

FEBRUARY 2021



We Need You!

Volunteering with Southern Frontenac Community Services Corp. (SFCSC) Board of Directors or one of its Committees is a rewarding way to make a contribution to our community, share your skills and experience, develop new interests, be informed, and form new relationships.

The Board of SFCSC is always looking for enthusiastic, community minded people to join the board and/or to sit on committees. We are currently looking for at least 3 new members:

- a Board Secretary – someone who can write and manage board documents as well as the board member website page;
- someone to contribute in the area of project planning and;
- a third person to provide their community development expertise.

We are also interested in people to join as community members on either our Governance & Policy or the Planning & Development Committees.

If this sounds interesting and you would like more information, please contact:

Melissa Elliot, our Volunteer Coordinator,
at melissa.elliott@sfsc.ca; 613.376.6477, ext. 209.

“What you and the people you are working with have done has made all the difference for me accepting what has happened and moving on to adjusting after the fire.”

- McMullen Manor resident

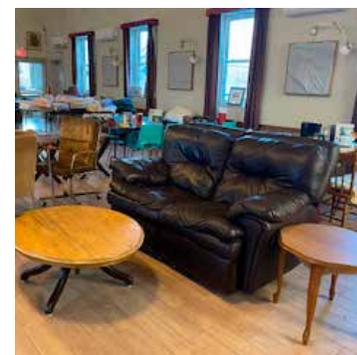
An Update on McMullen Manor Residents

Thank you to everyone for your overwhelming support of the emergency response efforts for last month's McMullen Manor fire in Verona. So many people and organizations banded together to help the displaced residents who lost everything they had in the devastating fire.

We are thankful that everyone got out of the building and that no one was hurt. Our gratitude and appreciation goes out to our Firefighters for their courage and commitment in serving our community.

We worked together with Kingston & Frontenac Housing Corporation, the Verona Community Association, Verona Free Methodist Church, the Verona Lions Club and the many, many volunteers and donors who gave their time, money and resources to help. This is an amazing community of people who care, and the compassion and kindness you've shown is an inspiration to us all.

We are happy to share that the residents have settled into their new places and are doing well. With your help they have furniture, bedding, clothing, dishware, pots and pans, towels, carpets, curtains, lamps, pillows. All of the things that make a home comfortable. Residents would like to convey their thanks for your support. We hope that the efforts of everyone who pitched in helps people recover from this traumatic event.



So many people came together to gather what was needed to help the residents who lost everything in the fire.



(bottom, left to right): CCKF members Jimmy Hassan and Zermaan Khan deliver 40 new blankets for displaced McMullen Manor residents. (top, left to right): Melissa Elliott, Volunteer Coordinator and Ellen Mortfield, Family Services Coordinator have been working to help in the emergency response efforts.

Canadian Colours Kingston Foundation Blanket Drive benefits McMullen Manor Residents

Jimmy Hassan, CEO and Founder of Canadian Colours Kingston Foundation (CCKF) called and said, we want to help. Jimmy and his team are committed to a simple concept; support your community, give back where you can, and help others. This year, with the significant social, economic and health impacts of the Covid-19 pandemic in mind, CCKF decided to do something to help some of the most vulnerable people in the community; those who are homeless.

“Job loss, reduced hours, pay cuts, the physical and mental health challenges of this pandemic. All of it is contributing to an increase in those facing homelessness,” says Hassan. “People are struggling and for those with nowhere to turn, the harsh winter months make being homeless that much harder.”

The CCKF inaugural blanket drive produced one hundred new blankets to help the homeless stay warm and protected in the winter weather. After the McMullen Manor fire they decided to share the donations and gave sixty of the blankets to Kingston’s homeless population and forty to the displaced McMullen Manor residents.

New Drivers. New Volunteers. New Clients.

Adding a 3rd day to Meals on Wheels is proving to be a great success. Based on the orders coming in, we’re pleased that we’ve been able to respond to a need in the community. Hot meals can be delivered to seniors throughout South Frontenac and frozen meals are available to anyone who would like to order them. Did we mention that they are hearty, delicious and nutritious? And super convenient, dinner delivered to your door! Meals on Wheels are now available on Monday, Wednesday and Friday.

Visit: sfsc.ca/food-services to have a look at the hot and frozen menus and order online.

Meals on Wheels is possible with the generous support of our volunteers in the kitchen, our volunteer drivers and with the United Way Kingston, Frontenac, Lennox & Addington.

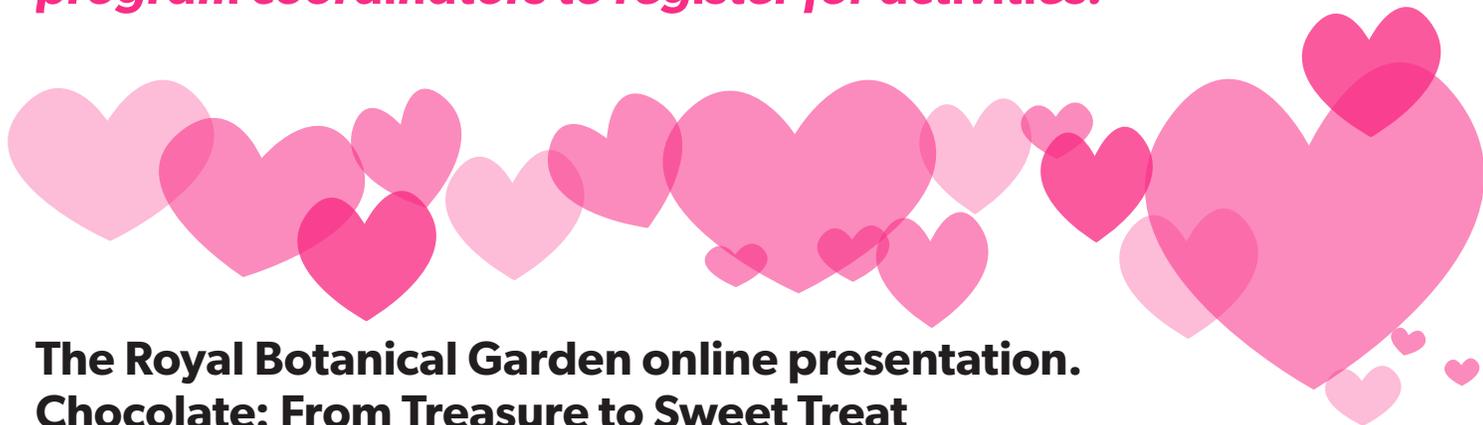


Prep. Pack. Deliver. Our amazing team of volunteers work hard to provide Meals on Wheels





Throughout the pandemic, our priority has always been the health and safety of our clients, volunteers and staff; this has not changed. However, because public health regulations and guidelines are a response to the most recent science, they can change a lot. All of the info in this month's newsletter and calendar is based on the information that we know today. With that in mind, we encourage you to refer to our online calendar to ensure the schedule of activities that you may want to participate in haven't changed. Also, because we need to manage the number of people in the building, please be sure to contact program coordinators to register for activities.



**The Royal Botanical Garden online presentation.
Chocolate: From Treasure to Sweet Treat**

The Mayans and Aztecs valued chocolate as a connection to their gods and as currency. Today it is enjoyed as a treat all over the world.

Grab your favourite chocolate treat and join us for an online presentation from the Royal Botanical Garden to find out more about how chocolate goes from seed to refinement.

WHAT: Royal Botanical Garden virtual presentation – Chocolate: From Treasure to Treat

WHEN: Thursday, February 11, 2021

WHERE: online presentation

TIME: 1:30 p.m. – 2:30 p.m.

FEE: Free for members, \$5.00 for non-members

REGISTER: Ashley Bates, ashley.bates@sfcsc.ca or 613-376-3477 ext. 310

Grace Social Activities are supported by **Ontario** 

FEBRUARY 2021



4295 STAGECOACH RD., BOX 43, SYDENHAM, ON
WWW.SFCSC.CA | (613) 376-6477

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 10:30 - 11:30 Good Graces Café 9:30 - 10:30 Cardio & Strength	3 9:00 - 10:00 Tai Chi	4 9:30 - 10:30 Cardio & Strength	5 9:00 - 10:30 Yoga w/ Hanna	6
7	8	9 10:30 - 11:30 Good Graces Café 9:30 - 10:30 Cardio & Strength 1:30 - 2:30 Caregiver Support Group	10 9:00 - 10:00 Tai Chi	11 9:30 - 10:30 Cardio & Strength 1:30 - 2:30 Royal Botanical Garden Chocolate: From Treasure to Treat	12 9:00 - 10:30 Yoga w/ Hanna	13
14	15	16 9:00 - 11:00 Good Graces Café 9:30 - 10:30 Cardio & Strength 11:00 - 12:00 Book Club 12:00 - 4:00 Foot Care Clinic	17 9:00 - 10:00 Tai Chi 1:30 - 3:00 Caregiver Support Group w/ Alzheimer Society KFLA	18 9:30 - 10:30 Cardio & Strength	19 9:00 - 10:30 Yoga w/ Hanna	20
21	22 1:00 - 3:00 Creative Writing Club	23 9:00 - 11:00 Good Graces Café 9:30 - 10:30 Cardio & Strength 12:00 - 4:00 Foot Care Clinic	24 9:00 - 10:00 Tai Chi 1:00 - 3:00 Bereavement Support Group	25 9:30 - 10:30 Cardio & Strength	26 9:00 - 10:30 Yoga w/ Hanna	27
28						

IMPORTANT
IF YOU PLAN TO ATTEND AN ON-SITE PROGRAM OR PARTICIPATE ONLINE YOU MUST CALL/EMAIL THE CONTACT PERSON RESPONSIBLE FOR THE ACTIVITY SO THEY CAN RESERVE YOUR SPOT.

RED & ORANGE FONT *
613-376-6477 x 310
ashley.bates@sfcsc.ca

*Wed. Feb. 24
Bereavement Support
613-376-6477 x205
sandy.whaley@sfcsc.ca

BLUE FONT
613-376-6477 x205
sandy.whaley@sfcsc.ca

*Tue. Feb. 9 Caregiver Support Group
613-376-6477 x205
sandy.whaley@sfcsc.ca

PURPLE FONT
613-376-6477 x205
sandy.whaley@sfcsc.ca

RED FONT
ACTIVITIES @
THE GRACE CENTRE

ORANGE FONT
ACTIVITIES @
THE GRACE CENTRE
+ VIRTUAL

BLUE FONT
ONLINE ACTIVITIES

PURPLE FONT
ACTIVITIES @
SYDENHAM PUBLIC
LIBRARY