



**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE

# THE BELLOWS

ISSUE 69, SUMMER 2020

## SUMMER COMING TO AN END!

The leaves have already begun to change and shorter days signal that Summer is coming to an end and Fall is just around the corner. Usually, Fall brings with it a hustle and bustle of activity as people transition out of vacation mode and back into their regular routine. But what will the Fall 2020 routine look like? We are not quite sure, but we can guess that just like everything else in 2020, it probably won't be business as usual. Everyone is trying to predict and develop some sort of plan as to the best way to move forward. Most are probably looking at a hybrid model of activities and services - some in person (with restrictions), and some virtual. One thing we can be sure of is that the Olde Forge is here to support seniors and adults with physical disabilities by continuing to provide an enhanced offering of services and activities where the health and safety of our clients is always a top priority.



## FACELIFT FOR THE FORGE

The transformation is complete, and we think that you will agree that the results are beautiful! Staying true to the integrity of the original log building, the exterior of the Olde Forge has been lovingly restored to reflect its historical significance in our community! Come by for a stroll in the park and check out our shiny new building for yourself. We are sure you will agree that even though its role has evolved over the years, the Olde Forge continues to be a place that molds connections and forges support for those in our community that could use a helping hand and a friendly face.



## AGM

Join the  
Olde Forge  
at our Virtual  
Annual General Meeting!



Wednesday, September 23<sup>rd</sup>  
1:30pm via Zoom

Please RSVP by September 22<sup>nd</sup>  
to Sonia Lall at 613-829-9777 ext 240  
or email: [s.lall@oldeforge.ca](mailto:s.lall@oldeforge.ca)

## THANK YOU DAIRY DISTILLERY

For Helping to Keep the Olde Forge Essential Service Staff, Volunteers and Clients Healthy!



## A MESSAGE FROM THE BOARD



A Happy Summer to All,

As I write this letter in the comfort of my home, I am reminded of how grateful I am to be on the air-conditioned side of the window. We have certainly had some very hot days this summer which will contrast with the cool days of Fall that we will see soon enough. Not only has this summer seen excessive heat but also a lot of isolation from our clients and increasing worry due to the COVID-19 pandemic. Who would have imagined an Ottawa that includes face masks being the norm? Or not being able to hug your children or grandchildren? Certainly not me.

As we navigate these unprecedented times I believe it is important that we be grateful for the good in our lives such as the Olde Forge Community Resource Centre. Just as we have been there for the past 40 years, the Olde Forge staff and Board are here to help you through these unsettling times. Our amazing staff has adjusted existing programs such as our Social and Adult Day Programs so our clients can still have the benefit of these programs and remain safe from any unintended COVID infections. We have also implemented safety precautions such as minimizing the number of people on site to comply with physical distancing guidelines. Our Home Help and Home Maintenance workers don masks when in clients' homes and we've even modified our van to include plexiglass shields between drivers and clients to get you safely where you need to be - whether it's the doctor's office or the hairdresser! We don't like these measures and we know they won't be forever! (Maybe just a few more months?) We are ensuring that the health of all is at the forefront of our planning.

I want to take a moment to acknowledge the hard work of the Olde Forge staff who have worked tirelessly to ensure that our programs continue to be delivered so that your lives are enriched without any increase in the risk to your safety. Their dedication has shone through since mid-March when the global COVID pandemic hit us. They have reached out to hundreds and hundreds of folks with safety checks, grocery orders, personal deliveries and virtual video meetings. Thank you to our amazing staff!

I wish you all an enjoyable Fall and hope you will stay safe and healthy. May God bless you and keep you safe.

Rod Vanier,  
Board Chair

## STAFF DIRECTORY

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**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE



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

**For more information please contact:**

**EMILY ANGEL, Manager Marketing/Communications • e.angel@oldeforge.ca**

**Be sure to check out our website for more details on all**

**Olde Forge Programs and Services.**

**www.oldeforge.ca**

**2730 Carling Ave, Ottawa, ON K2B 7J1 • Tel: 613-829-9777**

**e-mail: info@oldeforge.ca • www.oldeforge.ca**

## VOLUNTEER CORNER

## COMMUNITY BUILDER AWARD

Congratulations to our very own volunteer Nicholas Scott for winning the COVID-19 Hero Community Builder Award. We are so grateful for everything Nicholas has been doing to support seniors in our community during this difficult time. Keep up the great work Nicholas!

Described as the “silver-lining” and an “angel” for our senior clients during the COVID-19 pandemic, Nicholas Scott, a grade 11 student at Nepean High School, is going above and beyond to bring sunshine and smiles to the lives of many isolated and vulnerable seniors living in Ottawa’s West End. Since joining the Olde Forge he has been committed to supporting the virtual Adult Day Program on weekly Zoom calls where he helps to encourage conversations and discussions. He has also assisted the program manager in the development of other virtual programs such as trivia games, joke and storytelling sessions, and even performs virtual concerts on his clarinet. Nicholas has also taken on the role as a Friendly Conversation volunteer with the Olde Forge. His kind and caring demeanor is an excellent match for a position that involves calling, checking in and encouraging fun and engaging conversations with an isolated senior in need. Since the arrival of the beautiful spring weather, Nicholas has added yet another outreach initiative to his already busy schedule. He has begun performing personal driveway concerts for seniors in his community. One local senior said Nicholas’s concert and choice of music was incredibly thought out and wonderful to hear. She refers to Nicholas fondly as her angel during this difficult time and is so grateful to have gotten to know him even if it has been from a distance. Even at the tender age of 17, he is a true champion for vulnerable seniors in our community and has been a beacon of light and hope for so many during these difficult and uncertain times.



**If you would like to volunteer with the Olde Forge Community Resource Centre, please contact Elizabeth Parcher: [e.parcher@oldeforge.ca](mailto:e.parcher@oldeforge.ca) or call her at 613-829-9777 Ext 226**



**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE

**THE OLDE FORGE IS LOOKING FOR 28 OZ CANS TO USE  
FOR THEIR CHRISTMAS PUDDINGS. CLEANED CANS CAN  
BE DROPPED OFF AT THE OLDE FORGE ANYTIME.**



## MEET THE SUMMER STUDENTS

### CHLOE TOLL

Hello, my name is Chloe Toll, I have been a summer student with The Olde Forge for three years now. I have just graduated from the Developmental Service Worker program at Algonquin College.

I am very grateful for all my time spent at The Olde Forge. I have been able to assist with many programs The Olde Forge has to offer their clients. This flexibility is not only what makes the job interesting but allows me to grow and learn.

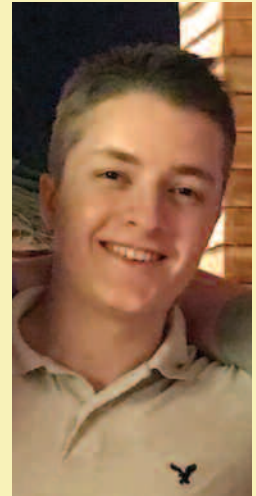
Oh!... and did I mention the wonderful co-workers that I have worked with along the way!!!

Thank you to all for making this a memorable experience.



### ERIC BRADLEY

Hi, my name is Eric Bradley and I worked for the Olde Forge this summer as a Marketing and Administrative Student. After finishing my third year as a business student at Trent University I started looking for summer employment somewhere related to my field of study. Upon joining the Olde Forge, the organization was put in a difficult spot due to Covid-19 and many of the future events were thrown into disarray.



Meeting the staff members of the Olde Forge was one of the highlights of my experience working for this organization. They made me feel very welcome and made my stay here a very pleasurable experience.

The first project I was tasked with was putting together a virtual marketplace for the physical Christmas in July vendors event that, unfortunately, we had to cancel due to Covid restrictions. The virtual event had a lot more success than I initially thought it would and in the process of creating it, I learned a lot of valuable work skills along the way. E-Commerce is a field that I plan on pursuing once I've graduated and being able to get that experience is something that I value greatly. More than anything, I'm happy that local vendors in the Ottawa area who may have been struggling due to Covid restrictions found a place on our website to sell their products. Helping local entrepreneurs find success in these trying times gave me a lot of personal satisfaction and, for me, is one of the most memorable aspects of this job.

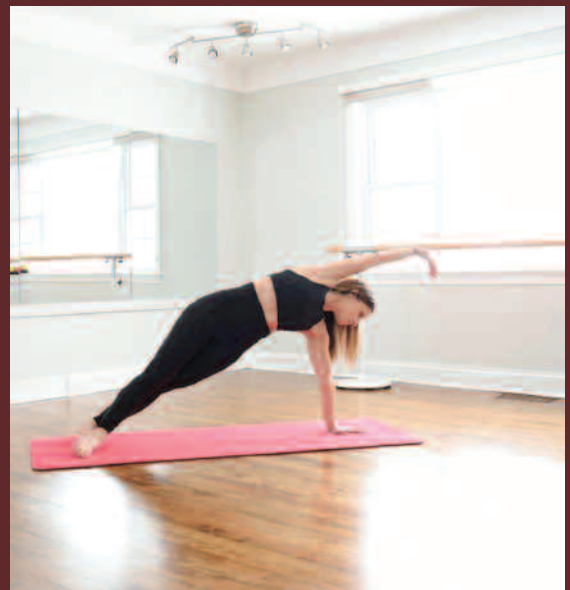
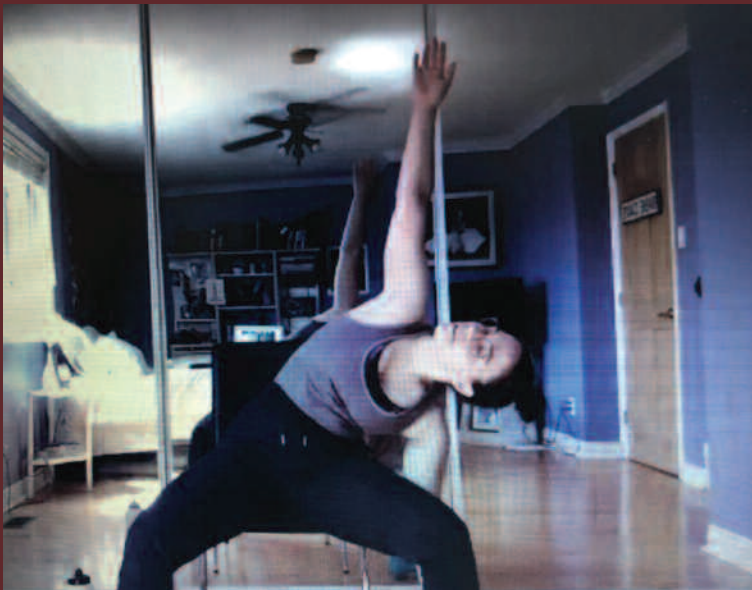
## YOUR OPTIMAL HEALTH - FITNESS, FRIENDSHIP AND FUN

### DURING COVID-19

One of the biggest challenges we have faced during our months of physical distancing has been finding ways to support our mental and physical well-being. With social groups and fitness programs closed and limitations on social gatherings, it is not difficult to see how feelings of loneliness and anxiety were finding their way into our lives (along with some unwanted weight gain). Even as our community begins to open-up, many of us still feel unsure and uneasy about immediately going back to the status quo. It will be a gradual process, one where we go day by day cautiously taking one step forward at a time. So how can we optimize our overall health during these ever- changing times? The Olde Forge has developed a variety of virtual and hybrid programs designed to support your mental and physical well-being during this transition period.

The Olde Forge Recreation Program has incorporated a variety of virtual fitness and social programs into its Fall programming. From strength and cardio sessions to yoga and stretch programs, there is something for all fitness levels and abilities. We are also planning to run some small group program options that can support physical distancing measures. If we are lucky enough to enjoy some beautiful Fall weather, the Olde Forge will be running a Yoga in the Park series for September and October. To help keep you mentally spry and limber, the very popular FitMinds program will once again be offered this Fall and to keep you socially engaged, the Conversation Café will be back with a new list of topics and presenters to keep those discussions flowing.

For more information on the Olde Forge Recreation Program, please refer to the Recreation Schedule in this newsletter or contact Azra Temple at 613-829-9777 Ext 228 or [a.temple@oldeforge.ca](mailto:a.temple@oldeforge.ca)



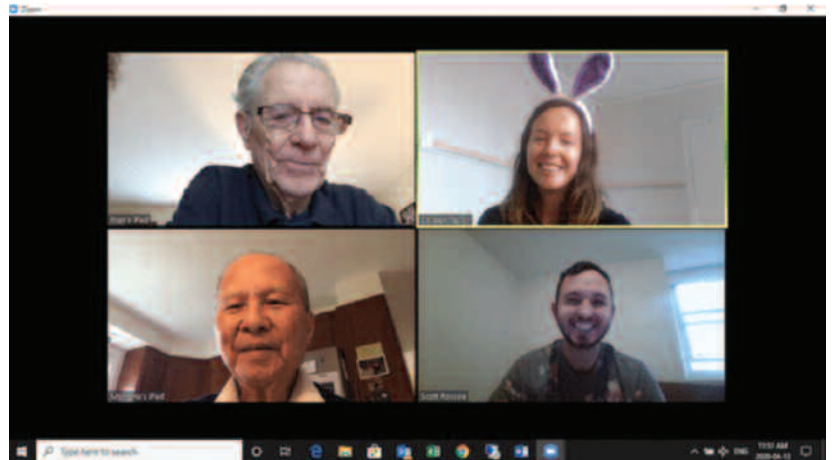
## IN ISOLATION

I open my door wide  
 For some fresh air and  
 Hear the birds sing live.  
 My new friends busy feeding  
 Chatter happily filling my heart  
 With joy and peace.  
 I smile,  
 And think no matter  
 That I'm apart  
 Must isolate,  
 And often fail to see  
 The end of it all.  
 This daily concert from my garden  
 Is all that I need for now.  
 For it brings me strength,  
 And helps me face another day!

*By Claire Paulin –  
 Olde Forge Member*

## THE OLDE FORGE DAY PROGRAM

The Olde Forge Day Program has also added a variety of fun-filled social programs to its Fall lineup! Enjoy some good laughs, great discussion and fantastic entertainment with friends. These programs will be offered over the telephone or via Zoom in order to support the health and safety of our senior clients.



**The telephone program schedule includes:**

**Mondays at 1pm: Trivia**

**Tuesdays at 2pm: Poems & Short Stories**

**Wednesdays at 10am: Discussion Group**

**Thursdays at 11 am: Game Day**

**Fridays at 1pm: Music**

If you are interested in joining us on the Zoom calls for some fun and friendship, please contact Vanessa 613-829-97677 Ext 223 or [v.jackson@oldeforge.ca](mailto:v.jackson@oldeforge.ca)

## THANK YOU

"What would we have done without your daily ZOOM calls during the Coronavirus lockdown?? Whether we had computers at home or just a telephone, you have found a way to connect us to daily doses of stories, poems, bingo, music, trivia, and geography. In this way, you have added a "silver lining" to the Coronavirus by providing us with a reason to listen, to play, to sing, to laugh, to share stories and poems, and to learn.

On behalf of all the participants, I would like to thank the staff and volunteers of the Old Forge for being our "Social Lifeline" during the Lockdown, when it was not easy for us to leave our home or apartment. " - Anthony





## SUPPORTS FOR SENIORS LIVING AT HOME

### HOME HELP



Do you know someone that could use a bit of extra help around the house? The Olde Forge Home Help Program offers housekeeping services to seniors and adults with physical disabilities living in Ottawa's West End.

The health and wellbeing of our clients and employees is our top priority. As such, the Olde Forge has taken the necessary steps to enhance all health and safety regulations surrounding its senior support services. For optimal protection, Personal Protective Equipment (PPE) will now be worn by Home Help employees for the duration of the housekeeping service.

**Same great service,  
with a masked smile.**

Contact Karen Toll for more details:  
613-829-9777 Ext 227 or  
email [k.toll@oldeforge.ca](mailto:k.toll@oldeforge.ca)

### HOME MAINTENANCE

Fall is just around the corner now, and we all know what that means - work! There will be leaves to rake, plants to cut back, equipment to be winterized, smoke detectors to be checked and the list can go on and on. But don't despair help is available! The Olde Forge Home Maintenance Service has a team of skilled employees that can help get all your Fall projects done and out of the way before - dare I say it - the snow flies!

For your continued safety, Personal Protective Equipment (PPE) will be worn by workers completing indoor projects.



**Reliable Service, Reasonable Rates**

For more information on the Olde Forge Home Maintenance Service, please contact Elizabeth Parcher 613-829-9777 Ext 226 or email [e.parcher@oldeforge.ca](mailto:e.parcher@oldeforge.ca)

## SENIORS' RECREATION SCHEDULE



**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE




The Olde Forge Recreation Program provides barrier-free, low cost recreational and physical fitness activities to local seniors 60+ and adults with disabilities. Please visit our site at [www.oldeforge.ca](http://www.oldeforge.ca) or call us at **613-829-9777**

# OLDE FORGE RECREATION VIRTUAL PROGRAMMING

**September 8, 2020 - December 18, 2020**

**\$20 monthly fee for unlimited programs or 3 or less classes attended, \$5 per class**

**Check our website for updates and the addition of in person group programs  
[www.oldeforge.ca](http://www.oldeforge.ca)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO PROGRAMS	CHAIR YOGA 9:30AM	TAI CHI 9:30AM	IRRESISTIBLE 9:30AM	CONVERSATION CAFÉ 10:00AM **Topics to be announced**
		LINE DANCING 10:30AM	ZUMBA GOLD 10:30AM	
 <b>FIT MINDS</b> 11:30AM No class Sept 9th		FUSION 11:30AM	CHAIR EXERCISE 11:30AM	



## SENIORS' RECREATION SCHEDULE

### PROGRAM DESCRIPTION

<b>AEROBICS –</b> Cardiovascular exercise & some light weights	<b>CHAIR YOGA –</b> Stretching & breathing exercise
<b>CHAIR EXERCISE –</b> Moderate cardiovascular exercise with weights	<b>FUSION –</b> Mix of Pilates, barre, strength training & stretching
<b>CONVERSATION CAFE –</b> Guest Speakers present on various topics	<b>FIT MINDS –</b> Mental stimulation, word puzzles, math skills, trivia
<b>LINE DANCING –</b> Low impact cardiovascular, dance style exercise	<b>TAI CHI –</b> Balance, Improved Circulation & Deep Breathing
<b>ZUMBA GOLD –</b> Cardiovascular workout with Latin dance vibe	<b>IRRESISTIBLE –</b> Tone & strengthen with weights & resistance band

*Our fitness instructors are all certified trained fitness leaders*

**Contact the Recreation Manager to sign up;  
a.temple@oldeforge.ca or 613-829-9777 ext. 228**

## GROCERY SHOPPING AND PRESCRIPTION PICK-UP AND DELIVERY SERVICE

Need Help with your Groceries?

- Call in or email the Olde Forge with your grocery list
- Grocery Orders are filled in a timely manner by Olde Forge volunteers and then delivered directly to your door.

This is a no-contact service for seniors and adults with physical disabilities living in Ottawa's West End.

Call 613-829-9777 Ext 231 or  
email [s.vinson@oldeforge.ca](mailto:s.vinson@oldeforge.ca)

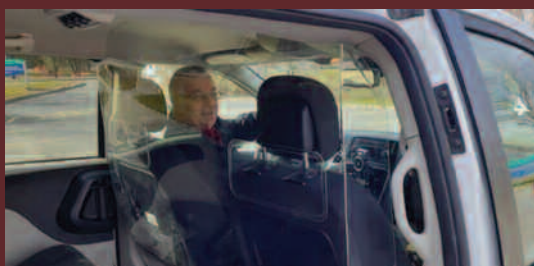


## OLDE FORGE TRANSPORTATION SERVICES - WE'VE GOT YOU COVERED!

The Olde Forge Van and Run Around Rides Vehicles Now Offer:

- Plexiglass Protective Screen
  - One Client Drives
  - PPE Supplies for Drivers and Clients
- Available for Grocery Shopping, Errands, Appointments and more!

For More Information or  
To Book Your Ride  
Contact Sue Vinson at  
613-829-9777 Ext 231 or  
email [s.vinson@oldeforge.ca](mailto:s.vinson@oldeforge.ca)



**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE

# RUN AROUND RIDES

**DRIVING WHERE YOU ARE GOING!**

Served by  
Olde Forge  
Staff

- ☒ ERRANDS
- ☒ FAMILY VISITS
- ☒ SHOPPING TRIPS
- ☒ BANKING
- ☒ LUNCH DATES
- ☒ HAIR APPOINTMENTS
- ☒ & MORE

We have a zippy new vehicle AND a great new transportation service for seniors!

**FOR MORE INFORMATION ON RATES, BOOKINGS AND SERVICE AREA**

Available for  
ALL non-medical  
transportation  
needs

Contact Sue Vinson at 613-829-9777 ext. 231 or  
email: [s.vinson@oldeforge.ca](mailto:s.vinson@oldeforge.ca), also please visit  
[www.oldeforge.ca](http://www.oldeforge.ca)





**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE

Join the  
Olde Forge Community Resource Centre for an

# Olde Fashioned Harvest Supper

**A Drive-Thru Fundraiser for the Olde Forge**

Drop on by the Olde Forge Homestead to pick up your Homestyle Harvest Supper, say hi to the staff and feast your eyes on all the updates to our beautiful log building!

## Wednesday, October 7, 2020

Olde Forge Community Resource Centre • 2730 Carling Ave, Ottawa  
Drive-Thru Runs from 2:30-5:00 pm

**\$15 Meal • Menu: Homestyle Turkey Dinner, Salad, Dinner Roll & Dessert**

**Delivery option available within the Olde Forge catchment area**

**To place your order and reserve your pick-up time,  
please call 613-829-9777 and speak with Sonia at reception**

**Deadline to place your order: Friday, October 2<sup>nd</sup>**



# HOLIDAY SHOPPING MADE SAFE AND EASY

## Still looking for that perfect gift?

Check out these vendors and artisans from the Olde Forge Christmas Sale

### CINDY'S KNITS

Cindy's Knits started as an independent artisan selling quality hand knitted clothing. Specializing in ponchos, sweater jackets, hats, shawls including lace knitted shawls. Cindy's Knits can provide custom orders upon request.

Cindy's Knits started with my love of knitting. Knitting has always been a hobby of mine, knitting over 40 plus years. It has only been the last 4 years that my knitting eventually evolved to participating in craft shows around Ottawa. I'm a single mom, work full time and I knit in my spare time creating beautiful pieces at very affordable prices.

Instagram: @cindy\_jaros



### PAMPERED CHEF INDEPENDENT DIRECTOR

Pampered Chef has amazing tools and recipes to get the whole family cooking and enjoying mealtimes together. Why not get them for free? Host an easy and fun virtual party!

[www.pamperedchef.ca/pws/patriciadodge](http://www.pamperedchef.ca/pws/patriciadodge)

[www.facebook.com/supperdiva](https://www.facebook.com/supperdiva)

Instagram: @thesupperdiva

[patricia@supperdiva.com](mailto:patricia@supperdiva.com)

613-864-0505



### RODAN AND FIELDS

The creators of the successful acne line, Dr. Rodan and Dr. Fields, have moved onto a new market; aging! Every product comes with a 60 day empty bottle money back guarantee.

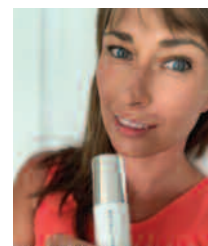
<https://hnmurphy8.myrandf.com/ca/>

<https://www.facebook.com/Rodan-and-Fields-deals-and-promotions-105668740892632/>

[Hpalmo075@gmail.com](mailto:Hpalmo075@gmail.com)

Heather Murphy

613-769-9327



### EPICURE INDEPENDENT CONSULTANT

Epicure - Good Food. Real Fast. With chronic, food-related illnesses on the rise, we make it our mission to help people live healthier, more meaningful lives by changing the way they eat. Join the movement!

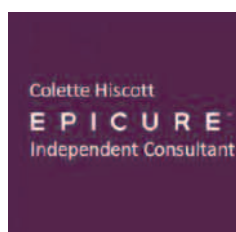
[www.colettehiscott.epicure.com](http://www.colettehiscott.epicure.com)

<https://www.facebook.com/ColetteHiscott>

[chiscott50@gmail.com](mailto:chiscott50@gmail.com)

Colette Hiscott

[www.colettehiscott.epicure.com](http://www.colettehiscott.epicure.com)



### ZYIA ACTIVE WITH MIMI

We offer activewear for women, kids and mens. Plus some of the styles are even biodegradable! From sizes 0-20 (XXS-XXXL) we encourage people of all shapes and sizes to look and feel their best.

<https://www.facebook.com/groups/zyiawithmimi/>

<https://www.mycanadazyia.com/MIMI/shop/CATALOG.aspx>

Instagram: @zyiawithmimi

Mireille Guertin

[mirguertin@gmail.com](mailto:mirguertin@gmail.com)



### SUE VINSON TUPPERWARE

I started Tupperware with no real intentions of having a career with this organization. I'm now a Star Director and working on building my team daily. Tupperware has allowed me to afford trips and to make my own schedule. So glad I joined!

(613) 601-0099

[svinson@gmail.com](mailto:svinson@gmail.com)

<https://www.facebook.com/vinsonse>

Instagram: @suevinson

<https://vinson.my.tupperware.ca/>



# HOLIDAY SHOPPING MADE SAFE AND EASY

## Still looking for that perfect gift?

Check out these vendors and artisans from the Olde Forge Christmas Sale

### JULES AND PETER'S PANTRY (JR WATKINS REPS)

Watkins Incorporated is a manufacturer of health remedies, baking products, and other household items. It is based in Winona, Minnesota, United States, which utilizes an omni-channel marketing strategy which includes a national retail sales force which focuses on selling to the retail channel as well as an independent sales force of 25,000 people to distribute its products all over North America.

julesnpetermac@gmail.com

(705) 296-0850

<https://www.watkins1868.com/consultant/740894>



### HAPPY GOAT ESSENTIALS

I started Happy Goat Essentials to enable personal self-care through high quality essential oils, dietary supplements, personal hygiene products and toxin-free household cleaning products provided through doTERRA to promote physical, cosmetic, mental and emotional wellness.

<http://my.doterra.com/happygoat>

happygoatessentials@gmail.com

<https://facebook.com/happygoatessentials>

happygoatessentials

*Happy Goat Essentials*



### JOSTOWEL CRAFTS

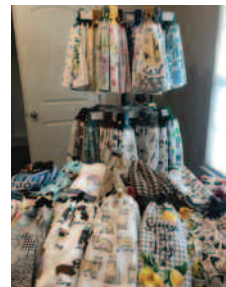
Festive double kitchen towels for all occasions. I can adjust towels for knobs if needed.

<https://www.etsy.com/search?q=jostowelcrafts>

<https://www.ebay.com/str/jostowelcrafts> and

jostowelcrafts on Facebook

Please message me, Jo Baird on Etsy, Ebay and Facebook.



### NCS FLUID ART DESIGNS

I make Jewelry, Bookmarks, Snap Jewelry with Buttons. I also make Coasters using Alcohol Ink and Resin.

bbbhrs@yahoo.ca

(613) 798-6653

[www.ncsdesigns.ca](http://www.ncsdesigns.ca)



### WRISTJOY

WristJoy produces Unisex Artisan Bracelets from a selection of top quality materials, including leather, wood, and Natural Gemstones. Lava stones are added to the gemstone bracelets for the absorption of essential oils. Custom orders welcome.

Instagram: @wristjoy

jackie@wristjoy.com



### SUE VINSON NORWEX

I purchased the kit to get the mop for FREE and I decided to give it a try after trying the products. With myself and my children suffering from allergies, this is something we needed.

(613) 601-0099

svinson@gmail.com

<https://suevinson.norwex.biz>



### ARTSYSOAPCO

All Handmade Natural Products all ingredients from Plant Base and Essential Oil Herbal Soaps, Shampoo Bars, 100% Soy Candles.

Instagram and FaceBook:

@artsysoapco

artsysoap@gmail.com

(819) 921-7032







**OLDE FORGE**  
COMMUNITY RESOURCE CENTRE

# CHRISTMAS SALE

**Holiday Drive-Thru Edition**

**Saturday, November 14, 2020**

**The Olde Forge, 2730 Carling Avenue**

- Traditional Christmas Puddings Large: \$12 Small \$6
  - Homemade preserves and jams
- Homemade Cookies (\$6.00/dozen) *(cookie selection includes: shortbread, ginger snaps, chocolate chip, lemon icebox and oatmeal)*

**TO PLACE YOUR ORDER, PLEASE CALL  
613-829-9777 AND SPEAK WITH SONIA AT RECEPTION**

To help make this event a success, the  
Olde Forge is looking for donations of the following:

- Cookies *(shortbread, ginger snaps, chocolate chip, lemon icebox or oatmeal).*
  - Jams/preserves

**PICK UP/DELIVERY: Due to our shortage of storage, we ask that baked goods be dropped off no earlier than the day before the event.**

OLDE FORGE  
*Christmas  
Pudding*

An Olde favorite in a convenient size for one or two people. Olde Forge brings you our traditional Christmas pudding individually wrapped in a serving for one or two. Made from a classic recipe with real fruit, it is sure to delight!

To pre-order your puddings contact the Olde Forge at 613-829-9777

Available November 14<sup>th</sup>.



## SUPPORT THE OLDE FORGE COMMUNITY RESOURCE CENTRE

In mid-March when our lives changed suddenly with a complete lock down to halt the spread of a dangerous virus, the Olde Forge quickly adapted to ensure newly emerging needs could be met safely. As a designated essential service for west end seniors and adults with physical disabilities, we focused our energy on food security and social isolation. We also worked to ensure that our essential services such as transportation and footcare could be delivered safely.

Like all of us, our clients were very concerned about their own health and that of their families. They told us repeatedly how much they appreciated our presence in their lives. As one client put it: *"What would we have done...when it was not easy for us to leave...."*

Today we are all beginning to consider a gradual return to life outside our homes. We at the Olde Forge are in the process of a cautious resumption of services. We have adopted new measures, and incurred new costs, to ensure the safety of clients, volunteers and staff.

In the face of increasing costs, drastically reduced revenues from client fees and only partial government funding, we rely on your generous donations. Although we have all worked together to "flatten the curve", we know that we are far from through this unprecedented crisis. As an agency, we want to continue to be there for present and future clients with innovative, safe and supportive programs and service.

### SHOW YOUR SUPPORT FOR THE OLDE FORGE COMMUNITY CENTRE!

All donations can be made online through  
our website donation portal [www.oldeforge.ca](http://www.oldeforge.ca) or  
by mail to The Olde Forge, 2730 Carling Ave,  
Ottawa, ON K2B 7J1



### I WANT TO ENHANCE THE LIVES OF SENIORS IN MY COMMUNITY !

☐ \$25   ☐ \$50   ☐ \$75   ☐ \$100   ☐ \$250   ☐ \$\_\_\_\_\_   ☐ donate online at [www.oldeforge.ca](http://www.oldeforge.ca)

☐ 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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COMMUNITY RESOURCE CENTRE

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