



THE BELLOWS

ISSUE 80, Spring 2024



Taking Strides for Seniors

We're Ready...We're Set....We're off to Ottawa's Race Weekend on May 25th! Olde Forge staff, clients, instructors, volunteers and community supporters have laced up their walking shoes to raise funds and awareness for the Olde Forge. Thank you to our sponsor, The Vista on Sparks for joining our team, helping us raise awareness and for jumping in to provide us with special "Taking Strides for Seniors" T-shirts! As an official partner of the 2024 Ottawa Race Weekend, team Olde Forge will be walking and running with participants of all ages and abilities who are there to raise some much-needed funds for charities in our community.

If you would like to make a donation to the Olde Forge team, visit www.runottawa.ca select **Charity Challenge/2024 charities/Olde Forge** OR you can donate directly to the Olde Forge : **E-transfer theoldeforge1@gmail.com** OR by **cash, credit, or cheque and identify Race Weekend Fundraiser.**



WELCOME!

The Olde Forge is a not-for-profit, charitable organization in Ottawa's West End. Our programs and services take place in our community and address many of the primary challenges facing seniors who choose to live independently. Here at Olde Forge, we are family. We understand the importance of connection and community, and we strive to create an environment that is supportive, friendly, and inclusive. Our goal is to help all our members feel valued, respected, and empowered.

Summer Hours

For July and August, the Olde Forge will be open from 9am-3pm Monday-Friday



MESSAGE FROM THE BOARD

Are you ready for spring? It seems most people welcome the change to warmer temperatures, but there's so much more to this particular change of season to look forward to than just the rising thermometer!

At the Olde Forge, we are doing a lively dance of anticipation for what's to come and what's possible in our community and programming. Our drivers will be busy getting people to their "spring tune-ups" at the dentists and doctors and the Lunch Bunch will get out with Deb and peruse the menus of a local restaurant. Our gardens are blooming and will continue to delight visitors with their colourful blossoms for months ahead as they come to the Forge day programs and luncheons. (This is thanks to the hard-working hands of our volunteers who tend to our gardens.) Spring usually opens the gates to more socializing as we take our chats outside and see our neighbours again. Take the time to give a wave across the street or hallway to your neighbour. Invite someone to join you for coffee or better yet - come and join one of our socials and let us plan the fun for you!

If you're struggling to find an event to get excited about, we challenge you to find a day to celebrate something - anything! Did you know that April 28th is International Superhero Day? And in May you can celebrate chocolate chips on the 15th and bees on the 20th! We're most excited about May 11th, which is Eat What You Want Day. How can you go wrong with a day like that?

Our message to you this edition is this - Get active, be engaged, create your own kind of happiness. And maybe find others who want to share it with you. Reach out to Olde Forge staff and volunteers and get to know us so we can make a better community together.

Happy Spring!

Meghan and Colleen



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The Bellows is a publication of the Olde Forge and is published 3 times a year.

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 /OldeForgeCRC

 @oldeforgecrc

 /OldeForgeSeniors Community

VOLUNTEER CORNER



The Income Tax Team is Back!

The Olde Forge income tax team was back in action again this year as part of the CRA community Volunteer Income Tax Program. This free program helps to prepare hundreds of thousands of tax returns across Canada for low-income seniors and helps people navigate through the ever-evolving world of income tax. Last year, our small but mighty volunteer tax team helped put hundreds of thousands of dollars back into the pockets of those in our community who needed it the most, and we are already off to a strong start again this year!

A big thank you to our income tax volunteers, for your continued dedication to the Olde Forge Income Tax program!

If you are interested in becoming an income tax volunteer, please contact Elizabeth at e.parcher@oldeforge.ca

Volunteer Appreciation Open House Events

Volunteers are the backbone of the Olde Forge. Our volunteers enhance and support the programs and services we offer to the community and are a critical part of providing one-on-one contact and social interaction to our clients. The Olde Forge community is served by more than 100 dedicated, caring, and competent volunteers. From front-desk support to friendly callers, drivers, luncheon/Day Program support, and volunteer entertainers, we could not provide such quality programs and services without them.

To show our appreciation, in February the Olde Forge hosted two special open-house events to give our volunteers a chance to meet, socialize and share stories. Of course, like all Olde Forge events there was no shortage of delicious treats from our local Britannia Bake Shop! As we always say, nothing brings a group together in the middle of winter like a hot drink, good conversation and some sweet treats.



"I really enjoy the get together at volunteer appreciation, because I get to meet plenty of nice people."

Stay tuned for some more upcoming Volunteer Events!



COMMUNITY SUPPORT PROGRAMS



How Does Our Garden Grow?

The clients of the Olde Forge Adult Day Program enjoyed creating a Sensory Garden, and planting began in February. What is a Sensory Garden? Is there a difference between a garden and a Sensory Garden? Not really, they both can have flowers, vegetables, and herbs. The difference is in the aim of the garden. A Sensory Garden is specifically created to enhance the sight, sounds, smells, tastes, and touch of the garden.

The planting of a garden of flowers, vegetables and herbs which stimulates the senses often becomes a trip down memory lane. Reminiscing about such positive past experiences can promote a feeling of well-being. Gardening together provides an opportunity for social interaction and physical activity. No matter a person's ability, there is a task for everyone in the garden.

The Sensory Garden Project is much more than growing plants. Most seniors grew up sharing their childhoods with wild birds, insects, and flowers. Many had home gardens where they grew their own vegetables and herbs. However, once they moved into apartments and retirement homes these activities were lost. Being outside, connecting with nature reduces stress, anxiety, depression, and fatigue. It boosts the immune system and encourages physical activity. In other words, it is good for your health!

The clients of the Adult Day Program enjoyed selecting a variety of flowers, vegetables, and herbs to grow. We hope Mother Nature will smile upon us and help our garden grow.

By Sue Fornataro





FACES OF THE FORGE



MEET KAREN

Hello, my name is Karen Toll. I have been working in the Social Services field for well over 30 years. I realized this would be my career path after working at the Salvation Army Men's Hostel on George St. in the Ottawa ByWard Market in my late teens. This brings us to today, employed as a coordinator of the Home Help and Friendly Visiting program.

I have met many wonderful clients, volunteers and staff along the way. Some days I ask myself "Where has the time gone?" Well, a good chunk of that time has been spent here at the Olde Forge. I think back to when I was hired: My daughter Chloé was only five years old and Barbara Lajeunesse was the Director. Today, at 23, Chloé has been a part of the Olde Forge, having volunteered and worked alongside me for a brief period.

Thinking back on all of my fond memories, the ones that stand out the most are the wonderful get-togethers we all shared with the Olde Forge community. The Olde Fashioned Bean Suppers were filled with good food, good music, lots of laughter and most importantly, good times. This sure would not have been possible without the help of my right-hand man, my husband Lorne, staff and volunteers. This makes me realize that I don't need to think too hard on what has kept me at the Olde Forge all these years.

For one, my co-workers. Through all the ups and downs, tears and laughter, my co-workers have always been supportive and been by my side. Secondly, people. I enjoy people and I find it fascinating to hear their stories. I feel it's important, especially in this day and age, to take the time out to hear someone's story. After all, we all have a story to tell!

Bells Corners Legion is a proud funder of the
Olde Forge Community Resource Centre





FACES OF THE FORGE

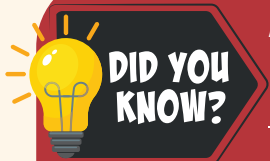


MEET MARTIN

Martin Lacey is not just a Face of the Forge; he is also one of the voices. For those in our Adult Day Program and luncheon programs, Martin and his music have been a much-loved entertainment staple for the past 8 years! Originally from London England, Martin learned to play piano at the age of 10, a passion that has endured throughout his life. At the age of 23, Martin set sail from Southampton to Cape Town South Africa to start his professional career as a Chartered Accountant. Even with his new career, Martin never lost his love for the piano, and often sought out opportunities to play. “One time I responded to an ad in the local paper for a piano player. I worked as an accountant during the day and moonlighted as a musician.”

In 1978, Martin and his family made the big move to Canada. “There was a lot of uncertainty in South Africa at that time and I needed to find a place with more stability to raise our 2 young boys.” After writing to inquire about a job at the Bank of Montreal, Martin and his family made the move to Toronto, where he lived up until 2007 when he made the move to Ottawa to join the Investors Group as a financial planner. After arriving in Ottawa, Martin once again sought opportunities to perform. “Piano playing has always been a great hobby of mine and has been a wonderful form of relaxation. I really enjoy being with people and I love the audience’s reaction when I play a song that is particularly meaningful to them. To me, being able to entertain is one way I can give back to society.” Martin began performing for local retirement homes and soon learned about the programs at the Olde Forge. “When I started playing at the Olde Forge, I knew this place was special. It was a place where everyone was treated like family. To me, it just felt like home, and it has become my favorite place to play.” Believe it or not, Martin shares his gift of music with the Olde Forge at least 7-8 times a year. In February, he played for us 3 times in one month! Now that is commitment! “Clients and volunteers at the Olde Forge love Martin,” says Scott Roscoe, Manager of the Adult Day Program. “His music is so fun and uplifting and clients love that he takes requests! Martin really knows how to get everyone up dancing and singing along! We are so grateful to have Martin as part of our Olde Forge Family.”

If you are interested in learning more about Martin Lacey, check out his website:
martinlacey@pianoextra.com



Here are a few Fun Facts from our Q&A with Martin Lacey:

Favorite Music to Play: Rock and Roll, especially from the 1960s

Favorite songs to perform: Songs by Jerry Lee Lewis and music with meaning

Most Requested Song: “My Way” by Frank Sinatra (written by Canadian Paul Anika)







3 Words to describe Volunteering at the Olde Forge: Warm, Friendly, Happy

RECREATION

RECREATION CALENDAR May 6 – June 28, 2024

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON	VIRTUAL	IN PERSON	VIRTUAL	IN PERSON
 9:30AM AEROBICS 10:30 YOGA 11:30 BALANCE & STRETCH	9:30AM CHAIR YOGA 10:30 AEROBICS	 9:30 CHAIR FIT 10:30 TOTAL MUSCLE CONDITIONING 11:30AM GENTLE YOGA	9:30AM TAI CHI  1PM MOVIE MATINEE (FIRST FRIDAY OF THE MONTH)	9:00AM WALKING WITH BRENDA  10:30 FITMINDS  10:30 FITMINDS (EXCEPT THE LAST FRIDAY OF THE MONTH)
VIRTUAL	MONTHLY PROGRAM REGISTRATION FEE	UPCOMING TO BE ANNOUNCED	IN PERSON	VIRTUAL
10:30AM ZUMBA 1:30PM ARMCHAIR TRAVEL WITH ERIN MAY 13 & JUNE 10 	\$40 IN PERSON PROGRAMS \$32 VIRTUAL PROGRAMS PLEASE NOTE: THE IN PERSON FEE INCLUDES ACCESS TO VIRTUAL PROGRAMMING	COOKING CONNECTIONS GARDENING WORKSHOP ART WORKSHOP SOLAR LIGHT MAKING WORKSHOP BOAT OUTING	10:30 CARDIO, STRENGTH COMBO 11:30 BALANCE & STRETCH 1PM DEB LUNCH BUNCH (LAST THURSDAY OF THE MONTH)	

Thank you to our generous sponsor





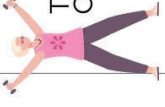



Funded in part by the Government of Canada's New Horizons for Seniors Program

RECREATION

RECREATION CALENDAR July 2 – August 30, 2024

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON 10:30 YOGA 11:30 BALANCE & STRETCH 1PM DEB LUNCH BUNCH JULY 11 & 25 AUGUST 15 & 29 	VIRTUAL 10:30 AEROBICS 11:30AM BALANCE AND STRETCH	IN PERSON  10:30 CHAIR FIT 11:30AM GENTLE YOGA	VIRTUAL 9:30AM TAI CHI  10:30AM TOTAL MUSCLE CONDITIONING	IN PERSON 9:00AM WALKING WITH BRENDA 
MONTHLY PROGRAM REGISTRATION FEE \$40 IN PERSON PROGRAMS \$32 VIRTUAL PROGRAMS PLEASE NOTE: THE IN PERSON FEE INCLUDES ACCESS TO VIRTUAL PROGRAMMING	OUTDOOR OVEN SOCIAL ART WORKSHOP GARDEN PARTY DOWS LAKE BOAT TRIP	UPCOMING TO BE ANNOUNCED	IN PERSON 9:30 CHAIR YOGA 10:30 BALANCE & STRETCH  11:30 AEROBICS	VIRTUAL 10:30AM FITMINDS EXCEPT THE LAST FRIDAY OF THE MONTH 



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

Thank you to our generous sponsor

RECREATION

RECREATION CALENDAR May 6 – June 28, 2024



PROGRAM DESCRIPTIONS

ALL FITNESS PROGRAMS ARE LED BY CERTIFIED FITNESS INSTRUCTORS & FACILITATED BY QUALIFIED RECREATION STAFF

PROGRAMS CERTIFIED WITH THE HEARTWISE LOGO ARE IDENTIFIED ON THE RECREATION CALENDAR BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE PROGRAM

	<p>CARDIOVASCULAR EXERCISE INCLUDING TONING WITH WEIGHTS, INTERMEDIATE LEVEL</p>
<p>AEROBICS</p>	<p>DESIGNED AS A FALLS PREVENTION PROGRAM, FOCUS IS ON IMPROVING BALANCE (BEGINNER LEVEL)</p>
<p>BALANCE & STRETCH</p>	<p>MUSCLE TONING WITH LOW IMPACT MOVES, WEIGHTS & RESISTANCE BANDS USE. INTERMEDIATE LEVEL</p>
<p>CARDIO, STRENGTHEN COMBO</p>	<p>SEATED GENTLE YOGA MOVES AND RELAXING GUIDED MEDITATION. A SOOTHING AND RELAXING CLASS TO START YOUR DAY. BEGINNER LEVEL</p>
<p>CHAIR YOGA</p>	<p>A SEATED EXERCISE CLASS TO GET YOUR MUSCLES MOVING. HAND WEIGHTS USED. BEGINNER LEVEL</p>
<p>CHAIR FIT</p>	<p>FUN WORD AND MATH CHALLENGES TO EXERCISE THE MIND IN A WELCOMING GROUP SETTING.</p>
<p>FITMINDS</p>	<p>LEARN THE BASICS OF YOGA, BRING YOUR OWN MAT. IDEAL FOR BEGINNERS.</p>
<p>GENTLE YOGA</p>	<p>SOCIAL DINING PROGRAM. PARTICIPANTS WILL MEET AT A LOCAL RESTAURANT EACH MONTH FOR LUNCH & FRIENDLY CONVERSATION. PAY YOUR OWN WAY</p>
<p>LUNCH BUNCH</p>	<p>AN AFTERNOON AT THE MOVIES. POPCORN PROVIDED. MOVIE ANNOUNCEMENT AT THE END OF EACH MONTH</p>
<p>MOVIE MATINEE</p>	<p>FOCUS YOUR MIND, IMPROVE CIRCULATION AND BREATHING THROUGH GUIDED MOVEMENTS. BEGINNER LEVEL</p>
<p>TAI CHI</p>	<p>A COMPLETE WORKOUT COMBINING STRETCHING, WEIGHTS & CARDIO EXERCISE. SOME STRETCHING IS DONE ON THE FLOOR. INTERMEDIATE LEVEL</p>
<p>TOTAL MUSCLE CONDITIONING</p>	<p>A FUN DANCE STYLE CARDIOVASCULAR WORKOUT WITH A LATIN VIBE, BEGINNER TO INTERMEDIATE LEVEL</p>
<p>ZUMBA</p>	<p>AN INTERMEDIATE GENTLE FLOW CLASS COMBINING STRENGTH, BALANCE & FLEXIBILITY FOR THE BODY & MIND</p>
<p>YOGA (MAT)</p>	

RECREATION

RECREATION CALENDAR July 2 – August 30, 2024



PROGRAM DESCRIPTIONS

ALL FITNESS PROGRAMS ARE LED BY CERTIFIED FITNESS INSTRUCTORS & FACILITATED BY QUALIFIED RECREATION STAFF

	<p>PROGRAMS CERTIFIED WITH THE HEARTWISE LOGO ARE IDENTIFIED ON THE RECREATION CALENDAR BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE PROGRAM</p>
AEROBICS	CARDIOVASCULAR EXERCISE INCLUDING TONING WITH WEIGHTS, INTERMEDIATE LEVEL
BALANCE & STRETCH	DESIGNED AS A FALLS PREVENTION PROGRAM, FOCUS IS ON IMPROVING BALANCE. BEGINNER LEVEL
CHAIR YOGA	SEATED GENTLE YOGA MOVES AND RELAXING GUIDED MEDITATION. A SOOTHING AND RELAXING CLASS TO START YOUR DAY. BEGINNER LEVEL
CHAIR FIT	A SEATED EXERCISE CLASS TO GET YOUR MUSCLES MOVING. HAND WEIGHTS USED. BEGINNER LEVEL
FITMINDS	FUN WORD AND MATH CHALLENGES TO EXERCISE THE MIND IN A WELCOMING GROUP SETTING.
GENTLE YOGA	LEARN THE BASICS OF YOGA, BRING YOUR OWN MAT. IDEAL FOR BEGINNERS.
LUNCH BUNCH	SOCIAL DINING PROGRAM. PARTICIPANTS WILL MEET AT A LOCAL RESTAURANT EACH MONTH FOR LUNCH AND FRIENDLY CONVERSATION. PAY YOUR OWN WAY
MOVIE MATINEE	AN AFTERNOON AT THE MOVIES. POPCORN PROVIDED. MOVIE ANNOUNCEMENT AT THE END OF EACH MONTH.
TAI CHI	FOCUS YOUR MIND, IMPROVE CIRCULATION & BREATHING THROUGH GUIDED MOVEMENTS. BEGINNER LEVEL
TOTAL MUSCLE CONDITIONING	A COMPLETE WORKOUT COMBINING STRETCHING, WEIGHTS AND CARDIO EXERCISE. SOME STRETCHING IS DONE ON THE FLOOR. INTERMEDIATE LEVEL
WALKING GROUP	A VOLUNTEER-LED WALKING PROGRAM. GROUP MEETS INDOORS OR OUTDOORS (WEATHER DEPENDENT). ALL LEVELS OF WALKERS WELCOME
YOGA (MAT)	AN INTERMEDIATE GENTLE FLOW CLASS COMBINING STRENGTH, BALANCE & FLEXIBILITY FOR THE BODY & MIND



YOUR OPTIMAL HEALTH

Senior Strides - Walking for Well-being

It can be done anywhere, it doesn't require special equipment, it is good for both physical and mental well-being AND it's free! There is so much more to walking than just putting one foot in front of the other; it nurtures your body, mind, and overall well-being.

How Walking Supports Wellness



Gets your heart rate up and leads to a reduction in the risk of high blood pressure, high cholesterol, and even coronary heart disease.



A 15 minute walk after eating has been shown to reduce the after-eating spike in blood sugar and helps your body use blood sugar and insulin more effectively.



Can help reduce some pain due to chronic conditions like arthritis.



Promotes social engagement and boosts mental health.

So let's incorporate walking into our daily routine! Get a pair of supportive sneakers and choose a familiar route free of obstacles. Start off slowly with a 10-minute walk and then gradually increase your time and pace. Don't forget to dress appropriately for the weather and stay hydrated!

Unparalleled Retirement Lifestyle in the Capital

Our presentation centre is now open!

Distinctively located on Ottawa's iconic Sparks Street, The Vista on Sparks is setting a new standard for retirement living in the Capital.

Explore our floorplans and service offerings, available now. **Reach out today for more information.**



THE VISTA ON SPARKS
Retirement *by Signature*

Experience our Presentation Centre

Now open at 414 Sparks Street inside the Christ Church Cathedral.

info@thevistaonsparks.com | 613-809-2212

To learn more, visit thevistaonsparks.com

COMMUNITY CONNECTION



Greetings! It's spring in beautiful Bay Ward!

As I travel around our community, I am grateful that we have so many options right here in our back yard to enjoy the outdoors and support a healthy lifestyle at all ages. I love the vision of a city where we can walk, cycle or take transit to everything we need.

Do you walk to the bus? Do you cycle around your neighbourhood? Do you use a wheelchair or e-bike to go for groceries? These are all part of our growing active transportation system. Did you know that Ottawa has more than 2,300 km of sidewalks, 250 km of bike lanes, and 950 km of pathways – equivalent to the distance from Ottawa to Vancouver.

The vision of the City's Transportation Master Plan is that by 2046, Ottawa's transportation network will be flexible, dependable, safe and efficient in meeting the evolving needs of residents and businesses across the city, while enabling the City to meet its climate-change goals. Everyone must be included regardless of age, income or ability.

Check out the wall mural on Carling just west of Pinecrest that was designed and painted by local youth to celebrate the active outdoor life of our community all year round. We're calling it "Bay Ward, Come on Outside!"

As we look to update Ottawa's Older Adult Plan this year, I'm pleased that Transportation and Mobility is one of the four main strategic areas highlighted, the others being Aging with Choice, Well-being, and Communication. Watch my bulletin for ways you can participate in the consultation with older adults that will unfold this year. And you can always go to engage.ottawa.ca/ConnectedCity to share your ideas about what you envision for your city.

I invite you to join us for our annual Spring Tea on Friday May 17 from 1 to 3 pm at the Ron Kolbus Lakeside Centre. It's a great opportunity to get out, learn about some of the great programs and services available in the city, hear some local entertainment and connect with your neighbours. Please RSVP by email to bayward@ottawa.ca, using the subject line "Spring Tea", or call 613-580-2476 no later than Friday May 10 as space is limited.

Hoping to see you around Bay Ward this spring!

A handwritten signature in blue ink, appearing to read "Theresa Kavanagh".

Theresa Kavanagh She/elle/her
Bay Ward Councillor | Conseillère quartier Baie



COMMUNITY SUPPORT PROGRAMS

HOME SUPPORT

It's Spring! - we think... After all the freezing and thawing brought on by an indecisive winter season, our homes have more than just salt and snow to contend with. The constant temperature fluctuations added to crumbling pavement, peeling paint and loose railings. And we cannot forget to mention the constant presence of mud that put a gritty film on everything. And even the sky seemed dirty. Did you know that Ottawa experienced less than two weeks' worth of sunshine for all three winter months combined! How is that for gloom!

Well, the good news is that spring and brighter skies are on the way! So, let's get things fixed up, cleaned up and get you ready to enjoy your space both inside and out.

Home Help

The Olde Forge Home Help program offers house-keeping services to seniors and adults with physical disabilities living in Ottawa's West End. The Home Help is a customizable service that focuses on the tasks you need completed.

Services may include:

- vacuuming
- laundry
- additional housekeeping chores
- organizational help
- light meal preparation

With Olde Forge Home Help you get the same Home Helper at the same convenient time which helps to keep scheduling simple and easy for everyone! Provided on a fee-for-service basis by Olde Forge employees, this program provides the support that some clients need to continue living independently in their homes.

Be sure to check the website for the service area of these programs

Home Maintenance & Home Help Services for Seniors

To Book Your Service
 613-829-9777

r.brisebois@oldeforge.ca k.toll@oldeforge.ca

OLDE FORGE
 COMMUNITY RESOURCE CENTRE

Home Maintenance

It's like having your own reliable handy person. The Home Maintenance Service provided by Olde Forge runs on a fee-for-service basis that focuses on the projects you want completed with no long-term contracts or obligations. Services provided may include:

- storage cleanout
- window cleaning
- ongoing lawn and garden maintenance (mowing, planting, weeding)
- Patio and outdoor set-up
- small interior and exterior home repairs and maintenance
- snow shoveling and odd jobs

Our maintenance employees can work as little or as often as you need. Bookings are done on a job-by-job basis unless otherwise arranged with Ray Brisebois. Get the help you need at a reasonable rate!

PROGRAM AND SERVICE RATES

Transportation Services

\$12 Round Trip (1-20km)

\$17 Round Trip (21-40km)

\$25 Round Trip (over 40km)

service available for those living in Olde Forge catchment)

Home Support Services

Home Help: \$30 per hour (2 hr minimum)

Home Maintenance: \$30 per hr (1 hr min)
with 30 minute increments thereafter

Grocery Support

\$10 Online ordering support and delivery

Snow Removal

\$25 Per Hour (1 Hr minimum) with 30
minute increments thereafter

Day Program: \$20

\$10 Transportation round trip-
available for those living in Olde Forge catchment

Recreation

(Fitness/Social/Creative)

\$40/Month (in-person & virtual)

\$32/Month (virtual only) Round

Luncheon Program: \$15

\$12 Transportation round trip (for those
in Olde Forge catchment)

Foot Care

\$40 Initial Appointment

\$28 Ongoing Appointments

\$12 Transportation round trip (available
for those living in Olde Forge catchment)



To confirm the catchment area of these services, please refer to our website. www.oldeforge.ca

ELECTRONIC BILLS AND PAYMENT

The Olde Forge is continuing to move billing to an electronic format. If you have an email address, you can participate in electronic billing. YES, it is that easy!

AND- Did you know that Olde Forge takes electronic payments as well? If you are set up with online banking, you can pay your Olde Forge bill online by sending an e-transfer to theoldeforge1@gmail.com

SHOW YOUR SUPPORT FOR THE OLDE FORGE COMMUNITY RESOURCE CENTRE!

Do you love the programs and services at the Olde Forge? Show your support with 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 independently in our community.



All donations can be made online through our secure website donation portal at www.oldeforge.ca, by e-transfer at theoldeforge1@gmail.com, 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 gift in my will

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

Cash Cheque (Payable to Olde Forge Community Resource Centre) Visa MC

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

Signature: _____ Name: _____

Address: _____ City: _____ Postal Code: _____

Telephone: _____ Email: _____

Charitable Status Number 10779 4000 RR0001



2730 Carling Ave
Ottawa, ON K2B 7J1