



## How SOG Works

We invite seniors and seniors' residences to partner with SOG to grow organic vegetables, herbs and edible flowers, gardening with the help and guidance of our volunteers and staff. We offer short talks, demonstrations, advice, some physical assistance and periodic visits to monitor progress.

The whole gardening experience is tailored to suit the needs and abilities of seniors in the community, in retirement residences, community housing and long term care facilities. Our involvement is on a three-year cycle. We try to involve a local volunteer from the beginning. After Year 3, we trust that the volunteer and staff will be able and willing to carry on planting, weeding and watering, with advice from SOG as needed but basically gardening autonomously.

## SOG Program

Our volunteers and staff will tailor the program to meet the needs and abilities of the individual participants. Our program involves:

- Planning meetings
- Organic gardening workshops
- Planting sessions
- Transplanting
- Composting
- Monthly visits for plant care, harvesting, winterizing, and feedback
- And more!
- **New** – Coming in 2015: Year-round program!

## Get Involved

As part of a not-for-profit charity, the Senior Organic Gardeners program relies on individual donations, small business support, and grants. In order to facilitate a successful program and continue providing organic gardening opportunities to seniors in the Ottawa community, we are actively seeking funding and donations.

**If you are interested** in starting a Senior Organic Gardeners program in a seniors location in your community, sponsoring, making a donation, or volunteering with SOG, please give us a call: 613 244-4000, Ext. 8. Or e-mail us: [sog@cog.ca](mailto:sog@cog.ca). Check out our website: [www.cog.ca/ottawa/senior-organic-gardeners](http://www.cog.ca/ottawa/senior-organic-gardeners)

## Make a Donation

Enclosed is my donation to  
Senior Organic Gardeners \$.....

Name .....

Address .....

City .....

Province ..... Postal Code .....

Telephone .....

E-Mail .....

☐ My company has a matching gift program.

Company Name .....

I would like to donate using a credit card:

☐ Master Card ☐ Visa

Card Number .....

Security Number ..... Expiry .....

*Donations of \$20 and above are eligible for  
income tax receipts.*

[cog.oso.chapter@cog.ca](mailto:cog.oso.chapter@cog.ca) 613 244 4000 Ext. 2

Mail to: Gary Weinhold, Treasurer,  
1895 St. Felix Road, Bourget, Ontario K0A 1E0





# About Us

## Senior Organic Gardeners

We want to offer gardening opportunities to seniors from all walks of life. Our objective is to introduce organic vegetable, herb, and edible flower gardening to seniors in their homes, apartments, Ottawa community housing, retirement residences, and long-term care facilities, all while engaging in healthy activity, a productive pastime, and restful therapy.

Developed in 2012, Senior Organic Gardeners (SOG) is the newest program provided by the local Ottawa St. Lawrence Outaouais (COG OSO) chapter of Canadian Organic Growers. [www.cog.ca](http://www.cog.ca)

### Benefits of Organic Vegetable, Herb, and Edible Flower Gardening

- Reduced intake of chemical residues on vegetables
- Increased vegetable consumption
- Outdoor, low impact exercise
- Mental stimulation
- Healthy, homegrown food
- Sensory stimulation
- Reminiscing
- Restful therapy
- Social interaction

## Our Team

David and Margaret  
Townson



Rob Danforth

Adèle McKay,  
Project Manager



## We invite...

Sponsors, SOG Circle of Sustaining Roots Donors (3 years), and individual donations.

## Thanks to our Major Sponsors

This project is funded in part by the Government of Canada's New Horizons for Seniors program.

Canada

Community  
Foundation of  
Ottawa



Fondation  
communautaire  
d'Ottawa

For good...forever Le bien...toujours



COG

Canadian Organic Growers  
Cultivons Biologique Canada  
Ottawa - St. Lawrence - Outaouais Chapter  
Section d'Ottawa - Saint Laurent - Outaouais  
(COG OSO)  
[www.cog.ca/ottawa](http://www.cog.ca/ottawa)

# Senior Organic Gardeners

