



CHRISTMAS AT THE FORGE

The holiday season has begun! Here at the Olde Forge, staff and volunteers have been busy mixing, baking and wrapping up our signature Christmas Puddings for our annual Holiday Bake Sale. This year's sale featured many Olde favorites including the holiday baked goods table, a selection of homemade jams and preserves and of course everyone's favorite, the Cookie Walk!

We would like to say Thank You to Bulk Barn (Fairlawn Plaza) for helping us compile our long list of pudding ingredients and to the Redwoods for sponsoring a portion of this year's Christmas Puddings. A BIG Thank You goes out to everyone who baked, bottled, and packaged items to sell at our event, and to those who braved the winter weather to attend the sale. We are so grateful to all of you for your continued support! And last but not least, let's give Three Cheers to the RBC volunteers who came out on Saturday to give some money management support to this year's sale! Happy Holidays and best wishes to everyone! Thank you for being a friend of the Olde Forge.



bulk barn

MESSAGE FROM THE BOARD



It was a quick transition this year from sandals into our warm winter gear. We are still adjusting, but the hot chocolates and holiday treats certainly help! And though it may be cold outside, the Olde Forge is filled with the warmth, smiles and laughter of our clients, staff and volunteers. We have been busy the last few months with our day programs, fitness classes, luncheon programs, transportation rides, telephone check-ins, outings, and field trips. As we transition into the winter months, please keep us in mind for help with snow removal, home maintenance, and grocery support. We hear time and time again how meaningful these practical programs are to our clients and their caregivers.

We want to take the opportunity to thank our volunteers, donors, and community partners for your continued support throughout 2023. We know that we could not do what we do without you! We know how important it is to be able to age with dignity and independence, that the need for these services is growing, and the crucial role that the Olde Forge plays in making this possible for older adults and adults with disabilities in our community.

On behalf of the Olde Forge board and staff, we wish you a safe and happy holiday season. We look forward to serving you in 2024!

Meghan O' Halloran
Board Chair

Colleen Taylor
Executive Director

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VOLUNTEER CORNER

MEET THE VOLUNTEER COORDINATOR



Hi! My name is Jennifer Zeinstra and in September I joined the Olde Forge as the volunteer coordinator. Over the past couple of months, I have thoroughly enjoyed starting to meet people at and experience some of the Olde Forge's amazing events and activities. I'm truly excited to even meet more of you during my time at the Olde Forge! My husband and I have just moved to Ottawa with our one-year-old son and we're excited to explore the Ottawa region. Throughout my career I have connected with my communities and worked with diverse and amazing people in a mix of teaching roles and program coordination positions throughout Saskatchewan, Nunavut, Manitoba, Alberta and Ontario. Although I've loved my time across Canada, Southern Ontario and Quebec are the home provinces for my husband and me so we are very grateful to be closer to family and friends in such a beautiful community. Over the next few months let's connect so I can learn more about you and your love for the Olde Forge - and if you have any coffee-shop recommendations or if you know of any great family-friendly events to share, I'd love to chat about that too!

CREATE (MORE) CHANGE IN YOUR COMMUNITY!

From driving clients to appointments to helping out seniors with tech support our Olde Forge volunteers make a difference. Since October 2023 the Olde Forge's volunteer program has seen 9 new applications for people looking to help out in our programs and we have had one amazing volunteering day with Deloitte; but we still need your help. Jennifer, our volunteer coordinator, is creating a recruitment campaign for new volunteers and she needs your stories and feedback. Send quotes, stories and/or pictures about why you volunteer with the Olde Forge and how volunteering with the Olde Forge impacts your life. We are forever grateful for your support and the volunteer program will use these stories to find even more volunteers who can make an impact. Share your story today to help us find more volunteers to grow our programs!

Contact Jennifer at
j.zeinstra@oldeforge.ca or 613-829-9777

VOLUNTEER OPPORTUNITIES

Do you want to help seniors continue to live independently during these winter months? The Olde Forge is looking for volunteers who can place grocery orders online, drive others to appointments, or complete tax returns.

Contact Jennifer Zeinstra to volunteer today!

THE OLDE FORGE INCOME TAX TEAM

The Olde Forge income tax team will be back in action February 2024 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 helps people in our community navigate through the weird and wacky world of income tax, and we hope to complete over 500 income tax returns in 2024. We can't wait to see how much our community will get back this year - this program gives back with some serious impact!



COMMUNITY SUPPORT PROGRAMS

WEATHERING THE WINTER WITH COMMUNITY SUPPORTS

It's Winter! Welcome back to sweater weather and comfort food. Say hello to cozy slippers and warm drinks. This is what I love about winter! What we don't love is the weather- ice, snow, freezing rain, wind - all of this combined with the darkness just makes us want to put our head under the covers until spring. As hibernation is not an option, one of the best ways to battle winter is to embrace it. Winter is a great time to get organized! Why not pick this time of year to sort through your stuff? An annual "stuff" sorting activity is a great way to tackle and reduce the clutter in our homes that can build up through the year. It is also an excellent way to reduce the risk of falls, it even helps to create a bit of Zen in our lives. Olde Forge Home Help program can support general house keeping and decluttering so that you stay safe and sound in your space as we patiently wait for spring.

Another great winter activity is to get to work on our endless "To Do" list! Maybe you have some minor repairs that need to be addressed; maybe you need to do a little bit of home maintenance. The change of seasons is a great time to inspect your smoke detectors and carbon monoxide detectors. Swap out the old batteries for new ones and run a test. If there are any issues, replace the detector immediately. You should also ensure that there is a smoke detector on each floor of the home, and one close to the kitchen where most fires occur. Carbon monoxide detectors should also be on each floor of your home and especially near the bedrooms. As winter brings with it closed windows along with the extended use of stoves and fireplaces, it is vital to ensure your carbon monoxide detectors are in good working order. The Olde Forge Home Maintenance program can assist you with these tasks and many more. That list checking just got a little bit easier.

Embracing winter does not just mean completing tasks, it is also a great time to get out and enjoy our beautiful city. Why not arrange a movie date with friends or sign up for social, special interest or fitness programs in the community? Don't like winter driving? No problem! Olde Forge Transportation is available to get you out and about in your community.

To learn more about Olde Forge Community Support Programs visit www.oldeforge.ca or call us at 613-829-9777

Joyful Sound Ottawa

choir

A community choir for people with memory loss,, their caregivers, and their family and friends.

In-person rehearsals: February 14 – May 8, 2024

Where: St. Stephen's Anglican Church,
2821 St. Stephen's Street, Ottawa

When: Wednesdays, 10:30 a.m. – 12 noon



JSO partners with the Dementia Society of Ottawa and Renfrew County.

For more info or to register: contact zkirschner@dsorc.org

YOUR OPTIMAL HEALTH

WINTER WELLNESS- EMBRACING SELF-CARE

Winter months can take a toll on our physical and mental well-being. During winter, people often feel more irritable, have low energy levels, and some even struggle to do day to day routines. One way we can support our overall health and wellbeing during the dark days of winter is to practice self-care. No doubt some of you are asking “what the heck is self care?” The World Health Organization defines self-care as the practice of taking an active role in protecting your own physical, mental and social well-being. Research suggests that self-care in the senior population can promote positive health outcomes such as fostering resilience, living longer, and becoming better equipped to manage stress. So, let’s give ourselves some love with some self-care for the new year!



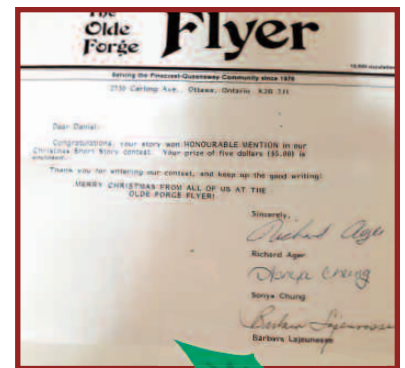
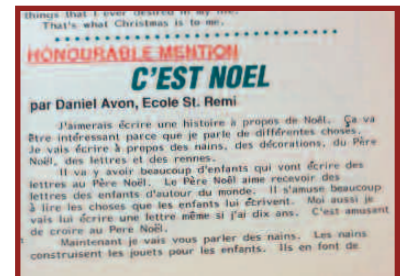
A STORY FROM CHRISTMAS PAST

I am an author - a title I'm proud of. There's another title that makes me prouder, however. I am a wife, Mrs. Daniel Avon. When my husband was ten years old, he entered a Christmas story writing contest through his school, St. Remi that appeared in the Olde Forge Flyer. He won Honourable Mention, and a \$5.00 prize, which I'm sure was a big deal in 1988! He often liked to joke with me that he was a published author before I was. All these years, he held onto the flyer (fully intact), along with his letter of congratulations. Christmas was a magical time of year for him. (At ten years old, it's no wonder, but even as an adult, I could see the gleam in his eye.) My husband was like a big kid. I say "was" because in May of 2023, the unthinkable happened, and I lost my soulmate, and love of my life to cancer. He was forty-four years young.

Danny was my number one fan. In fact, if it wasn't for his support, and encouragement, I don't think I would have ever published my first book, let alone several more. But what I want him to know is that I was his number one fan. I was inspired by his child-like wonder, ability to laugh at life, and his stance on bullying, and injustices. If there was ever a time he could help someone in need, he did. His love was apparent everyday, not only in words, but in the way he took care of me, and us, and my heart is still shattered.

At this time of year, when I will miss watching him indulge in our traditional Christmas meal, and I will ache knowing that he won't be here to tell me he loves me, and to wish me a Merry Christmas, I want to take my sadness, and pay him tribute instead. I want everyone reading this to know that they broke the mould when they made him, and I plan to make him proud for as long as I have breath in my lungs. Two of his final words to me were "Stay strong". If I am strong today, it is because of him. I am strong because of his love, and spirit that surrounds me. Santa Claus isn't mythical, and neither are angels. They are the embodiment of a love so deep; it is eternal. It is a part of you. It is the desire to do good, to pay it forward, and live life to the fullest, until you are reunited with that life-altering energy that we call "love" that enveloped you in life. It doesn't disappear after death.

Merry Christmas, my love. I'll be sure to leave out milk and cookies in your honour. I love you with all my heart, and soul, forever, 888.



IT'S CHRISTMAS - REPRINTED FROM THE OLDE FORGE FLYER 1988

I would like to write a story about Christmas. It will be interesting, because I will talk about all different things. I will write about elves, decorations, Santa Claus, letters and reindeer.

There are a lot of children who will write letters to Santa Claus. Santa Claus loves receiving letters from children around the world. He enjoys reading what the children write. I, too, will write him a letter even though I'm ten years old. It's fun to believe in Santa Claus. Now I want to talk to you about elves. The elves make the toys for the children. They make all kinds and they make a lot. It takes hundreds of elves to make all these toys. Christmas is coming; there should be thousands and thousands of toys already made. When Santa Claus delivers the toys, I think two or three elves help him. That's how he's able to deliver to everyone in one night.

Though without the reindeer, Santa Claus would certainly not be able to deliver the toys. There are eight reindeer who pull his sleigh. Their names are: Rudolph, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen. What's funny about these reindeer is that they can fly, and Rudolph's nose glows red. I'm sure lots of children want to see these reindeer, but they can't stay awake until midnight. Even though we can't see the reindeer, we can admire the decorations. I think they're all beautiful. I help my mom and dad to decorate the house and the Christmas tree. We decorate the house and the tree with artificial snow, Christmas bells, bright lights, balls and lots of other things. It's like the house is glowing. Don't forget to leave cookies and a glass of milk for Santa. I'm sure that after his long journey he'll be hungry because when I get up on Christmas morning the cookies and the glass of milk are gone and there are presents addressed to me under the tree. Santa Claus is nice! He brings so much joy to so many children, and I thank him for all he does for me and children all around the world.

By Daniel Avon – Age 10. St. Remi (1988)

FACES OF THE FORGE

IN THIS EDITION OF FACES OF THE FORGE WE SAY HELLO TO OUR EAST COAST CONNECTION



MEET AZRA

Hello! My name is Azra. My role as recreation manager is both rewarding and fun. I continuously meet new people, welcome participants, explore new program ideas and feel inspired from the active seniors we service. In addition, I work with a wonderful staff and volunteer team. One of my favorite activities to plan and attend are group outings in and around our lovely city.

I am a first generation Canadian, born and raised in Ottawa. My parents could not have come from more diverse cultures. My father came from Pakistan and my mother from Finland. Growing up, I had the best of both worlds. My parents' love of life, people, outdoor activity, and the natural world was the same. Thanks to their example, I too developed a love and respect for nature and my place

in it. Even though I am weary of the cold, each year I find myself anxiously waiting for snow to fall so I can get out cross-country skiing, feed the birds in the forest, look for animal tracks in the snow, enjoy the peace a fresh blanket of snow brings. On our family ski trips, my mom would pack coffee, hot chocolate, and freshly baked Finnish "pulla" or sweet bread. When I look back at this ritual, we were not just refueling energy on the trails but also slowing down, enjoying the people we were with and the natural sights around us.

After completing college, I found myself employed in part-time and contract work, so I took on some volunteering to keep myself busy. My first volunteer experience, I was recruited as a program assistant for the city of Nepean in a program called Going Places. The program engaged seniors and adults with disabilities to go on bus trip outings around town and in the Ottawa Valley. This was an amazing and fulfilling experience helping isolated and vulnerable people get out, discover places, and enjoy life. Eventually I moved on to the Salvation Army public relations office as an events coordinator and then to their long-term care home, Grace Manor, in the recreation department. There I spent 15 years learning, engaging and enjoying and working with seniors.

It has been five years since I joined the Olde Forge. At the beginning it was a sharp learning curve to understand how to work with budgets and apply for grants, but I think I got the hang of it now? The Olde Forge is more than a place of work, it's a caring community that lifts my spirits and motivates me to do my best.



MEET CATHIE

Hello. My name is Cathie (Catherine) Hendley. I am a volunteer at the Olde Forge since 2019. When I moved back to Ottawa, I decided to find out what the little log home I admired sitting at the crossroads of Carling and Richmond was all about. I had always felt drawn to that little log home.

First, I met Deborah and Azra when I went to check out a movement to music class. I didn't know it was put on by the Olde Forge. I chatted with Deborah. She asked if I was interested in volunteering at the Olde Forge. I filled out the required forms. I received a phone call. I started volunteering on Thursday mornings at the Foot Care Clinic. I welcomed the clients, set up their

next appointment and chatted with them while they waited. A wonderful way to get to know people in our community. I met Sonia, Scott, Vanessa, Elizabeth, and many more Olde Forge people. Then, COVID lockdown, but our volunteering didn't stop. Friendly phone calls were set up. One day per week, I would call a senior and we'd talk. The appreciation in their voices warmed my heart.

Gradually, COVID restrictions were lifted. Sonia called me. They needed someone to volunteer at the front desk on Tuesday afternoons. I said Yes. Best decision. I got to know the staff and other volunteers better. I started to know the Senior Day Program clients. We all became friends and family. I bake for the Olde Forge. I do presentations for the Olde Forge. Volunteering at the Olde Forge gives me joy. The Olde Forge has become my second family. When I walk through the door at the Olde Forge, I feel like I'm walking into a big warm hug.

with love, Cathie xo








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

January 8th, 2024 - February 29th, 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| IN PERSON | VIRTUAL | IN PERSON | VIRTUAL | IN PERSON |
|  10:30AM YOGA (MAT) | 9:30AM CHAIR YOGA |  9:30AM CHAIR FIT I | 9:30AM TAI CHI  | 9:30AM WALKING WITH BRENDA INDOOR  |
| 11:30AM BALANCE & STRETCH | 10:30AM AEROBICS | 10:30AM TMC (TONE MUSCLE CONDITIONING) | 10:30AM CARDIO, STRENGTH COMBO | 1:00PM MOVIE MATINEE FIRST FRIDAY OF EACH MONTH |
| 2:00PM BRIDGE GROUP WESTWOOD  | 11:30AM BALANCE & STRETCH | 11:30AM GENTLE YOGA | 10:30AM CHAIR FIT II  | VIRTUAL |
| | | IN PERSON | 11:30AM ZUMBA | 10:30AM  FIT MINDS EACH FRIDAY EXCEPT THE LAST FRIDAY |
| | | ADDITIONAL PROGRAMS TO ANNOUNCE COOKING CONNECTIONS EDUCATION WORKSHOPS WITH OTTAWA PUBLIC HEALTH MOTION WITH MUSIC WORKSHOP | 1:00PM LUNCH BRUNCH WITH DEB LAST THURSDAY OF THE MONTH | 10:30AM MINDFULNESS & MEDITATION LAST FRIDAY OF THE MONTH |

MONTHLY PROGRAM REGISTRATION FEE:

IN PERSON PROGRAM \$40 • VIRTUAL PROGRAM \$32

FEE INCLUDES UNLIMITED MONTHLY PROGRAM REGISTRATION PROVIDING THERE ARE SPACES AVAILABLE. THE IN-PERSON PROGRAM FEE INCLUDES ACCESS TO ALL VIRTUAL 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

March 1st, 2024 - April 26th, 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| IN PERSON | VIRTUAL | IN PERSON | VIRTUAL | IN PERSON |
| 10:30AM YOGA (MAT)  | 9:30AM CHAIR YOGA | 9:30AM CHAIR FIT I  |  9:30AM TAI CHI | 9:30AM WALKING WITH BRENDA INDOOR  |
| 11:30AM BALANCE & STRETCH | | 10:30AM ENERGY 101 | IN PERSON | 1:00PM MOVIE MATINEE <i>FIRST FRIDAY OF EACH MONTH</i> |
| 2:00PM BRIDGE GROUP WESTWOOD  | 10:30AM AEROBICS | 11:30AM GENTLE YOGA | 10:30AM CARDIO, STRENGTH COMBO | VIRTUAL |
| VIRTUAL | 11:30AM BALANCE & STRETCH | IN PERSON |  11:30AM CHAIR FIT II | 10:30AM  |
| 11:30AM ZUMBA  | | ADDITIONAL PROGRAMS TO ANNOUNCE COOKING CONNECTION PAINTING WORKSHOP MOTION WITH MUSIC WORKSHOP | 1:00PM LUNCH BUNCH WITH DEB <i>LAST THURSDAY OF THE MONTH</i> | <i>NO PROGRAM LAST FRIDAY OF EACH MONTH</i> |

MONTHLY PROGRAM REGISTRATION FEE:






IN PERSON PROGRAM \$40 • VIRTUAL PROGRAM \$32

THE IN-PERSON PROGRAM FEE INCLUDES ACCESS TO ALL VIRTUAL PROGRAMS.

SENIORS' RECREATION SCHEDULE

ALL PROGRAM DESCRIPTIONS

All fitness programs are led by certified fitness instructors & Facilitated by qualified recreation staff

| PROGRAM | DESCRIPTION |
|--|---|
|  | Programs with the Heartwise logo are certified by the University of Ottawa Heart Institute |
| Aerobics | Cardiovascular exercise including toning with weights. Intermediate level. |
| Balance and Stretch  | Designed as a falls prevention program, focus is on improving balance. Beginner level. |
| Bridge Group | Bridge card game with multiple tables, for new and experienced players. |
| Cardio, Strengthen Combo | Muscle toning with low-impact moves. Weights & resistance bands used. Intermediate level. |
| Chair Yoga | Seated gentle yoga moves and relaxing guided meditation. A soothing and relaxing class to start your day. Beginner level. |
| Chair Fit I  | A seated beginner exercise class to get your muscles moving. Beginner level. |
| Chair Fit II  | A combination of stretching, cardio and toning workout done seated. Intermediate level. |
| Energy 101 | Learn how to channel and use your own energy to enhance your health, vitality, & clarity of mind. 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. |
| 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 Britannia United Church. Snacks included. |
| Tai Chi | Focus your mind, improve circulation & breathing through guided movements. Beginner level. |
| TMC | TMC or Total Muscle Conditioning is a complete body workout, cardio, weights, and stretch. A yoga mat is required for this class. Intermediate level |
| Walking Group | An outdoor walking program that takes you around the neighbourhood, including to Mud Lake Volunteer run. Beginner to Intermediate level welcome. |
| 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 funder for their generous financial support:

Thank you to our community partners:





Greetings neighbours,

I am thrilled to have been appointed as the Ottawa City Council Liaison for Seniors Issues. I am very committed to making our city an even better place for older adults to live, work and play. My priority is to look for ways to support older adults who choose to age at home with community services like those offered by The Olde Forge.

This month we have engaged in the City of Ottawa 2024 budget deliberations. This is an important opportunity to look at how we prioritize the critical services that residents rely on every day. As always, I continue to advocate for affordable housing and strong community supports that ensure a healthy and safe city for people at all stages of life. Initiatives that protect the environment and increase active and public transportation are good for all of us. I am proud of our beautiful Britannia Winter Trail, and I will keep looking for opportunities to bring more parks, walking and cycling trails, and outdoor green spaces to Bay Ward.

I believe that we are at a turning point in the way we collectively think about seniors' health, housing, and community services. Let's make sure that any change that comes out of this growing awareness comes from older adults themselves. Your voice is important and it's more powerful than you think.

On behalf of myself and my team, I wish you a wonderful, joyful, restful holiday season.

Councillor Theresa Kavanagh
Bay Ward Councillor City of Ottawa

COMMUNITY CONNECT

THE GIVING TREE - GROWING THE SPIRIT OF GIVING IN OUR COMMUNITY

The Olde Forge was once again selected as one of the recipients of the Community Giving Tree. The Giving Tree is a local initiative that began 3 years ago during the height of the COVID Pandemic as a way to spread some holiday cheer to seniors who were isolated and alone in our community. This year the Giving Tree has grown to include participation from the Carlingwood, Woodpark, Whitehaven and Queensway Terrace North communities. Together those residents gathered gifts for over 175 seniors living in our community. What a great way to spread joy and grow the spirit of giving in our community. A big thank you to all who participated in this wonderful initiative.

A LITTLE HELP FROM OUR FRIENDS

Olde Forge was happy to receive a helping hand from the Amica Helping Hands Charity in the form of 75 holiday gift baskets for seniors. What a great way to spread some holiday cheer in our community!



COMMUNITY CONNECT

CONNECTING SENIORS IN OUR COMMUNITY - DELOITTE/OLDE FORGE TECH SUPPORT WORKSHOP

I read an article recently about a university course that invited students to "Live like a Monk for a Month" so they could reflect more deeply about life without the everyday distractions of technology. Then I learned that there are 30 people living at my high-rise condo building who don't have email, and I realized that there is a huge difference between "getting away from it all" for a while and being isolated and lonely and elderly.

Making computer literacy available to everyone, today, is as important as the establishment of the Public Library system in the early 1900s that made educational opportunity freely available to all. So, you can't underestimate the value of Deloitte's day of impact for the seniors who attended. It opened the possibility of having conversations with friends through email; getting news and information quickly and safely over the internet; finding educational opportunities through social media; and getting rid of annoying computer glitches.

Deloitte's one-on-one, hour-long tutorials provided the perfect format for improving seniors' tech skills. The participants could request the specific help they needed, they could move ahead at their own pace, and their personal concerns about on-line safety and privacy could be recognized and accommodated. The event was so well organized it was, at the same time, both very busy and yet very private and comfortable.

In fact, Deloitte's day of impact was an excellent follow-up to the two group discussions about online safety and fraud protection that were led by Shady Pines Learning earlier in the month. Shady Pines Learning also provides one-on-one computer education - on Facebook. My Deloitte volunteer helped me open a Facebook account so I can access on-line learning opportunities, as well as renew contact with long-lost, far away friends.

Thank you to all the volunteers who participated in this inter-generational computer literacy learning opportunities. I hope they all recognize the huge, positive impact of their efforts on individual's quality of life, and that they, and others, will be strongly motivated to continue providing these opportunities so seniors can continue to build on what we learned, and we can become more confident consumers of the benefits that technology provide.

By Susan Patterson



PROGRAM AND SERVICE RATES

DAY PROGRAM: \$20

\$10 Transportation (round trip)

LUNCHEON PROGRAM: \$15

\$12 Transportation (round trip)

FOOT CARE

\$40 Initial Appointment

\$28 Ongoing Appointments

\$12 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

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

\$32/Month (virtual only)

SNOW REMOVAL

\$25 Per Hour (1 Hour minimum)

with 30-minute increments thereafter.

HOME SUPPORT SERVICES

Home Help: \$30 Per Hour

(2 hour minimum)

Home Maintenance: \$30 Per Hour

(1 hour minimum) with 30-minute increments thereafter.

GROCERY SUPPORT

Online ordering support and delivery \$10



ELECTRONIC BILLS AND PAYMENTS

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's that easy!

AND- Did you know that Olde Forge takes Electronic Payments as well?

If you are set up with electronic banking you can pay your
Olde Forge Bill online by sending it to theoldeforge1@gmail.com.

DONATIONS MAKE A DIFFERENCE



Dear Friend of the Forge,

The season of giving is upon us once again. Each year we receive requests from many worthy causes, each one with a story to share, each one looking for help during these challenging times. But have you ever wondered if your donation makes a difference?

To community organizations like the Olde Forge, your donations matter- A LOT! They can be the difference between seniors living safely in our communities or ending up in hospital. They can be the difference between social inclusion or isolation. They can be the difference between caregiver enrichment or caregiver burnout.

Ha Nguyen knows first-hand the difference that her donation makes. "Donations to the Olde Forge mean we have the support needed to continue living independently in our community, even with my husband's dementia diagnosis. The Adult Day Program at the Olde Forge provides my husband with a caring social network that supports his mental and physical wellbeing. They pay attention to his needs, focus on his interests, and each week the staff and volunteers greet him with a big hug, like they are welcoming back an old friend."

Programs and services at the Olde Forge also help to support Ha in her role as caregiver. "When I bring my husband to the Adult Day Program, it is like we are seeing family. Knowing he is being well cared for and is enjoying a day with friends means that I have time to take care of my own health and wellbeing. It gives me time that is just my own, where I can run errands, enjoy social time with friends, or participate in Olde Forge fitness programs that help keep me active. The Olde Forge even has virtual programs that keep me engaged even when I am at home caring for my husband!"

For Ha's family, the Olde Forge means having peace of mind in knowing that their parents have support when they cannot be there themselves. Services such as Home Maintenance assist their mother with her garden and home repairs, while programs like 55 Alive help her continue to feel safe and confident on the road. In 2021, when Ha required surgery, they were so relieved that the Olde Forge was there to help with transportation and respite.

For the Nguyens, donating to the Olde Forge does more than make difference to seniors, it makes a difference in the lives of the whole family. "We always try to give back whether it is baking for a special event or providing monetary donations to show our appreciation for this wonderful organization. I am grateful to have the Olde Forge in our community helping seniors like me, and I want it to be around for years to come." Together, our donations CAN make a difference in the lives of seniors in our community.



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: _____

Signature: _____ Name: _____

Address: _____ City: _____ Postal Code: _____

Telephone: _____ - _____ - _____ Email: _____

☐ Yes! Please sign me up for the email newsletter.

Charitable Status Number: 10779 4000 RR0001



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