

# sfcscNews

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

## EnhancementCAMPAIGN Enabling, Enhancing, Enriching Lives

Martha Tanner, SFCSC News, Editor

The steadily increasing demand for services means that the first ever Enhancement Campaign will become an annual event for SFCSC.

“The intention behind the Enhancement Campaign is to keep up with the increasing demand for services,” explained Mark Segsworth, chair of the Campaign Committee. “The idea is not to establish a waiting list, but to provide services for those that need it.”

Executive Director David Townsend says SFCSC is currently providing services to over 800 seniors and 240 families, and expects those numbers to **increase to 900 seniors** and, with the emphasis on homelessness prevention in Frontenac County, to **over 325 families in 2015**. He anticipates more demand in future years as the program becomes better known.

Launched in 2014 as part of the SFCSC’s 25th anniversary celebrations, the Enhancement Campaign reached its goal of \$50,000 early, thanks in part to a \$25,000 grant from the William J. Henderson Foundation and \$10,000 over five years from Susan Creasey Financial Inc., the kind of multi-year pledge the committee would like oth-



ers to consider.

About a third of the campaign proceeds helped cover the cost of services already in place for growth in 2013 and 2014, while a further \$28,000 enabled the organization to hire a fourth staff person for the Adult Day Program. “This has enabled SFCSC to grow the program from 43 client visits a week to 55 client visits per week,” Townsend said. “We have used additional funds for a Hot Meals on Wheels pilot project, which will be launched in the new year.”

“We were very fortunate last year,” adds Segsworth, “and we don’t want to take it for granted. Fifty thousand dollars is a lot of money in a small community, especially when there are other worthy causes. But it is attainable.” Segsworth, who has a demanding job as the Township’s Manager of Public Works, volunteers with the SFCSC for two simple reasons. “I believe very strongly that you have to put more into the community than you take out. It’s as simple as that.

“And someday I may need some of those services!”

**Please Join us on March 6th from 7:30-8:30am at the Grace Centre to find out more. See page 12 for event details!**

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## Changing Faces in our Seniors Services Department

Over the last few months our Seniors and Community Support Services Department has seen the comings and goings of a number of staff.

In early September we welcomed Brown Weeks, Adult Day Services Activity Leader to our team. Brown works in the day program five days a week and takes the lead on the creation and implementation of the activities we engage our clients in on a daily basis.

Shortly thereafter, long time staff member Beth Clancey announced her retirement. Beth has worn many hats in her 12 years with SFCSC but her longest position was as Adult Day Program Coordinator. Clients, Staff and Volunteers wish her well on her new adventures!

Lorraine Ross has agreed to step in and fill the role left by Beth and we couldn't be more grateful. Most of you know Lorraine as Lorraine Creighton but following a beautiful wedding in September not only has she changed roles here but she's also changed her name!

Finally, Mary Gaynor-Briese has also announced her retirement. Mary has been a part of our team for nearly 10 years as our Caregiver Support and Palliative Care Coordinator. Mary is embarking on new adventures on the other side of the country and we wish her all the best in retirement and her new location.

*SFCSC is offering a special deal on its Meals on Wheels frozen dinner program.*

*Buy two. Get one free. During the m/o January. Minimum order 10 at a time.*

*Call Bob Abrams to order:  
613-376-6477 ext. 303*

## Need Help With Your Income Tax?

*The Community Volunteer Income Tax Program (CVITP) is a partnership between the Canada Revenue Agency (CRA) and community organizations which host this service. Canada Revenue trains volunteers recruited by SFCSC to prepare tax returns. The objective of the CVITP is to help eligible individuals who are not able to prepare their income and benefit returns by themselves. Suggested maximum family income levels are: Singles - Up to \$25,000, Couples - Up to \$35,000 and One Adult with Child up to \$30,000.*



*Appointments are available to residents in South Frontenac starting the last week in February until the end of April every Monday from 9:30am-2pm and Thursdays from 10am-2pm. Cost: Free will donation.*

**For information please contact Edna Malderis, CVITP Co-ordinator  
613-376-6477. To set up an appointment call SFCSC at 613-376-6477 or  
1-800-763-9610**

## Clunkers for Charity

### SFCSC's Vehicle Donation Program

It's easy to turn your old car, motorcycle, boat or tractor into a gift for your community! Just call SFCSC and we'll take care of everything. It's free and you get a charitable receipt.



***Recycling your  
vehicle is good for the  
environment and your  
community!***

**For more information call Bob Abrams at: (613) 376-6477 ext 303 or  
go to [www.sfcsc.ca](http://www.sfcsc.ca) to fill out our secure online form.**

# Food Bank News

## EDCORNER



Students from Ms. Woogh's grade 2-3 class and Mrs. Blais' grade 3 class at Loughborough District Public School made a generous donation on October 8, 2014!



Students from Junior Kindergarten and the Grade 1 class at Loughborough District Public School made a generous donation on October 9th to the SFCSC Food Bank - a total of 72 pounds!



A total of 32 turkeys were presented to families in need on Friday, October 10th. North Frontenac Food Bank were selected to receive funds through Turkey Farmers of Canada Thanksgiving Program and generously shared the donations with us.

Happy New Year! May this year bring each of you something new and wonderful! I know for all of us here at SFCSC, it will be a year of helping even more people stay healthy in living in their own homes in our community.

We welcome Julia Goodfellow to SFCSC. Julia is taking on the challenges in raising our profile and community awareness even further and will be launching our second Enhancement Campaign at the end of February. We also welcome Ally Dickson to her new role as Office Coordinator. Ally is now with us 5 days a week and is coordinating affairs in our George Street location. We wish Sarah Kring well on her maternity leave, which begins in March.

SFCSC will be launching a Hot Meals on Wheels program this year. Hot Meals will start by being delivered once a week to your door. Call Bob Abrams for more information.

With spring just around the corner (I hope), do you have a clunker sitting in your backyard that you want to dispose of? SFCSC is still arranging to have your old vehicle/trailer/farm equipment picked up and taken to the scrap yard. You will receive a tax credit for the value of the scrap, less towing charges, and SFCSC benefits from your donation. Information is on our website at [www.sfsc.ca](http://www.sfsc.ca)

And finally, we can always use your help and volunteer efforts. Come and help us all benefit the lives of our local residents.

David Townsend, Executive Director, SFCSC

## Food Bank Hours

### Sydenham Rural VISIONS Centre

Tuesday: 1:00 - 3:00 p.m.

Wednesday: 1:00 - 3:00 p.m.

Friday: 9:30 - 11:30 p.m.

### Verona Pentecostal Assembly

Every 2nd and 4th Tuesday of each month

2:30 p.m. - 4:30 p.m.

# GraceArts Committee

The Grace Arts' new show at Grace Hall beginning January through March will feature three artists from the Verona area: [Elaine Farragher](#), [Jill Harris](#) and [Virginia Lavin](#). All three, members of the Rideau Lakes Artists' Association, are primarily landscape artists working in acrylics, and have been painting most of their adult lives, largely for their own pleasure.

Farragher, who also paints portraits and village scenes, was drawn to this area by its rich cultural and historical legacy, and the beauty of the Shield Country. A member of the Kingston Field Naturalists, she finds the act of painting what she sees around her as "an immensely satisfying process."

Harris describes herself as "a someday painter who has painted, on and off for the sheer joy of it," for many years. She has taken numerous courses and workshops to help develop her skills. "I love painting as something I do, and I also enjoy collecting other peoples' work."

Lavin originally graduated with a BA in Art History, which included studio work with several noted Kingston artists, including Ralph Allan. Although she moved to a career in psychology, she continued to paint, first in watercolours, now acrylics. She finds the process of painting "meditative, and very calming."

**Wilma Kenny, Grace Arts Committee Member**

# Caregiver Support

*I would like to take this opportunity to introduce myself to those of you who don't know me. My name is Lorraine Ross, though you may have known me by my previous name, Lorraine Creighton. Since the retirement of Mary Gaynor-Briese, I have taken over the Care Giver Support Group.*



*We meet on the [second Tuesday of the month at 9:00-10:30](#), and offer a chance to meet with others who may be going through the same situations as you.*

*For more information contact [Lorraine Ross at 613-376-6477 ext. 304](#)*

*Care Giving is harder than we give ourselves credit for. When we are not in the caregiving situation we often think that, if needed, we could easily take that task on. We all have the best intentions and we don't always realize that things may get tougher down the road. That is why the Caregiver Support Group is so important. If you are considering caring for a loved one or you already do, the support group can be a wonderful resource.*

*You can come and converse or just sit and listen. To know that others are facing similar challenges can help put our minds at ease. At times we even find some solutions to difficult situations.*

*We have reading material that you are welcome to take home, as well as a Lending Library if there is something that you would like to borrow.*

*Please let me know if you are interested in attending and I can call you the week before to invite you to the group at the Grace Centre.*

*I am happy to meet with you in the group setting or, if you prefer, you are most welcome to call me and I will be happy to meet with you privately.*

## Alzheimer Support Group

SFCSC is lucky to have a partnership with our local Alzheimer Society where we are able to provide support services to our rural Caregivers right in our own community. On the last Thursday of each month at the Grace Centre we offer a support group for those families caring for loved ones with an Alzheimer or Dementia diagnosis. The group runs from 7-9pm. For those who prefer one on one support, we also offer individualized one hour appointments on the second Friday of each month.

**For more information contact:**

**Kim McCaugherty, Director of Seniors and Community Support Services  
(613)376-6477 ext. 302**

## The Case of A Life Well Lived after EAP Intervention

I thought this month it would be interesting to describe what Elder Abuse Prevention Intervention can do.

We were called by a senior's daughter who was concerned that in her absence, one of her father's Powers of Attorney (POA) had forced him into Long Term Care (LTC) with no chance of getting out. She lives far away and wasn't able to look into it personally. She wanted to know what the situation really was and what she could do to change things. She knew her father wanted to return to his home to live on his own. He was an individual of some means and also had excellent health care benefits that would support his independent life style with personal assistance care.

Our Elder Abuse Prevention Advocate began to look into the case and found that he had been tricked into the Long Term Care facility by one of his POAs. He certainly had some cognitive and memory challenges and should not be living at home without support. It is true that he was determined to qualify for admission to a Long Term Care Facility. We must understand that just because someone qualifies they don't have to go into care if other appropriate arrangements can be made. He did not go there willingly and wanted out immediately but they would not release him. The Power of Attorney was determined to hold him in LTC. He had activated the Power of Attorney claiming his father was not competent and his father now had no say in his life. This is another common misconception. A POA has the obligation to act not only on the person's best behalf but to act as if they were the person.

We made arrangements for him to meet with his lawyer who determined that there were certainly aspects of his life he was not capable of managing but he was competent to change his POA. The daughter, in concert with the Advocate, arranged for fulltime home care for the client so that he could live at home. For one and a half years he enjoyed his freedom and his life. He had three wonderful caregivers who helped him have autonomy and security. He was able to continue to travel.

Each day that he was "free" added to his joy of life and he reveled in his freedom. Unfortunately, he recently passed away BUT instead of being confined to LTC he enjoyed life to the fullest. He did what he was entitled to do; live on his own terms.

What motivates family to confine seniors when they do not want to be? Sometimes it is a mistaken understanding of their loved ones capabilities and a genuine concern for

their safety. Often it is a lack of knowledge of other options. Financial considerations are also a factor. Not everyone has the means to pay for private homecare and their needs are too complex for the family to manage.

Sometimes it's just easier to put a loved one into care where they no longer have to be responsible for being part of the care system.

All too often it is done to preserve the estate of the senior so the family can inherit more money. Every dollar not spent on health care is a dollar that the family will get when the senior passes on. This motivation is becoming a far too common reason why seniors end up in care rather than living the life they want, the life they earned.

If you see a senior being pushed into LTC, report it. It is Elder Abuse.

**David Swerdfeger**  
**Elder Abuse Advocate**  
**Frontenac Kingston Council on Aging**  
**(613)542-1336**



## Fundraising News

### SFCSC's Annual Charity Auction Raises \$7,000 for Local Seniors

SFCSC would like to thank the many sponsors, volunteers and local artists who made this year's Annual Auction Plus Wine, Beer & Artisan Food Tasting fundraiser such a success.

### VISIONSoup Raises \$2,290 for the Community

SFCSC would like to thank **Leslie Reade** from **Sydenham Veterinary Services** and **Josey Steele** from **King's Town Chiropractic**, and our **local potters** for hosting another successful fundraiser in support of their local community. Proceeds support SFCSC's Food Bank and the Loughborough Emergency Relief Committee. Thank you for making life easier for those less fortunate!

# The “KILIK clinic” ... WHAT IS DEMENTIA?

*Dr. Lindy Kilik is a Neuropsychologist practicing in the Seniors Mental Health Program at Providence Care, Kingston and also cross-appointed in the Depts. of Psychology & Psychiatry at Queens University.*

As a Neuropsychologist the most common questions I hear are: “What is Dementia?” “If I have dementia is that different from Alzheimer’s Disease?” “Isn’t it normal to have memory problems as we get older?” So in this first installment of “the KILIK clinic” I’d like to address these important questions...

Dementia is an umbrella term denoting a significant decline in thinking/behaviour that now interferes with everyday functioning. It is MORE THAN mild forgetfulness due to normal aging. Dementia is characterized by changes in several areas including memory, language, the ability to recognize objects/ people, and the ability to plan/organize/make judgments. The most common types of dementia are:

1. **Alzheimer’s Disease** (60-80% of all dementia cases): initial memory changes that later also involves the above areas;
2. **Vascular Dementia:** an accumulation of tiny-moderate strokes that occur over time, depriving the brain of blood/oxygen;
3. **Fronto-temporal Dementia:** dramatic changes in a person’s behaviour are the dominant early feature;
4. **Lewy Body Dementia:** related to Parkinson’s disease with changes in movement but also fluctuating attention and non-threatening visual hallucinations (often seeing small children playing or animals).
5. **Mixed Dementia:** it is possible to have a combination of dementias, most often Alzheimer’s disease and Vascular Dementia.

Currently, the term “Neurocognitive Disorders” is replacing the word “Dementia”.

While there is no cure for these disorders, there are medications and strategies for the person diagnosed and their families to slow/ease the process. It’s important to ask for help and know that there are services to assist you.

*Your questions are invited for discussion in future installments.*

# Why Become a Member

**SFCSC members have a say in how this organization is run**

## About SFCSC

SFCSC is the sole provider of Senior Services in our area for programs such as Meals on Wheels, Foot Care, Adult Day, and services such as Transportation and Caregiver/Bereavement Support.

SFCSC’s Family Services provides financial assistance to low income households throughout Frontenac County. Other Family Services include food security and a monthly Rural Women’s Support Group.

SFCSC is governed by a 9 member volunteer Board of Directors and has over 190 registered volunteers who deliver a wide range of essential programs and services to our clients.

## Why Your Membership is Important

Your membership support will assist us in providing the vital health and social services programs our residents need to stay in their local community.

## Membership Benefits

You will receive this newsletter which is published quarterly updating you on of all the latest community programs, services and recreational events available through SFCSC.

You will receive a copy of our Annual Report and financial statement keeping you informed of health and social programs available in our area.

Your membership allows you a vote at our Annual General Meeting (in June), where you will be recognized for your contribution.

SFCSC members also receive a 10% discount on Grace Hall rental rates.

## Join Now!

Become a member today and help us attain our goal of making the Grace Centre and SFCSC your community resource for social programs, services and the arts.

## Fee

- Individual: \$15
- Family: \$20
- Non-Profit: \$100
- Corporate: \$150

Please give us a call if you would like to become a member.

**For more information contact: (613) 376-6477**

*Happy New Year!*

*Don’t forget to*

*renew your SFCSC*

*membership*

*for 2015!*

## FamilySERVICES

As we approach the New Year there will be some obvious changes within our Family Services department, the roles that we play in providing those services, and in the way that we endeavour to deliver those services throughout the Frontenac Township. We have talked about it, attended many meetings, and now we will begin to embrace and deliver services as outlined in the 10 Year Municipal Housing and Homelessness Plan. The first thing you might notice is the change in title from Family Services Worker to Homelessness Prevention Worker. However, we will continue to assist our low income individuals and families who are experiencing or are threatened with a housing crisis and/or need to secure, sustainable and affordable housing. There will be two Homelessness Prevention Workers on staff and we will be working collaboratively with Frontenac Mental Health Services and North Frontenac Community Services to ensure that services are available to all. Starting in January 2015, one of our workers will be stationed at the FCMHS satellite office in Verona at least one day a week, and at the NFCSC office in Sharbot Lake at least 2 days a week, to ensure that services are available to all.

Our Food Bank has grown exponentially since it first began and, while it will continue to operate primarily with the help of a dedicated and devoted group of volunteers, it will gain a new (funded) part time staff position to help oversee procedures and ensure ongoing growth and stability. While the Food bank will remain an essential part within our Family Services Department, the Homelessness Prevention Workers will not be involved in the daily operations.

Change is exciting, and yes, often very frightening. However, we feel so privileged to be a part of this new adventure and partnership, and the opportunity for potential growth, renewal and learning that lies within. We are hoping that our residents and new partners will embrace the change as such.

## volunteerCORNER

### Discover Your Community!

**Adult Day:** Is looking for volunteers who would like to help socialize with the seniors, or do an activity. Kitchen help is also needed - help to prepare and clean up at lunch time.

**Food Bank:** Interested volunteers will shop for sale items and pack 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 monthly, Wednesday or Thursday 11:30-1PM. Diners are held in Verona, Harrowsmith, Sydenham, Inverary and Glenburnie. Contact Bob Abrams for details.

**Fundraising:** SFSC 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.

# 2015

**Golf Tournament:** SFSC is in need of volunteers for the 7th Annual 50+ Family and Friends Golf Tournament fundraiser. Takes place on Friday, May 29th, 2015.

**If you have any questions about these, and other, volunteer opportunities please contact:**

**Linda Bates, Volunteer Coordinator at:  
(613) 376-6477 ext. 306 or  
1-800-763-9610.**

## Calendar

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

- Sydenham Grace Centre: 21 Jan, 18 Feb, 18 Mar
- Verona Lions Hall: 22 Jan, 12 Feb, 12 Mar
- Glenburnie United Church: 14 Jan, 11 Feb, 11 Mar
- Inverary United Church: 15 Jan, 5 Feb, 5 Mar
- Harrowsmith Free Methodist Church: 29 Jan, 26 Feb, 26 Mar (Dates may be subject to change)

### Hearing Health Care

Jan 30th and April 24th Contact Kim for more information

### Tai Chi: Instructor David Row – Donation Only

Morning classes in Sydenham at Grace Hall, every Wed. from 10 – 11AM. (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 Tuesday 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

Jan. 13, Feb. 10, Mar. 10 at Grace Centre, Sydenham 9-10:30AM

### The VON SMART Program – No Charge

Mon. & Thurs. from 10-11AM. Contact Michelle Foster at: (613)634-0130 ext. 3414.

### 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 & Sunday at the Grace Centre. Contact Amanda at (613)353-6806 or info@nomadyogini.ca

### Rural Women's Group – No Charge

Wed. Jan. 28, Wed. Feb. 25 and Wed. Mar. 25 from 1:30PM to 3PM at the Rural VISIONS Centre.

## Ask a Pharmacist

Bhavin Patel, R.Ph

**Q** I got sick last year during flu season and was not able to do anything for about two weeks. I wanted to know the difference between common cold & flu and how can I prevent flu?

**A** Even though the symptoms for cold and flu are very similar, the major difference is that flu symptoms are sudden and severe, while cold symptoms are gradual and mild. Typical flu symptoms include sudden onset of fever/chills, headache, runny and stuffy nose, non-productive cough, fatigue and muscle and body aches.



*Bhavin Patel, R.Ph.*

Cold symptoms would be similar but much milder and would most of the time include sneezing as well.

### The following tips can help prevent the flu:

The flu season generally runs from mid-October to April, so to prevent flu try to be extra careful during these months.

- **Flu Vaccine:** The most effective way to protect yourself from the flu is to get the influenza vaccine every year.
- 1. The best time to get your vaccine is early in the flu season when the vaccine becomes available in your area. The earlier you get the vaccine the better it is as it takes up to 2 weeks to build immunity. Vaccines are available at the pharmacies, medical clinics and public health units without any cost to Ontario residents.
- 2. Flu vaccine is safe and recommended for the health of pregnant women and to provide immunity to her baby in the first six months of life.
- Wash your hands frequently and thoroughly, especially during flu season and after coming into contact with potential sources.
- Try to avoid large crowd of people where viruses might spread very easily.
- Practice good coughing and sneezing etiquette: cough and sneeze into your sleeve near your elbow, or use a tissue, throw it away promptly, and then wash your hands.

**Bhavin Patel, R.Ph.**

**Drug Smart Pharmacy 4375 Mill St., Sydenham, ON**

**If you have a question for Bhavin please contact him at:**

**T: (613) 376-3842 or bhavin@drugsmartpharmacy.ca**

# Queen's Elder Law Clinic

Christian Hurley, Director

Article written by Whitney Abrams, J.D. Candidate, 2016, Queen's University

**Q** Are you familiar with the legalities surrounding care and consent in Health Care?



## **A** What is the Health Care Consent Act?

The Health Care Consent Act (HCCA) governs health care practice in Ontario related to: (1) treatment, (2) admission to care facilities, and (3) personal assistance services. All three areas require a patient's consent. According to s.10(1) of the HCCA, treatment should not be administered unless a patient is capable. If the patient is capable, health care providers must get informed consent to treatment.

### What is Treatment?

"Treatment" is defined in s.2(1) as anything done for a therapeutic, preventative, palliative, diagnostic, cosmetic or other health related purpose. It includes a course of treatment, plan of treatment or community treatment. Treatment does not include capacity assessments, general assessments, health history intakes, admissions to hospital, or treatments that pose little or no risk of harm. If not included in the definition of treatment, health care practitioners do not require consent; this includes emergencies.

### What constitutes consent?

Section 11(1) of the HCCA defines the elements of consent. Consent must:

1. Relate to the treatment;
2. Be informed;
3. Be given voluntarily
4. Not be obtained through misrepresentation or fraud

Consent includes all care planning including immediate treatment options, advanced care planning and future treatment plans related to a particular diagnosis.

### What is informed consent?

A patient is entitled to get answers to all of their questions relating to the proposed treatment before giving consent. Informed consent means that a patient has received detailed information about: (1) the nature of the treatment, (2) the expected benefits of the treatment, (3) the material risks of the treatment, (4) material side effects of the treatment, (5) alternative courses of action, and (6) the likely consequences of not having the treatment.

### What is Capacity?

A patient must have capacity to consent. Capacity is measured by a patient's ability to both understand and appreciate the consequences of a treatment decision. Capacity is not a clinical test, but rather a legal test to be assessed by the health care practitioner. It is based on evidence garnered through observation and questioning. It is important to note that capacity is task-specific; a patient may be incapable with respect to one decision and not others.

### Incapacity

If there is a finding of incapacity, consent will be given by the patient's Substitute Decision Maker (SDM), who is either selected by the patient or chosen from a legislated hierarchy. The SDM must act in the best interests of the patient as defined by the legislation.

### Why is this Important?

Cognitive diseases prevalent in the elderly demographic interfere with an individual's decision-making ability. However, the legislative goal of the Health Care Consent Act is to preserve individual's autonomy for as long as possible. This is accomplished through a flexible legislative approach that values the best interests of patients.

### Resources:

- **Health Care Consent Act and Substitutes Decision Act:** online at [www.elaws.gov.on.ca](http://www.elaws.gov.on.ca)
- **Consent and Capacity Board:** to contest a finding of incapacity (1-866-777-7391)
- **Advocacy Centre for the Elderly in Toronto, Ontario:** very useful information online at [www.advocacycentreelderly.org](http://www.advocacycentreelderly.org)
- **Queen's Elder Law Clinic:** if we cannot assist you, we can refer you to someone who can (613-533-2950)

*This article was prepared for the Southern Frontenac Community Services Corporation Newsletter and is not intended to provide legal advice. Its purpose is to provide some guidance and general information for the law relating to consent and capacity for consenting and refusing treatment. It is written by a student caseworker at the Queen's Elder Law Clinic and is not an exhaustive review of the law or of the Health Care Consent Act, 1996. If you have substantive questions about your legal rights and obligations, seek the advice of a lawyer or other legal resources. If you are a senior, low-income adult, you may be eligible for free legal aid 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  
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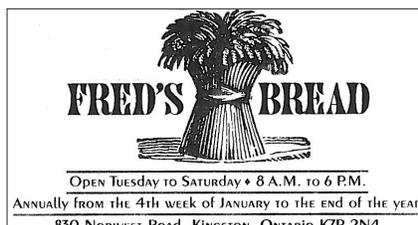
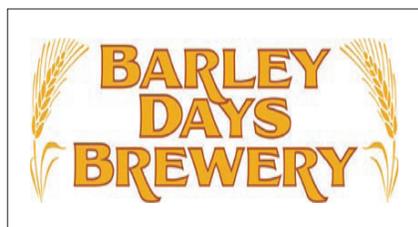
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## SFCSC's New Logo

Over the past 25 years Southern Frontenac Community Services has continued to worked hard to serve seniors, low-income and at risk households in South Frontenac and rural Kingston, north of the 401. SFCSC wanted to **recreate the look of the organization** to match what our services and programs represent;

- Enabling seniors and low income households to remain in their local community for as long as possible.
- Enhancing their lives with health support services and social services – where seniors can age gracefully in their own homes and where those struggling financially can go for help.
- Enriching the lives of everyone with a broad range of social and recreational programs (from the VON SMART program, yoga, tai chi, arts and cultural events to community events and support groups).

## SFCSC **EVENTS**

### **SFCSC Enhancement Campaign Breakfast**

Please join SFCSC on **Friday March 6th from 7:30-8:30 am** at the Grace Centre for a complimentary continental breakfast.

Location: The Grace Centre  
4295 Stage Coach Road,  
Sydenham, ON.  
K0H 2T0

**RSVP by February 27 - 613-376-6477**

Presented by SFCSC's Campaign Committee

**Mark Segsworth:** Campaign Chair, SFCSC Board Member, Public Works Manager,  
Township of South Frontenac

**Christine Andrew:** Business Manager, Kingston RV Centre

**Wess Garrrod:** Retired Educator

**Christine Kennedy:** Owner of Memory Lane Flowers & Gifts

**Nona Mariotti:** SFCSC Vice Chair

**John Trousdale:** President, Trousdale Stores

**It Begins In The  
Community**



Southern Frontenac Community Services Corporation's  
Enhancement Campaign

An Initiative  
to Enhance Health and Social Services  
in our Community

*SFCSC  
enabling, enhancing,*

**SFCSC**  
*enhancing services  
enabling and enriching lives*

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**southern frontenac  
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