



THE BELLOWS

ISSUE 84, Fall 2025



As autumn surrounds us with its vibrant colours and crisp air, it's a wonderful time to celebrate change, connection, and community. This season, we invite you to take part in our programs and events that bring people together, whether it's sharing stories over coffee, joining a seasonal activity, or learning something new in the company of friends.

The Olde Forge is a not-for-profit organization dedicated to helping seniors and adults with disabilities live independently while staying connected to their community. Our programs and services are offered to meet the needs of our community, and we take pride in creating a warm, welcoming space where everyone feels valued and part of the family.

Make the most of this beautiful time of year by celebrating our community and all it has to offer. The Olde Forge looks forward to sharing this season with you!



GOT CANS??

Fall at the Forge also means we are forging ahead with our Christmas Puddings! We are currently looking for cans (28 oz) to use in the baking of our special holiday treats. Cleaned cans can be dropped off at the Olde Forge anytime!



MESSAGE FROM THE BOARD

Dear Olde Forge Community,

What a summer that was! We could not have asked for more sunshine! It was filled with activities at farms and parks and even on boats! It was a joy to see all the fun that was had by clients, volunteers and staff and, if you look at our calendar of events, the fun has carried on into the fall.

I hope you will enjoy this edition where we welcome new faces to our board, share some photos of our summer activities and highlight a new event, The Grand Parade which took place in September. The parade was a chance for our community to come together in full force to celebrate, connect, and show support for the Olde Forge. Thank you to everyone who took part, you made it a huge success!

As we approach mid-October, we're turning our attention to one of our favorite traditions, the Olde Forge homemade Christmas pudding! This treasured and very popular treat brings a taste of the season and a whole lot of heart. Pre-orders are open now, and we always sell out, so be sure to reserve yours early! Even better, come by our Holiday Bake Sale, December 6th where the tables will be overflowing with cookies, cakes, and all things sweet and festive. See page 5 for full details.

As always, we want to remind you that the Olde Forge is here to support you. Whether you're looking to join a group activity, take part in a workshop, or volunteer your time and skills, we offer a range of programs that help seniors and adults with physical disabilities stay active, engaged, and connected.

Warmly,

Meghan O'Halloran
Board Chair



Colleen Taylor
Executive Director



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&

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BOARD OF DIRECTORS

Executives:

Chair: Meghan O'Halloran
Treasurer: Annam Ganesan
Secretary: Carol Doyle
Past Chairperson: Joel VanSnick
Executive Director: Colleen Taylor

Directors:

David Bennett
Jane Inch
John Lammey
Samir Nawaz
Dennis Kao
Jennifer Hughes Doucet
Amir Afkham
Maria de la Puente



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/OldeForgeCRC



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/OldeForgeSeniors Community

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Fall 2025

WELCOME NEW BOARD MEMBERS

Maria de la Puente - Director

Maria is a Canadian citizen originally from Peru and has lived in Canada for already 12 years. She resides in Orléans and enjoys dancing, supporting sports such as gymnastics, and practicing skiing, skating, and swimming.

Professionally, she has worked in various fundraising roles and has supported non-profit organizations focused on cancer, children, and housing for vulnerable populations. Most recently, she completed a project on home care services for the elderly during COVID-19.



Amir Afkham - Director

As a graduate of electrical engineering, Amir has spent over 20 years in various engineering and management roles in the private sector, followed by service in the public healthcare sector for the past 16 years. He loves kayaking the Ottawa River in the summer time, and any kind of skiing when he can in the winter. Amir enjoys tackling and solving problems. He has been living in Nepean (College Ward) for the past 20+ years, and with 3 of his 4 children having flown the coop, he is looking forward to having more time to get involved with and support his community.



Dennis Kao - Director

Dennis is a social work professor at Carleton University, teaching courses on communities, organizations, and research/statistics. His research focuses on health equity issues impacting racialized and aging communities, with a specific interest in age friendly communities. Prior to entering academia, Dennis worked as a social worker for a nonprofit advocacy organization in policy advocacy, project planning and program management. Dennis has volunteered and served on several boards and committees throughout his career and is pleased to bring this experience to the Olde Forge.



Jennifer Hughes Doucet - Director

Jennifer has a Bachelor of Commerce with a specialization in accounting and a Master of Business Administration from the University of Ottawa. During her 32 years with the Government of Canada, Jennifer worked for several departments and agencies leading teams responsible for policy development and program administration. Jennifer retired in January 2023 and is enjoying volunteering, playing the mandolin and staying physically fit.



SPECIAL HAPPENINGS

Calling all Bakers!

TO HELP MAKE OUR ANNUAL HOLIDAY SALE A SUCCESS, THE OLDE FORGE IS LOOKING FOR DONATIONS OF BAKED GOODS, JAMS AND HOLIDAY GOODIES

Donations of cookies, squares, loaves, pies, muffins, tarts, brownies, sweets, breads, and jams would be greatly appreciated. This year we will once again bring back our Cookie Walk, so donations of drop cookies would be a wonderful addition and would be greatly appreciated for the December 6th event.

DELIVERY: Due to our shortage of storage, we ask that baked goods be dropped off between December 1st and December 5th. We would like to extend our sincere appreciation for your continued support of this wonderful holiday tradition.

CHRISTMAS

OLDE
FORGE
COMMUNITY RESOURCE CENTRE

10AM-2PM

Saturday, December 6, 2025

2730 Carling Ave

SALE

*Christmas
Pudding*

Small \$12 Large \$20

Get into the holiday spirit with our lovingly homemade Christmas puddings, perfect for 1 or 2 people! Order by November 10th to ensure you get this seasonal delight, ready for pick-up starting December 1st

Call 613-829-9777 or email: info@oldeforge.ca

**ORDER
NOW!**



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Fall 2025

THE GRAND PARADE



A Grand Success in Britannia!

What a celebration! Our first-ever Grand Parade in Ottawa-Britannia brought together 54 walkers, 11 teams, and 28 volunteers, all united in purpose. From the first step to the final cheer, every moment of the day radiated community spirit, kindness, and a shared commitment to care. Thank you to everyone who walked, donated, cheered, or lent a hand. You're the heart of this success.



**Together
we raised
over
\$14,500!**



DONATIONS MAKE A DIFFERENCE



Help People Age Well in the Place They Call Home

Your support makes a real difference. Community programs and services help older adults and adults living with disabilities stay connected, healthy, and independent, right where they want to be.

From transportation to appointments, foot care, fitness & social programs, and friendly telephone chats, these services are lifelines. But they only exist because people like you care.

Donate today to help more seniors age with dignity, support, and a sense of belonging in their own communities.

Do you love the programs and services at the Olde Forge? Show your support with a one-time or monthly 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 ☐ \$100 ☐ \$250 ☐ \$500 ☐ \$ _____

☐ 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

FACES OF THE FORGE

Meet Jazz!



Hello, my name is Jacinthe, but everyone calls me Jazz. I've been working with seniors for over 15 years, and I'm happy to have joined The Olde Forge as the Manager of Day Services and Footcare.

Throughout my career, I've had the privilege of assisting older adults in a variety of settings, from social and recreation programs to wellness initiatives that enhance physical, emotional and social well-being. My approach is holistic, and I focus on making sure clients feel respected and valued, while encouraging their dignity and independence. I love helping elders feel engaged, confident and supported in every aspect of their lives.

When I'm not at work, I love spending time with my family, being in nature and pursuing personal growth. Whether it's enjoying a quiet walk, sharing a meal or simply laughing together, those moments keep me grounded and inspired.

I enjoy being part of such a welcoming team and truly value the compassion and dedication this remarkable resource centre brings to the community.

Visitors to The Olde Forge are often welcomed by Gail Brown, whose warmth and smile brighten every corner of the centre. At 80 years young, Gail brings endless energy, kindness, and enthusiasm to everything she does. Originally from Aylmer, Quebec, and one of six siblings, Gail first came to the Forge as a participant in the Balance and Stretch class. Encouraged by fellow volunteer Mary McCaffrey, she joined the volunteer team in 2017 and has been a beloved part of our community ever since. Over the years, Gail has helped at the front desk, with Friendly Visiting, the Day Program, Luncheons, and special events like The Grand Parade, always ready to lend a hand wherever needed. Gail built a 37-year career at Sears, having started full-time work at just 15. She jokes that she's "more of a Road Runner than a tech whiz," but we know she's a fast learner and a true team player.

When she's not volunteering, Gail enjoys Aqua-Fit, coffee, her cat Tigger, and a little Elvis Presley, as the "oldies but goodies" always make her smile. She says the Oasis program is her favourite, but the truth is, we're all big fans of Gail.

Meet Gail!



VOLUNTEER CORNER

Honouring Our Volunteers: Volunteer Café

At the Olde Forge, our volunteers are the heart of our community, enhancing the lives of those we serve with their dedication. With over 100 volunteers, including front-desk support, drivers, callers, and event helpers, their contributions are vital to our care and companionship.

In May, we hosted the Volunteer Café Appreciation to celebrate these remarkable individuals. The event was a chance for volunteers to connect, reflect on their work, enjoy community, and highlight their essential roles. We extend our heartfelt thanks to all who attended and contributed to the success of the event. Your dedication makes the Olde Forge thrive, and we look forward to celebrating more milestones together.



Years of Service

5

Anne Shaughnessy
Chi Setow
Nicholas Scott
Raymond Roy
Carol Gagnon

10

Doug Yonson
Sue Wormington
Susan Fortin

20

Michael Roche
Mary Leclair

VOLUNTEER CORNER

Volunteer of the Year



Carolyn Beaton

Barb Lajeunesse
Community Builder Award



Carol Doyle

Carolyn Beaton is a powerhouse volunteer whose dedication and expertise have made a lasting impact at the Olde Forge. As an income tax volunteer, she helps clients navigate the often-complex tax process with clarity and confidence. Behind the scenes, her exceptional Excel skills have streamlined data to help improve our operations. Carolyn also played a vital role in organizing and supporting volunteers during the Grande Parade event, where her calm leadership and strong coordination helped ensure a smooth and successful day. Reliable, resourceful, and always cheerful, Carolyn continues to elevate every project she's part of, and we are so grateful to have her on our team.

Carol has been a devoted volunteer with the Olde Forge for over 20 years, bringing unwavering compassion, energy, and leadership to everything she does. Among her many roles, she serves as a volunteer driver, providing essential transportation to help clients get to and from important medical and personal appointments, a lifeline for many in our community. Carol also holds the position of Secretary on our Board of Directors, where she contributes her insight and passion to help guide the organization's mission. A tireless fundraiser and dedicated advocate, she is always ready to step up and support Olde Forge initiatives. Her commitment to service truly makes a lasting impact.

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



FITNESS, FRIENDSHIP AND FUN

Madahoki Farms Visit

On July 8th, the Olde Forge Recreation Program and Adult Day Program organized a group outing to the Mādahòkì Farm Indigenous Experience. Seventeen clients, one volunteer, and three staff were welcomed with a traditional song and an interactive introduction to the diversity of Indigenous culture across Canada.

Our seniors enjoyed exploring the farm animals and marketplace, which featured beautiful crafts from local Indigenous artists. A highlight of the day was learning about the rare and endangered Ojibwe Spirit Horses, Canada's only Indigenous horse breed. Just weeks before our visit, a foal had been born at the farm, and we were delighted when the newest member of the herd came out to greet our group under his mother's watchful eye. The outing was an enlightening and magical experience that created lasting memories for all who attended.



COMMUNITY, CARE, AND CONNECTION

Mother Nature smiled upon us at least for May, June and July. She needed some help from the volunteer gardeners of the Olde Forge in August to keep the plants watered as the sweltering heat arrived. The Tuesday Adult Day Program clients started tomatoes from seed in late March. Thanks to the Senior Organic Gardeners of Ottawa we were able to start the rest of the salad goodies outside from seedlings. They also gave us wonderful herbs for our Sensory Garden and flowers for our companion planting.

At the beginning of July we began to enjoy “the fruits of our labours” - lettuce, spring onions, radishes and a few cucumbers. Then the cherry tomatoes ripened along with more cucumbers. Our herbs were also flourishing and added to our salads. When we ran out of lettuce, Lorna Kubow, an Olde Forge member, supplied us with beet tops, bok choy and kale. We made good use of our Sensory Garden too. In July we used our spearmint to make non-alcoholic Mint Juleps - so refreshing! In August we had a Medicinal Herb quiz. Did you know if you get stung by a mosquito you can chew basil to make a poultice? When applied to the bite it takes the sting away. Or how about using lavender to make an antiseptic spray?

Article by: Sue Fornataro, Olde Forge Volunteer



Of course, our garden first needed the essential ingredients - soil, mulch and compost. These were donated by the Home Depot.

COMMUNITY SUPPORT PROGRAMS



HOME SUPPORT

Fall has arrived, bringing crisp air, colourful leaves, and shorter days. As we transition into cooler weather, your home may be showing signs of the changing season, clogged gutters, falling leaves, or garden clean-up still waiting to be done.

But not to worry. This is the perfect time to prepare your home for the months ahead. Our home support services are here to help with seasonal tasks like raking leaves, cleaning windows, weatherproofing, and tidying outdoor spaces. Let's get your home cozy, safe, and ready for winter so you can enjoy the beauty of the season in comfort and peace of mind.



Home Help

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

Services may include:

- vacuuming
- laundry
- additional housekeeping chores

With Olde Forge Home Help program 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.

Book your service today!

r.briseboise@oldeforge.ca l.coverett@oldeforge.ca

613-829-9777

Home Maintenance

It's like having your own reliable handyperson. The Home Maintenance program 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 COSTS

Transportation Services*

\$16 Round Trip (1-20km)

\$20 Round Trip (21-40km)

\$30 Round Trip (over 40km)

Drive requests must be made 7 days in advance

Types of trips:

- Non-urgent Medical Appointments
- Adult Day Programs
- Luncheons
- Grocery Shopping

**available to those living in Olde Forge catchment*

Home Support Services

\$30/hr Home Help (2 hr min*)

\$30/hr Home Maintenance (1 hr min*)

\$25/hr Snow Removal (1 hr min*)

*30 minute increments thereafter

Grocery Support

\$10 Online ordering support and delivery

Day Services

\$25 Adult Day Program

\$16 Transportation Round Trip*

\$18 Diners Club Luncheon Program

\$16 Transportation Round Trip*

**available to those living in Olde Forge catchment*

Recreation

(Fitness/Social/Creative)

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

\$32/Month (virtual only)

Foot Care

\$50 Initial Appointment

\$34 Ongoing Appointments

\$16 Transportation Round Trip*

**available to those living in Olde Forge catchment*

Appointments available on Thursdays



****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.

Did you know that Olde Forge takes electronic payments through online banking as well? Send an e-transfer to theoldeforge1@gmail.com *Please include client's name and program or service

SHOW YOUR SUPPORT



CALL for VOLUNTEERS



If you're interested in volunteering, please contact us at 613-829-9777 or visit oldeforge.ca/get-involved/volunteer to learn more about how you can get involved.



**JOIN
OUR TEAM**

THE BELLOWS

Fall 2025

WHAT OUR CLIENTS ARE SAYING



"The Olde Forge Recreation Program keeps me active, connected, and uplifted, it's as good for the heart as it is for the body"

Sue F.



"Yoga classes at the Olde Forge are so beneficial for the body and mind. The instructors are great. I have met many people in the classes, and it is very fun and non-judgemental".

Liz J.



"3 weeks of yoga and I already see an improvement in my flexibility. Great teachers and friendly classmates! Thanks to Olde Forge staff for facilitating these programs."

Peggy S.



2730 Carling Ave
Ottawa, ON K2B 7J1



oldeforge.ca