

sfcsc News



A community newsletter featuring updates, events and program news from Southern Frontenac Community Services

Family SERVICES Food Bank Update

For some of us, the one-two punch of a long, harsh winter and rising hydro rates has meant running the air conditioner or the pool pump less often.

But for those on fixed budgets, the blow has been devastating. "It has been really, really hard for our clients to pay their bills and make ends meet," acknowledges Sarah Kring, Family Services Worker with SFCSC. "Due to increasing bills, especially hydro and heating, the need for SFCSC's Food Bank is growing."

Sarah reports that the Food Bank serves an average **63 households a month** and as many as **9 a day**, depending on the time of month and the

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Cain & Hughes EXHIBITION at the Grace Centre

The Grace Arts Committee continues to showcase the diversity of artistic talent in the region. Following the stunning late-summer exhibition of photographs by Louise Day and Ryan R.F. Wilkinson, the Committee presents works by printmaker and paper artist Wendy Cain and potter-turned-pastellist Margaret Hughes. The exhibition will run from October 4 to December 12, with the official opening and popular Artist Talks on Saturday, October 11 from 2 p.m. to 3:30 p.m.

Wendy Cain's prints have won numerous awards and are found in collections around the world. She has recently begun to make her own paper by hand, drawing inspiration and materials from her garden in Newburgh, Ontario, where she has established a paper



Wendy Cain & Margaret Hughes
EXHIBITION

October 4
to
December 12, 2014

Reception and Artist Talks
Saturday October 11
2:00-3:30 pm

Free Admission

Grace Centre
4295 Stage Coach Road
Sydenham
613-376-6477
www.sfcsc.ca

Presented by The Grace Arts Committee and Southern Frontenac Community Services

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Family SERVICES

need. Over the past two years, demand has increased by **80 per cent**.

“We have already had clients ask for future assistance and we are working out how to address this increased demand,” she adds. “For example, our hampers are supposed to last from five to seven days and we need a lot more help from the community to sustain that, either through donated food or financial support, and perhaps with help from local farmers or producers.”

Sarah joined SFCSC in May 2014 and has been struck by the support of the community. “This community is very caring. And the volunteers for the Food Bank are extremely dedicated, which is very, very nice to see.”

The SFCSC’s Food Bank is part of its Family Services Partnerships, which provide financial and food security assistance to low-income households that find themselves on the ropes. The program receives no government funding and depends on the generosity and caring of the public and community partners, both of which, fortunately, have never been in short supply.

Donations of food or cash may be made at the Rural VISIONS Centre, 4419 George Street in Sydenham. Financial donations may also be made online at www.sfcsc.ca.

For more information about our low income assistance programs contact Michele Zigman or Sarah Kring in Family Services at: (613) 376-6477 or 1-800-763-9610

Grant Supports Grace Community Garden, Seniors and SFCSC's Food Bank

*Thank-you to the **Community Foundation for Kingston & Area Regina Rosen Food First Fund** for donating \$1,000 to Southern Frontenac Community Services (SFCSC) in support of Grace Community Garden, SFCSC’s Food Bank and Adult Day Program for seniors. The garden supplies qualified low income households with a large basket of fresh organic produce once a month from June-November. There has been a tremendous surge in demand for our food bank in recent years. Over 762 households accessed our food bank last year – up 80% in the past 2 years. An average of 63 households a month depend on SFCSC’s Food Bank. Over 115 are adults and over 70 are children. Funds will be used to purchase seeds, compost and irrigation equipment for the ongoing maintenance of the garden in 2014. SFCSC would like to thank the **CFKA Regina Rosen Food First Fund** for their valued support in helping to combat food insecurity in our rural community.*



For more information about our low income assistance programs contact Michele Zigman or Sarah Kring in Family Services at: (613) 376-6477

Rotary Club of Cataraqui-Kingston supports SFCSC's Speaker Series



SFCSC would like to thank the Rotary Club of Cataraqui Kingston for providing a \$2,000 grant to purchase a PA System for SFCSC's **Enriching Lives Speaker Series**. Topics cover a wide range of traditional and alternative health and well-

ness topics. The PA System has made a tremendous difference for our attendees. Contact Lorraine about our next series of topics.

For more information call Lorraine Creighton at: (613)376-6477 ext. 306

Food Bank News



Photo: Wilma Kenny, The Frontenac News

SFCSC would like to thank RBC for its \$1,000 donation to our food bank. (L-r) Michael Adamcrynck, regional Vice President RBC; David Townsend and Tina Hinch, Sydenham Branch Manager, RBC are seen here in our warehouse.

As our Food Bank continues to grow within this community, we have seen more and more individuals and families come to rely on our services. Since the beginning of the growing season, our community garden has been able to provide fresh and delicious produce for our clients which help us promote healthier eating. Along with healthier eating, the Family Services has promoted a Crock Pot Cooking Program both for new and existing clients.

This program is offered alongside with Kingston, Frontenac, Lennox and Addington Public Health, with a new session starting in September.

Our hours of operation are changing for Friday Food Bank from 9:00am-11:00am to 9:30am-11:30am and will commence starting August 1st, 2014. Upcoming events for the Food Bank include the Thanksgiving food drive on **Saturday October 4th from 9am-3pm. Anyone interested in volunteering for this event, please contact Sarah Kring at 613-376-6477.** Items that are most in need include cereal, chunky soup, peanut butter, canned meats and fish, pork and beans, pasta sauce, dry pasta, macaroni, canned stew and chili, soda crackers and juice. Monetary donations for perishable items such as milk, fruit and vegetables are always welcome. Thank you for all the community support for our food bank.

Jennifer Linton, SFCSC Food Bank Coordinator 613-376-6477

EDCORNER

Autumn. A time to reap the harvest, give our thanks and plan for another year.

I would like to start by thanking our Enhancement Campaign Committee and all of our supporters. Your financial support is helping SFCSC reach out to serve even more members of our community.

I would like to thank Kathryn O’Hara for all of her work and support as she heads into a well-earned retirement. Enjoy the garden, Kathryn!

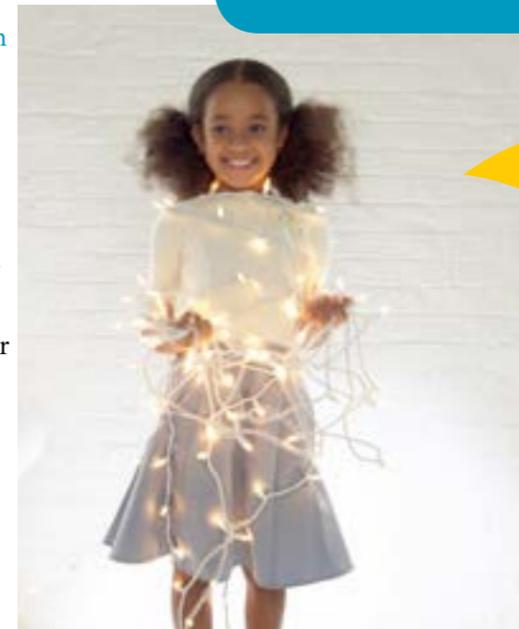
SFCSC hosted its summer BBQ on August 6. This is another event that recognizes the efforts of our volunteers. We couldn’t do a fraction of what we deliver in the way of programs and services without each and every one of our volunteers. Thank you!

It’s been fun looking out my office window at the garden and greenhouse. Talk about a harvest all year long. Seeing the amount of fresh vegetables that have gone to both our Adult Day Program meals and into the food hampers for Food Bank clients has been a true success.

Thanks to Janette Haase and her dedicated team of volunteers, along with Alan McDonald’s Challenge Program students at Loughborough Public School.

Our strategic plan continues to drive the organization and there are some great milestones that will help keep SFCSC a solid organization to support our communities for years to come.

David Townsend
Executive Director, SFCSC



Join us Saturday October 11th from 2-3:30pm at the Grace Centre for an Art Show & Artist Talks with Wendy Cain & Margaret Hughes. Free admission. Discover the talent we have residing in our own back yard!

continued from PG 1

GraceArtsCommittee

studio. She is an Associate Professor of Art at OCAD University in Toronto (formerly the Ontario College of Art and Design) and Past Chair of Print-making.

Like Cain, Margaret Hughes studied printmaking and painting at art school. She, however, chose clay as her medium and worked for 35 years as a potter, always experimenting to infuse her pieces with colour. Time and again she would pick up her paints and brushes and work in oils on paper, and has recently begun to focus on drawing and painting using chalk pastels.

Art consultant Kamille Parkinson, writing in the Kingston Whig Standard about the 2012 juried exhibition of the Organization of Kingston Women Artists, singled out the work of Hughes (and wondered aloud why Hughes' exuberantly-coloured Still Life with Yellow Bowl and African Cloth was not chosen the winner). "Many people were disappointed when Hughes stopped making pottery," she wrote, "but they should be pleased to note that she has transferred her discerning eye for colour and composition to two-dimensional works [. . .] slightly abstracted celebrations of form and pattern that often feature her own and others' pottery intermingled with other everyday items."

The exhibition and sale of works at the Grace Centre, and the Artist Talks in particular, provide a glimpse into the ongoing evolution of these two remarkable artists and the creative processes that underlie it.

Martha Tanner, SFCSC News, Editor

Caregiver Support

In order to be there as the Care-giver for your loved one, you must try to also look after yourself. This is not at all selfish but is necessary so that you can keep your own health and strength during a time of considerable stress. Don't feel guilty about taking a break. A time-out can help re-energize you so that you can return to your loved one with more to give. The Caregiver Support drop-in provides an opportunity for you to get out for a short time and enjoy a cup of coffee or tea and find support from others who may be in a situation similar to yours. Dates of upcoming Caregiver Support drop-ins are:

October 14
November 11
December 9

This drop-in is held at the Grace Centre from 9 – 10:30AM



For more information contact Mary Gaynor Briese at 613-376-6477 ext. 305

Bereavement Support

"LIGHT in the DARK-NESS", an annual event to recognize the sorrow many feel with the coming of Christmas and to offer support in a safe and supportive environment, will be held Sunday, NOVEMBER 30 at 7 p.m. in the lower level of the GRACE CENTRE.

The evening will include short readings, quiet music, and the lighting of candles and is open to anyone



grieving the death of a loved one.

For further information call Mary: (613)376-6477 ext. 305.

Seniors Are People Too!

When I sat down to write this article I realized that I am looking at this issue from the "senior's" side of the equation as I am past seventy years old. For nearly twenty years I have dealt with Elder Abuse issues, but many of those years were not from the senior's side but from a worker's side of the issue. As I examine my own personal experiences I realize that what I fought against I am now in the middle of.

In today's world, issues are often defined as children's issues, adult issues and seniors' issues, as if the human condition changes based on age. In my world, abuse is abuse. It does not matter if it happens to children, adults, spouses or seniors. What really matters is governmental and societal reactions and actions in dealing with abuse. If a child is abused a host of governmental, law and non-governmental agency reactions are brought to bear on the abuser and support is rushed to the abused. If the law is broken the police lay charges and the courts act judiciously to punish the abuser. If the abuse is spousal the same governmental reaction is taken, the police and courts intervene and the abuser is punished. If the abused is a senior..... there are no agencies to come to the forefront to assist, only underfunded volunteer non-profit agencies, churches and such. The police consider it a "family issue" and few charges are laid and even fewer adjudicated in the courts and punishment is not the norm. In fact, in government spending to fight abuse ninety two cents of every dollar goes to child abuse, seven cents to spousal abuse and TWO CENTS TO ELDER ABUSE. In 2016 the world, for the first time in history, will see more people over age sixty five and under fourteen. There will be more seniors than children, yet the spending is 46 times greater on child abuse.

The above begs the question "Are Not Seniors People Too? When will the scales tip to the seniors' side of the equation?"

The time is now ripe to change this equation. It needs to be done by teaching governmental agencies the reality of what they are facing. It needs to be done by seniors uniting to demand the rights that they have be acknowledged by the

seniorsCORNER

general public and by government and governmental agencies. It needs to be done by changing the mindset that "seniors" are "past their prime" and need to be treated as marginal members of society. We do not all suffer from dementia (only 10% deal with dementia issues meaning nine out of ten seniors you meet do not have issues and are as able as anyone else on the street) and dementia does not mean lack of competency.

Let us all join together to change attitudes on seniors' abuse. Call or email the Council on Aging to become a volunteer in the quest.

David Swerdfeger
Elder Abuse Advocate
Frontenac Kingston Council on Aging
(613)542-1336
david.swerdfeger@kos.net



Alzheimer Support Group

SFCSC, in partnership with the Alzheimer Society, provide our local caregivers with two opportunities for support, education and guidance. On the second Friday of each month clients can book a private, one hour appointment with the Alzheimer Society representative in order to discuss personal challenges in your journey of care. If a group is more your style, on the last Thursday of each month from 7-9pm clients gather together with an Alzheimer Society representative and share challenges and triumphs as a group all working towards the same end – to provide the best level of care for your loved one as you can. Both of these services take place at the Grace Centre in Sydenham.

Alzheimer Office Hours Oct. 10, Nov.14 Dec. 12.
Alzheimer Support Group Oct.30, Nov. 27 and a break in December.

For more information contact Kim McCaugherty, Senior & Community Services Director: (613)376-6477 ext. 302

Fundraising News

Enhancement Campaign Finale

SFCSC celebrated our Enhancement Campaign Finale on August 6th at our annual BBQ. Thanks to the support of our community, we raised **\$57,818** or **+16%** over our campaign goal by June 30th, 2014. It's now possible for SFCSC to serve **178 New Clients** in 2014. Thank you to the many organizations, local businesses and individuals who made this initiative possible. For a listing of all our donors and the programs this campaign will support go to: <http://www.sfcsc.ca/enhancementcampaign.html>



Enabling, Enhancing,
Enriching
Lives

SFCSC's 6th Annual Golf Tournament raises almost \$7,000 for Local Seniors

A thank you to **Dave & Jennifer Linton** and **Bill Hartwick**, our previous chairs, for working tirelessly on behalf of our seniors. Thanks also to the many businesses, volunteers, SFCSC staff, clients and board members who supported one of our largest fundraisers of the year. Dave & Bill, we know that you will be passing the baton over to someone else next year. We can't thank you enough for your contribution to SFCSC over the years. Your generosity, kindness and dedication are an inspiration to us all.

SFCSC's 3rd Poker Run Flotilla Fundraiser on Loughborough Lake

SFCSC would like to thank **Nona Mariotti**, and all of our wonderful volunteers for organizing this year's flotilla fundraiser in support of SFCSC.

Melodia Monday Benefit Concert

A special thank you to **Wilma & Cam Kenny** for organizing an inspiring benefit concert for SFCSC featuring, **Melodia Monday**. The concert was conducted by **Doug Routledge** and included a mix of classical pieces, spirituals, jazz and folk songs performed by an acclaimed 20 member choir.

Book Reviews

by Jennifer Hutson

Losing It, in which an aging professor LAMENTS his shrinking BRAIN which he flatters himself formerly did him Noble Service: A Plaint, tragi-comical, historical, vengeful, sometimes satirical and thankful in six parts, if his Memory does yet serve

When listing William Ian Miller's *Losing It* as one of the twenty best books of 2011, Maclean's magazine identified this treatise as "(a) blackly funny and thought-provoking take on old age through the ages that offers a bracing response to contemporary society's rosy views." Miller chronicles the inevitable aging process with acerbic wit using Norse sagas, Biblical tales, and self-deprecating personal anecdotes. In a far more erudite and humorous manner, he echoes and underlines the oft-quoted Betty Davis aphorism that: "Getting old is not for sissies."

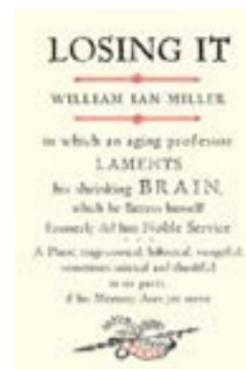
For Miller, who holds both a Ph.D. in English and a J.D. from Yale and is still, as of the book's publication, the Thomas G. Long Professor of Law at the University of Michigan Law School, losing one's mental faculties is akin to losing one's sense of self. Athletes face losing physical prowess far earlier in life and in a more objectively determined manner—although reading about the late nonagenarian Olga Kotelko and her athletic competitors in *What Makes Olga Run* might lead you to think otherwise. For academics and other knowledge-workers the decline of the mental self is not so absolute and marked by decidedly less self-awareness. Miller captures the anxiety of facing this decline beautifully.

For Brian Bethune's comprehensive review of *Losing It*:

www.macleans.ca/society/life/what-its-really-like-to-grow-old

In the next review: *Incontinent on the Continent: My Mother, Her Walker and Our Grand Tour of Italy* by Jane Christmas.

Jennifer can be reached at truenorth@kos.net. Anyone interested in forming a monthly book club to read and discuss books with a seniors' focus is also asked to make contact.



Yoga and its Benefits

by Amanda Butterill

One of the biggest misconceptions about yoga is that you must be flexible to do it. Flexibility is just one of the many benefits of doing yoga and not being flexible is a good reason to practice it regularly. Yoga has so many other benefits and is not just a really good workout. Yoga benefits not only the physical body but the mind and soul too. Benefits like becoming calmer, stronger and more flexible in the mind as well as the body. With steady practice we can keep body and mind strong, flexible and in balance.

By focusing on core strength we can gain and maintain physical balance, which can avoid falls and injuries. Staying strong and mobile is important to staying young, healthy and independent. With yoga we can gain and maintain a healthy posture and a strong flexible body. The intention is to find a balance in being flexible and fluid in our movement, held together with supported joints. By moving the body slowly and mindfully in all the directions in which it can move, and by countering all the ways we repeatedly move in our daily life, we can keep our body healthy and in balance.

In yoga we also work on relaxing, thus we become much calmer and stress free. A stronger immune system can help one to become ill less frequently and recover faster. We can fight off that nasty flu bug much easier and quicker. With a focus on breathing and moving with our breath we can release stress leading to a happier, healthier and productive life. Breathing deep and slow helps to nourish the body and allows it to relax and let go of stress.

Yoga is non-competitive and students are encouraged to listen to their bodies and only do what is right for them. In Yoga we acknowledge that everyone is different. Options and modifications are given, reminders to come out of a pose if needed, skip anything that doesn't work for you and rest when needed is a must. To really feel the full benefits and to really know what it is Yoga must be experienced. With a balance of strengthening, stretching, resting and relaxing students leave my class feeling balanced, energized and grounded. **And with Nomad Yogini having six classes a week there is plenty of opportunity in Sydenham and Inverary to experience and reap the benefits of Yoga.**

I hope to see you on your mat soon.

Amanda Butterill,
RVT500
Nomad Yogini
Classes available at the Grace Centre
For schedules go to: www.nomadyogini.ca



volunteerCORNER

Discover Your Community!

Adult Day: Is looking for volunteers who would like to help socialize with the seniors, or do an activity.

Food Bank: We need volunteers interested in shopping for sale items and packing orders for our food bank clients.

Bingo: We are always in need of volunteers to staff our biggest fundraiser. Training is provided. Time is typically one 2 hour shift every month or two.

Diners Club: Volunteer servers needed at Diners Club every Thursday 11:30-1PM. Diners are held in Verona, Harrowsmith, Sydenham, Inverary and Glenburnie. Contact Bob Abrams for details.

Fundraising: SFCSC is in need of a volunteer to assist with fundraising events. Time is flexible. Variety of tasks include: canvassing, office work and participation at events.

If you have any questions about these, and other, volunteer opportunities please contact Lorraine Creighton, Services Coordinator at: (613) 376-6477 ext. 306 or 1-800-763-9610.

Enjoy a rousing mix of Irish, Scottish and contemporary Celtic music at the Grace Centre. Join us Saturday Nov. 15th at 7:30pm for a benefit concert featuring the Kingston Ceili Band. Free will offering. Another great event organized by the Grace Arts Committee. Call 613-376-6477

Calendar

Diners Dates – Fee \$11.00 – 12:00 Noon

- Sydenham Grace Centre: 1st Wed. of the month
- Verona Lions Hall: 1st Thurs. of the month
- Glenburnie United Church: 2nd Wed. of the month
- Inverary United Church: 3rd Wed. of the month
- Harrowsmith Free Methodist Church: 3rd Thurs. of the month (Dates may be subject to change)

Tai Chi: Instructor David Row – Donation Only

Morning classes in Sydenham at Grace Hall, every Wed. from 10 – 11AM. It will be followed by a class at the Harris Memorial Hall, Perth Road Village from 12 – 1PM. (Subject to interest)

Sittercise: Bob Abrams – Donation Only

Meets Mondays at 2PM at Country Pines Apartment at 2075 Battersea Rd. in Glenburnie in the common room. Meets Tuesdays at 9:30AM at Mapleridge Apartments in Sydenham in the common room.

Foot Care - Contact: Bob Abrams

Clinic Fee \$15 In-home \$20 (Please call to make an appointment) Clinics are held at Country Pines the first Monday of each month. Clinics are held at the Verona Medical Clinic and at Grace the 2nd Tuesday of the month.

Caregiver Support Groups - No Charge

Oct. 14, Nov. 11, Dec. 9 at Grace Centre, Sydenham 9-10:30AM

The VON SMART Program – No Charge

Mon. & Thurs. from 10-11AM. Contact Joanne Irvine at: (613)634-0130 ext... 414.

Taoist Tai Chi™ – Fee

Thursday classes from 1–3 PM at the Grace Centre. Call (613)544-4733 or kingston@taoist.org

Yoga With Amanda - Fee

Tuesday, Thursday & Friday at the Grace Centre. Contact Amanda at (613)353-6806 or info@nomadyogini.ca

Rural Women's Group – No Charge

Wed. Oct. 29, Wed. Nov. 26 and Wed. Dec. 17 from 1:30PM to 3PM at the Rural VISIONS Centre.

Office closed: Oct. 13, Dec. 25 & 26, Jan. 1, 2015

Ask a Dentist

Robert Clinton, DDS

Q I find that going to the dentist, even to get my teeth cleaned, very stressful. Is there anything, other than drugs, or total avoidance that will help?

A Now there is. Research shows that most people find dental procedures stressful to some extent.

Indeed, pain experienced after the procedure is directly related to how anxious a patient is during the dental procedure.

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NuCalm uses four components that work together to bring the body to a deep state of calm. It is administered as soon as you sit in the chair and takes about 3 minutes. You will feel the relaxation effects in 3-5 minutes. Our office uses NuCalm and have had excellent feedback from patients. NuCalm is not only used in dentistry. NuCalm was credited to helping the Chicago Black Hawks win the Stanley Cup in 2013 and athletes from 5 countries used NuCalm at the Winter Olympics in Sochi for circadian rhythm regulation, restorative sleep, muscle recovery, healing and mental focus. For more information check out www.NuCalm.com.

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Doctor Clinton and his wife, Sue

Queen's Elder Law Clinic

Christian Hurley, Director



Q Are you being abused? Do you suspect a senior is being abused? Here is how to recognize elder abuse and where to get help.

What is Elder Abuse?

Elder abuse is any action or inaction that threatens the wellbeing of a senior. It includes:

- **Physical abuse:** Slapping, pushing, or forced confinement
- **Sexual abuse:** any unwanted form of sexual activity
- **Financial abuse:** stealing, fraud, extortion, or misusing a power of attorney
- **Neglect:** failing to give necessities for daily living, such as food or medical attention
- **Emotional/psychological abuse:** intimidating, humiliating, insulting, threatening, or wrongly persuading seniors they are incapable of decision-making

Signs and symptoms of Elder Abuse

Some symptoms include: signs of withdrawal (such as low self-esteem, fear, or anxiety), unexplained physical injuries, a noticeable decrease in the standard of living (such as bills not being paid, decreased personal hygiene, or a lack of food or other necessities), and money or personal items going missing. Some or all of these symptoms may indicate elder abuse, but do not jump to conclusions. Take into account personal factors and decide whether or not you suspect abuse based on your relationship with the individual.

Why does elder abuse happen?

Elder abuse is associated with the difficult timing of old age, which can strain relationships. It is more likely to happen when a family is going through a period of stress. Abuse can be linked to characteristics of the abuser, such as a substance abuse problem, history of antisocial behaviour, or mental health problems. Elder abuse can also be a symptom of a cycle of violence within the family.

Who are the victims?

Victims of elder abuse are generally dependent on their abusers in some way. Seniors who have a mental or physical disability are more vulnerable. Many victims of abuse are isolated from their friends, neighbours, and other family members.

Where to get help:

- **Council on Aging:** elder abuse support line (1-855-542-1336)
- **Queen's Elder Law Clinic:** if we cannot assist you, we can refer you to someone who can.
- **Community Care Access Centre:** CCAC provides a variety of support services including professional services (nursing, social work, etc.), homemaking services, and personal support services. They also provide referrals to community support services and support services for caregivers. www.ccac-ont.ca
- **Police:** elder abuse can be a crime. If you or someone you know is in danger, call 911.

Article written by Andrea Taylor, J.D. Candidate, 2015, Queen's University

This column is not intended to provide legal advice. It provides general legal information only, and is written by student case-workers at the Queen's Elder Law Clinic. The law can change. You should contact a lawyer to determine your legal rights and obligations. If you are an older adult living on a low income, you may be eligible for free legal help from the Queen's Elder Law Clinic. Please call 613-533-2950 for further information.

Christian Hurley, Director, Queen's Elder Law Clinic

Macdonald Hall, Room 406, Queen's University

128 Union Street, Kingston, ON, Canada K7L 3N6

T: (613) 533-2950 F: (613) 533-6890

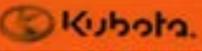
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SFCSC **EVENTS**

VISIONSoup

Join us for VISIONSoup's annual fundraiser in support of SFCSC and the Loughborough Emergency Relief Committee. VISIONSoup is generously organized by Leslie Reade from Sydenham Veterinary Services and Josey Steele from Kings Town Chiropractic. Buy your tickets early before they sell out!

When - Saturday November 22nd, 2014

Where - The Grace Centre

Cost - \$20 includes a beautiful bowl made by local potters, plus the soup luncheon.

Contact SFCSC for advance tickets: (613) 376-6477

SFCSC's Annual Auction Plus Wine, Beer & Artisan Food Tasting

Mark your calendars for SFCSC's Annual Auction featuring hundreds of items ideally suited for your Christmas shopping list. There will also be tastings from local artisan producers including wine and beer from Prince Edward County, hors d'oeuvres, meats, cheeses, bread, dessert and coffee

When - Friday November 28th from 5pm-8pm

Where - The Grace Centre

Cost - \$40 - includes a \$20 charitable receipt

Details will be posted on www.sfcsc.ca in early October

Contact SFCSC or Nona Mariotti (613) 376-6477 nona@mariotti.ca



Josey Steele (left) and Leslie Reade (right) are seen here with some of the bowls your ticket to VISIONSoup will buy



Anne Hartford is seen here sampling one of three wines from Casa-Dea Winery

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SFCSC (Rural VISIONS Centre)

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