



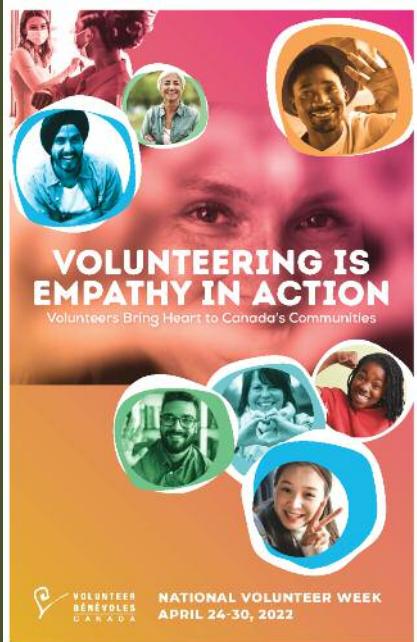
**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE

# THE BELLows

ISSUE 74, SPRING 2022

## JUMPING INTO Spring

**Who is ready to step into Spring?** I think all of us have had enough of the -20, the snow, the ice pellets, the freezing rain and then back to -20 that this winter seemed to play on repeat. Here at the Olde Forge, we are so ready for Spring that we are going to just jump in with both feet! We are excited to take things outside and are looking forward to getting even more creative with our programming. This year we will be introducing a gardener's club to our Recreation lineup and plan to host many more outdoor socials in the park. Clients will be excited to hear that this Spring we will be bringing back even more in-person fitness and social clubs and our Day Program will be heading back into the great outdoors for walks in the park and coffee on the patio. AND this Spring we will be jumping for joy as we begin welcoming back our wonderful Olde Forge volunteers after 2 long years! We hope you will all have a chance to reconnect with us at the Olde Forge. Being together will surely help add some additional spring to our step!



## VOLUNTEER APPRECIATION WEEK

**APRIL 24<sup>TH</sup> - 30<sup>TH</sup>:**  
**VOLUNTEERING IS EMPATHY IN ACTION**

**VOLUNTEERS BRING THE HEART  
TO CANADA'S COMMUNITIES**

The Olde Forge would like to send our most heartfelt thanks to all our volunteers. In another year that has been filled with uncertainty and loneliness for so many seniors and adults with physical disabilities, your commitment and dedication to the Olde Forge has made a real difference in their lives. From delivering meals to caregivers, making friendly check-in calls, running remote income tax clinics, supporting virtual programming, and helping the Olde Forge navigate through these uncertain times, you have helped our most vulnerable citizens feel safe and supported. We are forever grateful!

# AGM

You are invited to the Olde  
Forge Annual General Meeting



**Wednesday, June 22<sup>nd</sup>, 2022**

**Time:** 2pm

**Location:** Olde Forge Community Resource Centre  
2730 Carling Ave, Ottawa ON

Please RSVP contact Sonia s.lall@oldeforge.ca or call 613-829-9777

## A MESSAGE FROM THE BOARD

Welcome to Spring!

We are finally starting to get a taste of spring after what feels like a long winter of mixed weather. It is delightful to hear the first birds of the season chirping and the tiniest of green growth in the garden can't help but bring a smile to your face. While many of us will miss the snow sports we enjoyed over the winter, it is time to say farewell to our heavy coats and mitts.

We are seeing further signs of change with the programming being offered in our Recreation Program. You will see mention of outings – together, and in-person programs which mark new beginnings on how we socialize, reduce isolation, and get healthy – both physically and mentally. There is no doubt that COVID has left a long-lasting impact of all of us and our loved ones. Olde Forge staff is here, as always, to bring seniors and adults with physical disabilities the services they need to remain in their homes safely for as long as is possible.

Thank you to all the amazing staff and volunteers who dedicate their time and energy, to bring you valuable programs like Home Help, Home Maintenance, and our Adult Day Program for people with mild dementia and frailty. The countless hours that are put in to ensure that hundreds of tax returns are processed is again thanks to the dedicated volunteers in our Income Tax program. And with the community slowly re-opening after COVID, we are seeing an increase in the demand for drives to appointments. Call us if you need help getting somewhere and we will do our best to get you where you need to go.

By the time you receive your next edition of the Bellows, we will all have sun-kissed skin and will be complaining about the heat. So, get outside this Spring, say 'Hi' to your neighbours, be thankful for the great community we live in and head to the Forge for some long-awaited fun.

Cheers,



Joel



Colleen

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

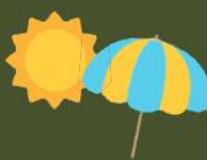
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**Summer Hours**

July and August we are available  
from 9am -3pm Monday-Friday  
[www.oldeforge.ca](http://www.oldeforge.ca)



## BOARD OF DIRECTORS

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## YOUR OPTIMAL HEALTH

# RECREATION PROGRAMS HELP TO BUILD COMMUNITY NETWORKS OF SUPPORT FOR SENIORS



They say life is all about connections. In school we connect with our classmates, as adults we network with co-workers, but how do we build connections as we age? No matter what stage of life we are in, friendships and community connections can have a real impact on our overall quality of life. Older adults who remain socially active often experience more mental stimulation, increased physical activity, reduced feelings of loneliness and are more successful at living independently in their communities.

Senior-focused community recreation is one way seniors are building meaningful connections where they live. Olde Forge recreation offers a wide variety of budget-friendly programs geared towards seniors living independently in Ottawa. Clients can join social groups, explore new interests, or attend fitness classes which help them connect with other like-minded seniors in the area. Not only do recreation programs help establish meaningful friendships, but they also build local networks of support for seniors living alone.

How important are these networks of support? Just as Don McIntosh, who experienced the value of his community network after finding himself out of commission due to a cycling accident in 2020. Don, a seasoned cyclist, was on an early morning ride to Carp when he hit a speed bump, lost his grip on the handlebars, and took what he calls, "a significant tumble." "I don't know how long I was on the ground seeing stars" says Don, "but when I finally got up, I knew I wasn't going to be biking to Carp or anywhere else that day." For Don, the first few days after the accident were a little rough. "I had injured my ribs, so moving from sitting to standing was incredibly painful. It was incredibly difficult to get out of bed in the morning or maneuver in the washroom."

With many services shut down due to the pandemic, Don's network of support came from the many friends and community connections he had made in Olde Forge recreation. During the pandemic, Olde Forge recreation helped clients remain connected with friends and community by running virtual social and fitness programs. It was during a virtual coffee chat where Don first shared his biking mishap and subsequent mobility woes. To his surprise, Don received an overwhelming wave of support from his peers. People checked in to inquire about his recovery and offered to help in any way they could. Not only did peers provide moral support, but one connection provided a variety of mobility aids to support his recovery. Diane Summers met Don 3 years earlier through Olde Forge recreation. "He was the guy who was always enthusiastically jazzing up the moves in fitness class" Diane says with a laugh. After hearing of Don's misfortune, Diane immediately offered the use of mobility aids that she had on hand and even delivered and set up the equipment in his apartment. It took over a month for Don to recover from his injuries, but he knows that the process would have been much slower and certainly more painful without the use of Diane's equipment and the support from his community.

Deb Davis, a fellow senior and the facilitator of the coffee chat program, was not at all surprised by the response from her recreation community. "My clients remind me every day that people are kind, generous, caring, and loving. I think when most people are given the chance, they jump at the opportunity to be of service and contribute to the welfare of others." Deb, Diane and Don all agree that senior-focused recreation has really helped them connect with others and build meaningful, supportive relationships that have extended well beyond the structured program time. "We all long to belong", says Deb. "Attending recreation programs may initially be about physical health or a hobby but ends up taking on a more holistic approach to health by addressing all aspects of the human being."

**To learn more about Olde Forge recreation,  
contact Azra 613-829-9777 Ext 228 / [a.temple@oldeforge.ca](mailto:a.temple@oldeforge.ca)**



## YOUR OPTIMAL HEALTH

### **COME TO ME**

Oh Sleep, come to me  
 Take my hand I pray.  
 Give to me the key  
 That will lead the way  
 To slumber finally.  
 The sandman came by  
 A long time ago  
 Threw grit in my eyes  
 And said I must go  
 To the land of dreams  
 Of stars and moonlight  
 And soft clouds that seem  
 Inviting tonight.  
 Oh Sleep, I welcome thee  
 Come, my arms await  
 I beg you to please  
 Yes, take me away  
 So that I will know  
 The most wondrous bliss  
 Of slumber finally.

By C. Paulin  
 August 17, 2020

### **WELCOME TO BOOK CHAT!**

Hi I'm Marrie! I welcome all to join the Olde Forge Book Chat program! This is a Recreation program that runs via Zoom on the last Tuesday of each month, from 1:30-2:30 pm. A package is emailed to all interested members at the beginning of each month and includes one short story and one poem that we will discuss as a group during the program. It also contains information about the authors as well as an option to either read or listen to the poem and story online.

Anyone can register for this interactive Book Chat program. We love hearing different perspectives and welcome those on the program to share their opinions about the monthly story. Program discussion revolves around aspects of the story and will also incorporate some personal reflection related to the readings. As the facilitator, I come equipped with discussion questions to guide the conversation. Member input is also encouraged at the end of each program, if anyone has a short story or poem suggestion for the future.

Becoming a member doesn't mean you must attend all programs. Members are welcome to attend any they are available for and there is no commitment or cost.

We look forward to welcoming YOU to Book Chat!

*"I joined the Olde Forge Book Chat recently and am very glad that I did. I found it quite enlightening and interesting to have other people's take on a poem or short story, revealing a side of the author's story that I had not even thought of. I look forward to our next discussion."* -Claire Paulin



### **55 ALIVE DRIVING PROGRAM IS BACK**

Refresh your skills and confidence on the roads with the 55 Alive Driving Program. This in-class drivers training course is taught by a certified instructor and includes a workbook & certificate of completion from the Canadian Safety Council.

**NEXT 2 DAY COURSE: SATURDAY, MAY 7<sup>TH</sup> & MAY 14<sup>TH</sup> FROM 9AM-12PM**

**OLDE FORGE COMMUNITY RESOURCE CENTRE: 2730 CARLING AVE**

**\$30.00 COURSE FEE**



Contact Azra to register 613-829-9777 ext.228 / a.temple@oldeforge.ca

*Please note that you must attend both Saturday sessions to receive your certification of completion*

## COMMUNITY SUPPORTS SERVICES

### BRING IN THE FUN!

With the return of the Adult Day Program, we are happy to announce that FUN has officially returned to the Forge. To say the clients were happy to see each other would be an understatement. There were lots of laughs, and the whole building echoed with the chatter of friends catching up on 2 years' worth of life events. Discussions easily flowed from topics of politics to flatulence and everything in between. Clients were very excited to dust off their bean-bag tossing skills and enjoyed participating in the many theme-inspired challenges given by ADP staff. With all the fun and excitement happening at ADP it was hard not to feel a tiny bit bad for the staff working upstairs.



### OLDE FORGE TRANSPORTATION - SO MUCH MORE THAN JUST A DRIVE!

Reliable and affordable transportation options are key to active aging. Not only does transportation help us with groceries and appointments, but it can also greatly influence our social participation in the community. The Olde Forge staff drivers are trained in First Aid, have clean driving records, and have completed personal background checks. To our clients and their families, Olde Forge Transportation is so much more than just a drive, it is a friendly face, a helping hand and is a trusted provider of care and support.



*"Thank you for all your care and concern while driving Ron every Friday to Fresh Co. He so looked forward to the outing and social time with you and other drivers on the route.*

*You added great support to Ron and from the bottom of my heart thank you and all of the Olde Forge team for not only the service you all provide but the exceptional level of care that you all have for the seniors you support.*

*Forever Grateful."*

- Anne Baird

### FOOT CARE

The Olde Forge has a new foot care provider. Please welcome Foot Comfort to the Olde Forge. A home service option is also available through this provider.



## HOME SUPPORTS AND SERVICES

### LET'S WIPE AWAY WINTER AND CLEAN IN THE SPRING

Well, the winter of 2022 is finally behind us! I for one, am looking forward to tuning out the noise of the world for a bit and heading outside to embrace the tranquility that comes with the return of Spring. What I am not looking forward to, is dealing with the dirty, salty remains of winter. Olde Forge Home Supports and Services are here to help you wipe away the last signs of winter and clean your way into the freshness of Spring.

### HOME HELP & HOME MAINTENANCE

Offers affordable and customized housekeeping and home maintenance services to seniors and adults with physical disabilities living in Ottawa's West End.

#### HOME HELP

Home Help is designed to help clients live independently in their homes and focuses on the services they want done.

Service options include:

- Vacuuming
- Laundry
- Additional housekeeping chores
- Light meal preparation

Benefits of Olde Forge Home Help:

- Flexible Service
- Same home help worker



For more information on how you can get participate in the Home Help Program please contact Karen Toll: 613-829-9777 Ext 227 or email [k.toll@oldeforge.ca](mailto:k.toll@oldeforge.ca)

***Please note: There is currently a waitlist for this program. If you would like to be added to this list, please contact Karen.***

#### HOME MAINTENANCE

Home Maintenance is like having your own reliable handy person.



Home Maintenance Services may include:

- Exterior clean-up
- Lawn and garden care
- Patio and outdoor set-up
- Small interior and exterior home repairs and maintenance
- Odd jobs

With the Olde Forge Home Maintenance Program there are no long-term contracts or obligations. 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.

***For more information on the Home Maintenance Program, please contact Ray at 613-829-9777 Ext 231 or email [r.brisebois@oldeforge.ca](mailto:r.brisebois@oldeforge.ca)***

## SENIORS' RECREATION SCHEDULE



Recreation Programs are available & accessible to all adults 55 years and older and/or adults living with physical disabilities. Please visit our site at [www.oldeforge.ca](http://www.oldeforge.ca) or call us at **613-829-9777**

# RECREATION PROGRAMMING

**May 9<sup>th</sup>, 2022 - August 26<sup>th</sup>, 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**IN PERSON CLASS WOODROFFE UNITED CHURCH	VIRTUAL PROGRAM	**IN PERSON CLASS WOODROFFE UNITED CHURCH	VIRTUAL PROGRAM	VIRTUAL PROGRAM
9:30AM CHAIR EXCERSISE I 	9:30AM CHAIR YOGA	9:30AM GENTLE YOGA 	9:30AM CARDIO, STRENGTH COMBO	10:00AM  ARM CHAIR TRAVEL with Amica FIRST FRIDAY OF THE MONTH
10:30AM YOGA (Mat) 	10:30AM AEROBICS	10:30AM LINE DANCING	10:30AM ZUMBA GOLD	
11:30AM BALANCE & STRETCH 	11:30AM TAI CHI	11:30AM FUSION	11:30AM CHAIR EXERCISE II 	
MAY & JUNE VIRTUAL PROGRAM	ACTIVE GARDENING PROGRAM  MAY TO AUGUST SCHEDULE TO BE ANNOUNCED  Please contact Azra if interested in joining 613-829-9777 ext 228 a.temple@oldeforge.ca  	VIRTUAL PROGRAM  1:30PM BOOK CHAT with MARRIE  LAST TUESDAY OF THE MONTH 	**IN PERSON PROGRAM  DEB'S LUNCH BUNCH  1PM LAST THURSDAY OF THE MONTH  REGISTRATION & PROOF OF VACCINATION REQUIRED TO ATTEND	10:00AM  EVERY FRIDAY EXCEPT THE FIRST FRIDAY OF THE MONTH
JULY & AUGUST **IN PERSON PROGRAM				
1:30PM COFFEE & CONVERSATION WITH DEB				
			<b>PARTICIPANT MONTHLY PROGRAM FEE:</b> <b>\$28 FOR IN PERSON OR \$20 VIRTUAL</b> <b>TO REGISTER CONTACT THE RECREATION MANAGER:</b> <b>a.temple@oldeforge.ca OR 613-829-9777 EXT.228</b> <b>THE CALENDAR IS SUBJECT TO CHANGE AT</b> <b><u>SHORT NOTICE DUE TO PUBLIC HEALTH DIRECTIVES</u></b>	

## SENIORS' RECREATION SCHEDULE

# PROGRAM DESCRIPTION

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

PROGRAM	DESCRIPTION
	<b>Programs certified by the University of Ottawa Heart Institute Heartwise program are identified on the Recreation calendar</b>
<b>Active Gardening Program</b>	Bi-weekly group program. Participants will aid in planting and maintaining garden beds around the Olde Forge
<b>Aerobics</b>	Cardiovascular exercise including toning with weights, Beginner to intermediate
<b>ArmChair Travel</b>	Explore and travel to exciting destinations from the comfort of your home, presented by Amica
<b>Balance and Stretch</b>	Designed as a falls prevention program, focus is on improving balance, beginner level
<b>Book Chat with Marrie</b>	Whether you're an avid reader or looking for the motivation to start, all are welcome to join this discussion group
<b>Cardio, Strengthen Combo</b>	Muscle toning with low-impact moves, weights & resistance bands used. Beginner to intermediate
<b>Chair Yoga</b>	Seated gentle yoga moves and relaxing guided meditation. A soothing and relaxing class to start your day
<b>Chair Exercise I &amp; II</b>	A combination of stretch, cardio and toning workout done seated. Beginner and Intermediate offered
<b>Coffee &amp; Conversation</b>	Join Deb for an in person social each week in July & August outside in the Jill Brown park. Bring your own chair & beverage.
<b>Conversation Cafe</b>	Conversation group with guest presenters on topics of general interest
<b>Fusion</b>	A ballet bar, dance style class using resistance bands and weights. Intermediate level
<b>FitMinds</b>	Exercise for the mind. Word & math challenges with group discussion
<b>Line Dancing</b>	Gentle impact exercise with traveling moves. Beginner level
<b>Lunch Bunch</b>	Social dining program. Participants will meet at a local restaurant each month for lunch and to socialize. Pay your own way
<b>Tai Chi</b>	Focus your mind, improve circulation & breathing through guided movements Beginner level
<b>Yoga (Mat)</b>	A beginner/intermediate gentle flow class combining strength, balance & flexibility for the body & mind' Intermediate
<b>Zumba Gold</b>	Cardiovascular, dance style workout with a Latin vibe. Intermediate

**Thank you to our funders for their generous financial support:**

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



**Thank you to our community partners:**



## CARING FOR OUR CAREGIVERS

On March 25th, Olde Forge was pleased to host another Caregiver Retreat. This retreat was planned as a day of rest, a day of pampering and a break from the day-to-day challenges of caring for an elderly loved one. The group was comprised of caregivers (either a spouse or adult child) providing primary care for a loved one in the community.

Participants were picked up at the Olde Forge in a coach bus and treated to a beautiful scenic drive along the Ottawa River enroute to Rockland. The event was hosted at the charming Maison Tucker, a heritage property nestled in rural Rockland. Participants had the opportunity to explore the home and enjoy a coffee break, while getting to know each other. The days programs consisted of Music Therapy in the morning, including a drumming circle, and a Mindfulness and Meditation session in the afternoon. A hot lunch, catered by Roselynn's Catering and Bistro in Rockland was not only tasty, but the care and professionalism of the catering staff was top notch! Their support allowed Olde Forge staff time to support participants and engage more in the programming being offered. At the end of the day, each participant went home with a complimentary wellness gift bags as a little reminder of the importance of selfcare.

The retreat gave caregivers time to rest and develop some wellness strategies, but most importantly it helped them build a network of support with others in their community.



## OLDE FORGE PARTNERED WITH CANADIAN WILDLIFE FEDERATION

Olde Forge partnered with Canadian Wildlife Federation / Fédération canadienne de la faune for a "getting to know you" program with their students and our seniors. We were in small groups to ask each other questions about our lives while decorating birdhouses. What a wonderful intergenerational initiative!



## OLDE FORGE IN THE COMMUNITY

### FACES OF THE FORGE MEET SCOTT

Hello Bellows readers! My name is Scott Roscoe, and I was born and raised in Ottawa. My life path brought me to Carleton University to study Social Work. In my third year of school, I had the opportunity to be placed as a student with the Olde Forge. Here we are six years later, they have yet to get rid of me! What I love about the Forge is how the people there always make my heart smile, and that there is a strong sense of community. I can always expect some kind of fun when I'm at the Forge. I mostly work in the Day and Luncheon programs and love spending time with the different groups, laughing and having a good time. I particularly enjoy that I have the chance to be goofy, dress up in costumes, and bring smiles to faces. In the past few years, I have also had the opportunity to assist in the famous Olde Forge Christmas Pudding sales, and the Community Volunteer Income Tax Program. Everything I'm involved with at the Forge gives me a sense of joy, and I feel very fortunate to be able to say that about my place of work and colleagues.



When I'm not at the Forge, I enjoy challenging myself with baking and cooking. One of my proudest accomplishments recently has been successfully reproducing my great-grandmothers dinner roll recipe. If you want me to talk your ear off, just ask me about superhero movies and I could go on forever. I also enjoy spending time with family including my two brothers and sister, their partners and the two nieces, a nephew, and 'dog nephew' they have given me. While they are raising their families, myself and my partner are raising our plant family and our puppy Bearie who is 50% miniature pinscher, 50% shih tzu, and 100% adorable (the last part he gets from his dog dad (me) of course). Bearie certainly keeps me active with all the walks we go on. This past winter I rejoined a curling league in the position of 'lead'. – just another way to keep active and healthy. In the warmer months, I enjoy camping with my family and tending to our small garden at home. Something I look forward to doing as the world opens up more is seeing musicals at the National Art Centre including "Cats" and "Hamilton".

Most of all, I look forward to seeing the Forge filled to the brim once again and meeting you all!

### DRIVING OUR MESSAGE INTO THE COMMUNITY:

How many of you have trouble spotting the Olde Forge transportation vehicles? Well, you are not alone; it is sort of like looking for a needle in a haystack. Who knew there were so many white vans and blue SUVs on the road?! Well, we are pleased to announce that our Olde Forge vehicles have received a bit of a logo-wear facelift. Each vehicle now proudly displays the Olde Forge name, contact details and even an image of our little log house. Not only will our vehicles be easier to spot for our clients, but our vans will now literally drive the Olde Forge message in and around our community.



## LEGACY GIVING

### LASTING LEGACY - IN MEMORY OF NORA GREENE

The Olde Forge was deeply honored to be the recipient of a legacy gift in memory of the life of Nora Greene. Nora was a dedicated volunteer from 2006-2012 and gave of her time and talents to support the foot clinic, administration, income tax and reception. We received this lovely note from her daughter:

***"My mother, Nora Greene, was a volunteer for several years at your Centre. She manned the phones, telling me that she felt like an old-time Bell telephone operator. She thoroughly enjoyed her time helping the various clients. To that end, she wanted to remember the Centre upon her death. She passed away on March 8, 2021. I am following her wishes and am honoured to provide the enclosed cheque".***

The Olde Forge supports 6 of Ottawa's most vulnerable neighbourhoods and has one of the highest concentrations of low-income seniors in the city. Nora's legacy gift will help us continue to provide affordable programs and equitable, subsidized community supports that help seniors in our community live independently, safely and remain connected.

#### **What is Legacy Giving?**

Legacy giving (sometimes called "planned giving"), is a donation made by an individual through a will or other formal designation. Legacy gifts are typically prepared with a financial planner and are meant to reflect the values and desires of the donor. As the name suggests, most donors want to leave a legacy or memory of their life.

#### **What is the Difference Between Legacy Gifts and Donations?**

Many of us have causes we may donate to throughout our lifetime. Legacy giving however, is a gift to a charity or non-profit organization that takes effect when you pass away.

The easiest way to remember the difference between a donation and a legacy gift is:

Donations answer the question "how can I help today?"

Legacy gifts answer the question "how can I help tomorrow?"

#### **The Benefits of Legacy Giving:**

People often worry that leaving a legacy gift means that there will be less to give to their loved ones. The truth is you can make a legacy gift without taking away from the gifts left to your family and friends. One of the biggest benefits of a legacy gift is the tax benefit.

**Tax Benefit:** When you leave a legacy gift through your will, your estate will receive a tax receipt for the full value of the gift, the same as if you make a donation during your lifetime. However, the Canadian government has created a specific valuable tax incentive for Canadians with stock-market investments. If you donate actual shares (instead of selling them and then donating the cash) to a registered charity, during your lifetime or through your will, you will receive the tax receipt for the full value of the gift, plus you will be exempt from reporting the capital gain arising from the gift. Speak to your financial institution or advisor for full information.

- Information from: [www.willful.co](http://www.willful.co) and from Olde Forge volunteer Doug Yonson

## COMMUNITY CONNECT!

### WORD FROM OUR COUNCILOR



The past few months have been stressful for many, including the illegal occupation of our city centre by a Truck Convoy that left many filled with fear and trauma. It's time to regain our confidence as a city and enjoy a fresh start as we spring forward and step outside again.

The lifting of the mask mandate across the province gives a feeling of freedom to some but will also make others feel hesitant as mask wearers venture out and mingle with those who are not wearing masks. It is essential that we practice respect and kindness during this time. I am proud to say that vaccination rates have been very high with over 86% of Ottawa residents being fully vaccinated. This makes a big difference to how we cope with any new covid-19 variants that are still out there. Vaccines protect us; however, we still need to continue to take precautions such as keeping our hands clean and avoiding going out when not feeling well. These are common sense approaches at any time but as COVID-19 has taught us that precautions and good habits can help keep us safe and able to be with others again.

We do not know what the future will bring but we can take this moment to pause and count the blessings we have. It's time to reconnect with family and friends and enjoy a meal in a local restaurant. We all gain when we support small businesses in our neighbourhoods. This is also a time to think of those who have suffered during the pandemic and to reach out and check in whenever we can.

Life has been stressful. It's time to relax a little and enjoy ourselves.

I am excited to announce, that as long as COVID indicators continue to improve and remain low, that my office will be having its annual Bay Ward Social Tea on May 10 at pm at Rob Kolbus Lakeside in Britannia Park. Previously this event was known as Bay Ward's Mother's Day Tea. We decided to change it this year in hopes of making it feel more inclusive and welcoming. This is an opportunity to celebrate those in our great community such as caregivers who have worked so hard over the past two years supporting so many during a very challenging time. We will have the wonderful music of performer Robin Averill to put smiles on our faces. For more information and how to register or volunteer for the event please visit my web site baywardbulletin.ca or call my office 613-580-2477. Please note that this event is for Bay Ward residents.

I hope to see everyone in person again soon attending community events across the ward. Take care and be well!

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

Theresa Kavanagh  
Bay Ward Councillor City of Ottawa

Councillor  
Theresa Kavanagh  
is hosting a Tea Party



Bay Ward residents  
You are invited to a  
Tea Party!

Dress up or Dress down, it's up to you.

Tuesday, May 10<sup>th</sup> from 1 to 3 pm at  
Ron Kolbus Lakeview Centre  
102 Greenview Ave.



Space is limited so please register in advance at

[BayWardBulletin.ca/TeaParty](http://BayWardBulletin.ca/TeaParty)

or email us [bayward@Ottawa.ca](mailto:bayward@Ottawa.ca)

or call us at 613-580-2477

and include your name, phone #, and address

Music and sweet and savory snacks will be served. This is a sit-down event, but dancing may break out.

**When you can't  
be close, we're  
here to help  
seniors and  
their families**



*"I just want to say how my mom has transitioned from her home after over 50 years to Redwoods. She is partaking in most activities and meeting several new friends. Thanks to all the staff at Redwoods that make this experience so special."*

Redwoods Resident Family Member

**LIMITED TIME – Save \$1,000 per month for 6 months and up to \$2,500 in moving expenses!\* Starting at \$2,730/month.**

**Call April today at  
(613) 986-8082**



**THE REDWOODS**  
RETIREMENT RESIDENCE  
2604 Draper Avenue, Ottawa, Ontario

\*Terms and conditions apply.  
Promotional savings expire December 31, 2022.



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# SPRING

## Word Scramble

Unscramble the Spring themed words below.

1. UARBMEELL \_\_\_\_\_
2. UESFBTRTEIL \_\_\_\_\_
3. RLSOFWE \_\_\_\_\_
4. UNSYN \_\_\_\_\_
5. IPLSTU \_\_\_\_\_
6. EISNSNUH \_\_\_\_\_
7. OLOSSBM \_\_\_\_\_
8. OIAWNRB \_\_\_\_\_
9. CICNIP \_\_\_\_\_
10. NGEARD \_\_\_\_\_

## 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](http://www.oldeforge.ca) or by mail to The Olde Forge, 2730 Carling Ave, Ottawa ON K2B 5K4**



\$25    \$50    \$75    \$100    \$250    \$\_\_\_\_\_

I will donate online at [www.oldeforge.ca](http://www.oldeforge.ca)    I have left a **legacy** by including a donation in my will

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

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

Card Number: \_\_\_\_\_ Expiry Date: (MM/YY): \_\_\_\_\_ / \_\_\_\_\_ CVC: \_\_\_\_\_

Signature: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Yes! Please sign me up for the email newsletter.

Charitable Status Number: 10779 4000 RR0001



**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE

2730 Carling Ave  
Ottawa, ON K2B 7J1