Wellness Fair was once again a huge success, was well attended and had our highest number of vendors to date. The Fair is one of our key fundraising initiatives every year so its success is paramount for the Forge and the programs which are offered.

Our website continues to be redeveloped so as to offer an easier and more user friendly experience for all visitors to our site. The website offers a great opportunity for staff to engage with members as well as providing vital information to visitors. If you have access to the internet I encourage you to visit the site and see all the wonderful information available at your fingertips.

At our November Board meeting, Executive Director Sue Walker provided her report and informed us that at this years Christmas Craft Fair staff and volunteers made some changes to its format and it proved to be a huge success. Karen Toll who many of you know provided a Staff Report which focussed on her position overseeing the Home Help Program. It is wonderful to see such a program having a positive effect on clients.

As we wrap-up 2018 on behalf of the Board I would like to thank you all for your support and assistance over the past year. Without the amazing staff at the Forge, Volunteers who give freely of their time and members who use the services offered at the Olde Forge it would not be the focal point in our community that it is, and continues to become as it serves.

Wishing you all a very Merry Christmas, may you have the opportunity to spend time with family, friends, and all the best for a Healthy and Happy 2019.

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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.

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VOLUNTEER CORNER

VOLUNTEER LUNCHEON

On December 5th the Olde Forge hosted its annual Volunteer Appreciation Luncheon. Over 70 volunteers came together to enjoy a traditional Holiday Turkey Dinner prepared by Timesaver Foods and served with love by the Olde Forge Staff. We are truly honoured to be working alongside such a dedicated group of volunteers and we would like to extend our most heartfelt appreciation for everything that you do!

We would like to say a big thank you to The Chords for sharing their gift of music, and to Mill Street Florists for creating such beautiful and festive centerpieces for our very special luncheon.

Volunteer Years of Service Pin Recipients 2018:

5 Years of Service

Diane Bourgeois
Hannah Duquette
Sharon Koster
Priya Parthasarathy
Janet Smith
Lynne Stafford
John Williams

10 Years of Service

Catherine Jarvis
Patricia Roy

15 years of Service

Jay Bhatt

30 years of Service

Doug Drew

SPOTLIGHT
ON
VOLUNTEER
DOUG DREW

After 30 years as a volunteer driver with the Olde Forge, Doug Drew, the man with the beautiful music playing in his car, has decided to retire! The actual number of volunteer hours Doug has given over the past 30 years is hard to calculate (his time with us pre-dates our database) but from the information we have, the number is well over 10,000 hours!

Doug began volunteering with the Olde Forge shortly after retiring from MET Life Insurance in 1988. He had reached out to Ottawa Volunteer Service Bureau to inquire about volunteer opportunities in his community, and was given a list of four organizations to contact. The very next day Doug received a call from the Olde Forge with an opportunity to become a volunteer driver, and the rest, as we say, is history!

Doug's first drive with the Olde Forge was for a gentleman who had not been out of his apartment in over 6 months. After this first experience, it was clear to Doug that being a volunteer driver not only filled a critical niche in Seniors Transportation but, the drives made a real difference to the lives of so many people in his community. When asked how driving has changed over the past 30 years, Doug agrees that the city has gotten a lot bigger, the traffic a lot heavier, but the clients he has served have always remained the same. For Doug, the people he met on his drives were always the best part of the job, and it is what he will miss the most.

So, what are Doug's plans now that he is volunteer driver-retired? Well, as some of you know, Doug has been singing bass with the Capital City Chorus for over 47 years! Therefore, it will come as no surprise that his first order of business will be to jet off to Nashville with his Chorus to participate in a Senior Chorus Convention and Competition! After that, well, Doug has hinted that he might start sharing his passion for baking with the clients (and hopefully staff) at the Olde Forge. Word on the street is that he makes a mean Tomato Soup cake!

Congratulations, Doug, on a 30-year retirement well spent! It has been nothing less than an honour to work with you, and we feel so blessed to have had you as an integral part of our team for the past 30 years!

Love Always,

Your Olde Forge Family



OLDE FORGE
COMMUNITY RESOURCE CENTRE

OLDE FASHIONED BEAN SUPPER

Saturday, April 13th, 2019

Britannia United Church • 985 Pinecrest Rd, Ottawa
Dinner served at 5 p.m.

Adults: \$15.00 • Children under 12: \$5.00

Entertainment by

**FOREVER
F-R-I-E-N-D-S
SINGING GROUP**
Sharon & Geoff LaHaise



Menu

Beans, Ham, Coleslaw,
Dinner Roll, Dessert,
Tea and Coffee

**Take out
available**

**For more information or to reserve your ticket please call:
613-829-9777 and speak to reception**

VOLUNTEERS NEEDED

Volunteers like Doug are the cornerstone of our organization. Without their support and dedication, many of the valuable programs and services for seniors and adults with disabilities could not be offered. We are currently in need of volunteers in the following areas:

TRANSPORTATION: The Olde Forge Transportation Service is one of our most popular and "in demand" programs. We provide transportation to non-urgent health care related appointments. We have an urgent need for volunteer drivers. If you like one-on-one volunteering and have an excellent driving record, this position could be for you! The time commitment is flexible so you can set the hours that work best!

RECREATION: Our Recreation Programs are growing in leaps and bounds! We are currently looking for volunteers to assist with the set up and take down of equipment at some of our Fitness programs.

INCOME TAX CLINICS

It's Back!!

The Olde Forge will once again be offering free Income tax Clinics for Seniors 55+!

As we no longer have space available at the Olde Forge during the week to host these clinics, we have entered into a partnership with the City of Ottawa to use one of their sites to run the program.

HERE ARE THE DETAILS:

DAYS: Mondays and Fridays throughout March, April and the first week of May. Appointments will be available from 9-3.

LOCATION: 100 Constellation Drive – city of Ottawa building, 2nd floor east wing. We have an excellent space and our own separate waiting area for clients. There is good bus service at Woodroffe station and a cafeteria on site. We have access to free visitor parking and have picked these days as the parking is lighter.

APPOINTMENTS: Clients will continue to book appointments through the Olde Forge, as it is our administrative hub. The clinics will service seniors 55+ only. Screening will be conducted prior to booking appointments to ensure we service our target group only. We will begin booking appointments in February 2019.

GREAT GIFT IDEA!

Looking for a great gift idea for that special senior in your life? How about the gift of a service or a program? The Old Forge is now offering Gift Certificates that can be used towards any of the services and programs we offer. Valentines, Birthdays, Mother's Day, Father's Day.... An Olde Forge gift certificate is the perfect gift for any occasion! For more information please contact us at 613-829-9777.



CHRISTMAS HOURS

The Olde Forge will be closed from Noon on Dec 24th and will reopen on Jan 2nd.



OLDE FORGE
COMMUNITY RESOURCE CENTRE



WE NEED MORE DRIVERS!

Olde Forge Community Resource Centre offers help to seniors in the Ottawa West Community. More and more people are seeking our help for transportation to medical appointments; we urgently need MORE volunteer drivers to join our team.



OLDE FORGE
COMMUNITY RESOURCE CENTRE

If you can spare a few hours each month, please get in touch and contact:

Elizabeth Parcher, Volunteer Coordinator

By email: e.parcher@oldeforge.ca

Phone: 613-829-9777 ext 226

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**

JANUARY - APRIL PROGRAMS

Season runs through January 7th - April 29th, 2019

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 <i>*NEW PROGRAM</i>	CHAIR YOGA 9:30 AM	TAI CHI 9:30AM	IRRESISTIBLE 9:30 AM	MOTION to MUSIC 12:00PM
PROGRAM FEES \$25.00 per month or Drop in fee \$7.50 Monthly Fee entitles you to unlimited access to the fitness programs. Subsidy may be available for low-income applicants who meet requirements. Please call 613-829-9777 ext. 228 for more information.	AEROBICS 10:30AM	LINE DANCING 10:30AM	ZUMBA GOLD 10:30AM	OLDE FORGE 2730 Carling Ave
				TEA & CONVERSATION 10:30AM LAST FRIDAY EACH MONTH Donation of bakery item to share are welcome.
	BE WELL & FIT 11:30 AM Perfect for those recovering from falls & discharge from physio therapy	YOGA 11:30	CHAIR YOGA 11:30AM	KNITTING & CROCHETING 10:00AM MILK BAG WEAVING 1:30PM LAST FRIDAY OF EACH MONTH

SENIORS' RECREATION SCHEDULE

FITNESS CLASS DESCRIPTION

AEROBICS – Cardiovascular & strength training

BE WELL & FIT – Low intensity, balance class

CHAIR YOGA – Stretching & breathing exercises

IRRESISTIBLE – Strength & cardiovascular training

LINE DANCING – Low impact cardiovascular exercise

MOTION TO MUSIC – Stretching & flexibility workout

BRAIN & BALANCE – gentle movement that will improve focus, balance, mobility, & memory

TAI CHI – Balance, breathing & meditation

YOGA – Floor yoga beginner to intermediate level

ZUMBA – Cardiovascular workout using Latin dance

FITNESS PROGRAM INFORMATION

All Olde Forge fitness programs are lead by certified fitness instructors.

Yoga mats, elastic bands and weights are provided for all programs.

To facilitate the smooth operation of programs and address any of your concerns our recreation program assistant, Deborah Davis is available on site at Woodroffe United Church during scheduled program.

Light refreshments are available for your



WEATHER POLICY



The Olde Forge does not cancel programs due to poor weather. We ask you be mindful of your own personal safety when coming to programs in poor driving and walking conditions.

SENIORS' RECREATION SCHEDULE

HEALTH & WELLNESS

**1365 RICHMOND ROAD
PINECREST QUEENSWAY
COMMUNITY HEALTH CENTRE**

PLEASE SIGN UP AT RECEPTION 613-829-9777

DATE:	TOPIC:
Friday January 11 th 10am	Sharing Circle with Metis Elder Mary Rose Lessoway
Friday January 18 th 10am	Mindfulness & Self Awareness
Friday February 1 st 10am	Nutrition & Aging Presented by Loblaw's dietitian
Friday February 8 th 10am	Laughter Yoga 
Friday March 1 st 10am	Emergency First Aid & Personal Safety  St. John Ambulance
Friday April 26 th 10am	Seniors, alcohol & substance abuse awareness. Presentation by L.E.S.A

OUTINGS & TOURS



**Please call reception for
more details and/or to
sign up, 613-829-9777
Space is limited
Payment is due 7 days
prior to the outing.**

January 23rd

**Spa & lunch at
Red Lobster
Cost \$25.00**

February 9th

**Royal Canadian
Legion Dance
Cost \$15.00**



February 28th

**Museum of Science & Tech
Cost \$30.00**

March

**Sugar Bush
Date to be announced
in February**

SENIORS' RECREATION SCHEDULE

GENERAL INTEREST WORKSHOPS

**1365 RICHMOND ROAD
PINECREST QUEENSWAY
COMMUNITY HEALTH CENTRE**

PLEASE SIGN UP AT RECEPTION 613-829-9777

DATE	TOPIC
Friday March 8 th 10am	Aroma therapy
MARCH BREAK WEEK March 15 th 10am	Grandkids are welcome Minerals that we eat. An interactive presentation by geologist Andy Fyon
Friday April 19 th 10am	Abstract Acrylic Art Paint pouring over canvass \$5.00 supply fee

BRIDGE CLUB



In partnership with REVERA, the Olde Forge is able to offer

Bridge twice a week for players with various experience levels.

These programs are run by the homes and not the Olde Forge staff or volunteers.

Mondays 1:30pm

Westwoods Retirement Home
2374 Carling Ave.

The game at this location is played at an intermediate level, some playing experience is necessary.

Wednesdays 2:00pm

Lynwood Park
Retirement Community
1 Eaton Street

Experienced and beginner players welcomed. To register at this location, please call Jennifer 613-596-6969

DID YOU KNOW THE OLDE FORGE OFFERS COMMUNITY SUPPORT SERVICES:

- Medical Transportation
- Home Help
- Home Maintenance
- Snow Clearing
- Community Van
- Foot Care Clinics
- Grocery Bus
- Luncheon Program
- Day Program
- Income Tax Clinics

Call 613-829-9777 to learn more about our services & how we can help you.

ROOM FOR RENT

Bring some history and charm to your next private event by hosting it right here at the Olde Forge.

Outside of our operating hours, our main room and kitchen are available for your use at a competitive rate. It is a great space to host a family reunion, baby shower, anniversary celebration, group meetings, or other special occasion.

For booking inquiries, please contact Sue Walker at 613-829-9777 ext. 224

OUR COMMUNITY PARTNERS:



SOCIAL ENTERPRISE - SUPPORTS FOR SENIORS LIVING AT HOME

HOME MAINTENANCE SERVICES

Winter is here! And for most of us in Ottawa that means we hunker down in our homes in our coziest sweaters, crank up the heat and cuddle up next to our woodstoves, fireplaces, or space heaters (maybe all 3) waiting for Spring to arrive.

With all of these heating elements working overtime in our homes, it is especially important to ensure that all smoke and carbon monoxide detectors are in good working order.

**Did you know that heating elements are the primary cause
of 27% of home fires during the winter months?**

Checking and replacing batteries in smoke and carbon monoxide detectors is one of the many jobs that the Olde Forge home maintenance employees can do for you. Our staff can help you with any small jobs that need doing around your home. From changing light bulbs and repairing caulking, to tightening railings or even doing small paint jobs, our maintenance staff can help you get organized and get those little jobs done all at a reasonable rate.

Call Elizabeth at 613-829-9777 for details!



Are Your Small Jobs Making a BIG "To Do" List?

The Olde Forge has home maintenance employees that can help you get organized and get all of those little jobs done.

- Reliable Service
- Reasonable Rate

For details contact Elizabeth
613-829-9777



OLDE FORGE
COMMUNITY RESOURCE CENTRE

CARING FOR THE CAREGIVER

April 2nd is Family Caregiver Day in Canada! This is a day where we shine a spotlight on the family members, friends and neighbours who take on a caring role to support someone with diminishing physical ability, a debilitating cognitive condition or a chronic life limiting illness. The emotional and physical demands involved with caring for a loved one can strain even the most resilient person. Learning about the many tools and resources available in your community is one way you can achieve balance between caring for your loved one and your own self care. To support the efforts of our Caregivers, the Olde Forge is hosting a series of Caregiver Training and Education Workshops – Caring for the Caregiver. Each session is run by a facilitator with expertise in the topic of discussion.

***Please join us this winter for the following
Caring for the Caregiver Educational Sessions:***

- January 14th** Seniors Downsizing - Presenter: Age Well Solutions
6:30pm at Lynwood Retirement Home
- January 16th** Advanced Care Planning - Presenter: Shevon Thomas
6:30pm at Lynwood Retirement Home
- January 30th** Canada Pension, Old Age Security, and Caregiver leave entitlement - Presenter: Service Canada
3:30pm at the Olde Forge
- February 20th** Dementia and Alzheimer's Care - Presenter: Dementia Society
6:30 pm at the Olde Forge
- February 28th** Respite Care - Presenter Hospice Ottawa
3:30pm at The Olde Forge

These workshop sessions are **FREE** of charge to participants.
Please RSVP your attendance to our office and speak to reception.

Call 613-829-9777



KAREN'S SOUPS



HOMEMADE CHICKEN NOODLE AND MINESTRONE SOUPS

Healthy

Homemade

Goodness

**FROZEN IN CONVENIENT
TAKE HOME CONTAINERS: \$4.00**

Contact Reception at 613-829-9777

STAY-CATIONS - OUTINGS AND FIELD TRIPS

Join the Olde Forge, in partnership with the Redwoods Retirement Home, on a Recreation Stay-cation! Once a month we will be getting together to explore all that the National Capital Region has to offer. From the Arts to History to Exploring the Great Outdoors, there is a new and exciting experience waiting for you in our Nation's Capital!

In August 2018, eight Olde Forge clients joined the Redwoods Retirement Community on a group trip to beautiful Merrickville. Clients took in all of the sites of this historic town, enjoyed lunch at one of the many outdoor patios, and even stopped in for a cool homemade ice cream treat at the Downtown Ice cream Shop. Thanks to the Redwoods for planning the perfect summer excursion!



In September 2018, the Olde Forge along with the Canadian Parks and Wilderness Society enjoyed a field trip to Gatineau Park to experience the spectacular fall colours. Our clients were led on a guided hike around the majestic McKenzie King Estate that explored the natural environment on the estate.



Check out the Recreation Schedule for a listing of some of our upcoming excursions. Hope to see you there!

FITNESS, FRIENDSHIP AND FUN



Becoming part of the Olde Forge Recreation Programs is a great way to shake off those cobwebs and get moving towards a healthier body and mind! For only \$25 a month you can enjoy all the recreation programs the Olde Forge has to offer! (See the Recreation Guide in this newsletter for details.)

Our fitness classes are run by certified instructors and cover a wide array of aerobic, resistance, balance / flexibility, and strength training programs for a variety of fitness levels and abilities.

Come join us in 2019 for some fitness, friendship and fun!

FUN FACT

Did you know that physical exercise can also exercise your mind?

According to Research conducted at McMaster University:
- Your lifestyle can influence the cognitive changes that come with aging. Staying active and engaged can give you the power to keep your mind healthy too!

- A combination of aerobic exercise and resistance training seems to provide the most benefit to cognitive function, as does exercising at or above moderate intensity for 45-60 minutes
- Resistance training may be especially effective for improving executive function, memory and working memory!

ACTIVE LIVING CENTRE

Show your support for 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 ☐ \$_____

☐ 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.



OLDE FORGE

COMMUNITY RESOURCE CENTRE

2730 Carling Ave

Ottawa, ON K2B 7J1