

SFCSC News

Updates, events and program news from Southern Frontenac Community Services

The Lighter Side of Theatre: Drama in Adult Day Program

By Rose Strohmaier

The weekly theatre class is about to start in the lower level of the Grace Centre. Everyone is sitting in a circle waiting for the action to begin. We warm-up with a few rounds of Simon Says, and there's no lack of volunteers to take the lead roles. There's a lot of good-natured laughter when someone makes a mistake.

Then comes a mime activity, and participants almost leap out of their easy chairs to take their turn. Dalia passes around a cloth bag and each person takes a turn pulling out a mime object and using it (like a chalk board eraser in these pictures). The others have fun guessing what the object is - a hair brush? a fishing rod? a guitar? Everyone chooses to mime an activity that is meaningful to them – bringing back memories of days when they were more physically mobile. Next, Dalia passes around a tray of small objects such as a teddy bear, doll, a porcelain figurine, a tea cup and saucer, and asks the participants to choose an object that brings back a memory. Everyone takes a turn sharing a memory connected to that object. The concentration on the faces of the actors and their attention to detail is impressive.



Dalia Gesser, the program facilitator, has been a theatre arts specialist for many years; she is the force behind Compact Theatre. In addition to her one-woman theatre shows, she has taught theatre arts to



Dalia Gesser, Drama Program Facilitator

children in elementary schools through many Ontario Arts Council's *Artists in the Schools* grants. She has also published several short stories in the *Chicken Soup for the Soul* anthologies.

While volunteering at Fairmount Home in 2010, she was struck by the wealth of stories that seniors were telling her and each other. "Why not create a more structured setting in which to share these narratives and experiences?" she thought. Her theatre arts programs for seniors grew from this.

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Continued from page 1 This first theatre program for seniors called 'Never Too Young to Pretend' was held at Fairmount Home in 2015. Since then, she has received funding through several Ontario Arts Council community grants to run similar programs in seniors' residences, adult day programs and long-term care facilities.

The theatre program at the SFCSC Adult Day Program is a fulfilling experience for Dalia and her students. Success is apparent when she sees the participants engaged in the activities, laughing, sharing and entertaining each other, and when the class ends with, *"When are you coming back?"* The benefits are wide-reaching – cognitive stimulation, physical activity, and emotional well-being. It is especially rewarding for Dalia to see someone's self-esteem get a boost from the novelty of having an interested and receptive audience listen to them recalling stories and memories from long ago.

Although 'The Lighter Side of Theatre' focuses on the actors' participation rather than working towards a polished performance, Dalia does plan on having an informal show at the end of the program for family and friends. The audience will be able to observe and enjoy watching participants demonstrate some of their favourite theatre arts activities and share some of their interesting life experiences. It's shaping up to be an eye-opening treat.





GOOD GRACES
cafe

Serving freshly brewed coffee,
tea, juice, and pastries.
A place to meet old friends, and
make new ones.



**Tuesday
Mornings
9-11:30**

Grace Hall,
4295 Stage Coach Road,
Sydenham



Realtor Bob McKean supports SFCSC

Local realtor Bob McKean has volunteered as a seniors fitness instructor, serving at Diners Lunches, and delivering Meals on Wheels. A long time resident of South Frontenac, he is always looking for ways to give back to his community. For any client who buys or sells a home with Bob, and mentions SFCSC, he will donate \$500 to Southern Frontenac Community Services. "I like to give to SFCSC because it stays local and the money is used for important programs, not overhead, like some organizations." You can reach Bob McKean at 613-541-7758. Thank you Bob.

Message from the Chair

Can't you just feel that sun getting warmer and notice the days getting longer? It is the time for taking on new challenges.



Well my new challenge is assuming the position of Chair of the SFCSC Board of Directors. With motivated board members at my side, the Board will

continue moving forward, building on the tremendous work accomplished during the past few years. I would like to extend an enormous "thank you" to the previous Chair, Nona Mariotti, particularly her skills in encouraging people to join in and her advocacy for those who need care and their caregivers.

Working with other dedicated members of the board and our Executive Director, David Townsend, Nona transformed the Board into its current governance model. Committees were formed. Policies were written and responsibilities defined. These tasks usually go unnoticed but are so important in the functioning of a growing corporation like SFCSC. Indeed, these changes transformed the Board, enabling it to develop and progress. She shared her gift of leadership and inspired commitment.

As we move into spring of 2018, the Board will continue to take its responsibilities seriously. With developing partnerships and available information, we make decisions for today and plan for the future. But we need your help. So I extend this invitation. Come forward, volunteer and take an active part in the programs, services and supports that SFCSC provides. Let us all contribute, each in our own way, to our precious community making it an even better place to live.

Susan Ward-Moser, Chair, Board of Directors

E.D. CORNER

Spring is just around the corner and with it comes thoughts of our Annual Meeting. This is one you don't want to miss! We are fortunate to have Dr. Samir Sinha agree to be our keynote speaker. Dr.



Sinha has been instrumental at the provincial level in improving the focus of home care and home based services. Dr. Sinha has led the work on "Living Longer, Living Well," which has become a provincial health blueprint for community based services. Dr. Sinha has also been engaged in the Expert Panel that has developed the Older Adult Strategy.

The date? Friday, June 22, 2018 at 7:30 a.m.
RSVP to Jan at 613-376-6477.

Our community engagement continues. SFCSC is taking the lead on communicating with over 85 other agencies who provide services in South Frontenac to determine who is able to provide what services, where and for whom. Our goal is to create a detailed resource for all residents of South Frontenac as well as for service providers knowing who can do what and to help avoid duplication of effort and reduce service gaps. If you are curious to take part or find out with whom we are consulting, please call me.

I also want to take a moment and thank Janette Haase for her efforts in our garden and greenhouse. Due to a lack of funding, we were unable to keep Janette rooting in our garden. We do welcome our two new volunteer leads, Dawn and Jo. Plans are already seeded for this year!

David Townsend, Executive Director

Staff Profile: MICHELE ZIGMAN

Michele Zigman is one of two Homelessness Prevention Workers who serve all of Frontenac County

Known by her friends as Ziggy, Michele has worked at SFCSC for almost five years. Along with her colleague Elizabeth Peterson, Michele provides services across Frontenac County to people who are homeless or at risk of losing their home. She works with low-income individuals and families to identify their needs, find and secure housing, connect them to supports and resources and, ultimately, remain stably housed.



Michele says, “A typical day could start with a drive to a satellite office in Verona or Sharbot Lake, or home base at SFCSC in Sydenham. I could have appointments with ongoing clients who we assist for up to a year, or a new person who is struggling with affording food, rent and heating bills and is at risk of losing their home.” The day is filled with phone calls, faxes and emails – finding housing remedies and connecting with other service providers. “I work closely with my colleague Elizabeth and the many community agencies we partner with.”

Michele has a BA from Carleton and worked on a Masters of Social Work, as well as other training, including a Diploma in Records Management. “I like to keep learning, and take workshops regularly.” She has worked as an Office Manager, Archivist, and a Case Manager for Ontario Works, and spent 25 years volunteering with Scouts Canada.

Michele enjoys working at SFCSC to help people in need, and working with others who are likewise motivated. “I learn something new every day. I am challenged to help people with resourceful solutions, and I am so appreciative of the disclosures and trust that are intrinsic to this position.”

Michele has three adult sons, and shares her home with one large dog, two cats and two lizards whom she loves dearly. In her leisure time, she rides her bicycle. “I ride every night in the summer, typically a 30 km loop, and longer on the weekends. I also love to walk or hike the trails, and get out my cross country skis in the winter.” Michele is also an accomplished weaver and knitter, making rugs, blankets, scarves and more.



When asked about her worldview, Michele says: “Life is short - do what you love and it will never feel like work, and time will pass by so quickly.”

GOOD GRANTS = GREAT SUCCESSES

New Seniors Programming!

Smart investing leads to big dividends. A year ago, the Good Graces Café was piloted thanks to a grant from the Community Foundation for Kingston and Area. Besides being a wonderful place for coffee and conversation, this pilot resulted in building a strong team of volunteer leaders who were eager to do more.

Another grant from the Ontario Sport and Recreation Communities Fund gave us the opportunity to train staff and five volunteers in how to deliver Seniors Fitness Instruction programs. The result again was another energized group of volunteers eager to make a difference.

SFCSC staff took this energy and ideas, and were successful in receiving yet another grant, this time from Ontario's New Horizons for Seniors Program, which gives us the capacity to make some physical changes to Grace Hall and support our volunteer teams, for the purpose of offering more, and more organized, seniors programming out of the Grace Centre on a regular basis.

The volunteer teams are overwhelming us with ideas—from book clubs to film screenings to guest speakers on health, travel and more. To the right are two of our early initiatives—the *Spring Fling* and *Fit & Fabulous*. There is a LOT more yet to come, with regularly scheduled programs rolling out in April. STAY TUNED!

To get on our e-mail list, send a message to andy.mills@sfcsc.ca



Join us at the Grace Centre for our first afternoon tea dance

Friday, March 2, The Grace Centre, 4295 Stage Coach Road, Sydenham

1:00-2:00pm—Free dance instruction

Basic steps to get anyone comfortable on the dance floor

2:00-3:00pm—Dancing!

Wear spring colours to brighten the winter blues.

Enjoy coffee and tea and a snack.

Suitable for couple and singles. No experience necessary.

Wear shoes that allow you to turn easily on the floor. Avoid rubber soles.

Cost \$5 per person. Register in advance 613-376-6477, ext 303



Fitness Classes for Seniors

Starting March 2 — Every Friday from 10:30 to 11:30am

The Grace Centre, 4295 Stage Coach Road, Sydenham

Led by trained seniors fitness instructors.

Bring water bottle, comfortable clothes and running shoes.

No experience required!

No fee for classes in March. Check it out!



Trained by: Western Canadian Centre for Activity and Aging

We are grateful for the support of the Community Foundation of Kingston & Area and the Province of Ontario.



Mixer grant from CFKA: practical and impactful

Sometimes, a grant is not about supporting a bold new idea, but for something practical that meets an important need. Our kitchen staff and volunteers—mostly seniors—were struggling with a small, battered electric mixer. With 150 meals a week, that's a lot of mashed potatoes. The Community Foundation for Kingston and Area came to our aid with a grant of \$3658 to purchase a 10-quart, professional commercial mixer and stand (seen here with our delighted Cook, Josey Cadieux). A simple grant with a huge impact.

JOHN RUYS: Volunteer Profile

“Everybody likes to be heard, and older people have some great stories to tell.” John Ruys describes this as one reason why he enjoys volunteering as a driver with SFCSC. John has been a volunteer for about nine months, and every Tuesday is one of our dedicated drivers who delivers Hot Meals on Wheels to seniors in South Frontenac.

As well as delivering weekly meals, John drives seniors to medical appointments once or twice a week. “I really enjoy chatting with other people. The older folks in our community have been through a lot, and they have interesting stories to tell, so I consider it a privilege to listen.” John says that sometimes it feels like we live in a lonely society, so he likes to talk to older people. As well as this motivation to help, John is a cancer survivor and wanted to give something back. “I was given the best care, and I want to put something back in the system,” he says.

John, whose last name Ruys rhymes with ‘guys,’ was born in Holland in 1941 and moved to Canada when he was 10 years old. He has been a career entrepreneur, being self-employed in fields as diverse as manufacturing and food service. John and his wife Marie moved to the area when his son in Kingston had children.

John is retired on Collins Lake near Inverary, but likes to keep active. He works out regularly, whether weight lifting, doing cardio, or cycling. He is a huge sports fan, and is particularly excited about the potential for his team, the Toronto Maple Leafs, this year.

Joanne Silver, our Meal Coordinator, says, “John and his wife Marie have been a delight to work with. Their enthusiasm and energy are infectious as is their sense of humor. They are generous with their time and are always willing to help when they can. The clients that John delivers meals to enjoy the interaction they have with him, and look forward to catching up each week. We are so fortunate to have him on our team!” John echoes the same comments back: “Working with bubbly Joanne and the great staff is a pleasure.”

John says that the biggest challenge is usually the winter weather. However, “it can be a little boring being inside in the winter, so being a driver is a great way to get out of the house.” John encourages others to consider driving for SFCSC. The need keeps increasing, and John says, “The more, the merrier.”



DRIVERS NEEDED!!

The demand keeps growing! We are recruiting drivers to take seniors to medical and other appointments. Mileage is reimbursed. Contact Heather at 613-376-6477 ext. 306.



Food Bank & Grace Garden News

Food Bank—taking a new approach

The Sydenham Food Bank serving rural Kingston and South Frontenac will soon be adapting a new model of food distribution. Starting in April, clients who are in-need will receive a basic allotment of perishable food (meat, milk, fruits and vegetables), but then will be able to shop for the rest of the items they need. Ultimately, this results in less waste and cost, a chance to talk about food and nutrition, and greater dignity for clients.



Cash donation from Knights of Columbus a big help

Jim Hase poses with staff and volunteers from the South Frontenac Food Bank in Sydenham. Mr. Hase presented the Food Bank with a donation of \$2000 in January on behalf of the Knights of Columbus and St Patrick's Church, Railton. Cash donations allow the Food Bank to save money by taking advantage of provincial buying programs, and give the Food Bank more flexibility to buy what is needed, especially perishable foods.

Time to get Growing

SFCSC would like to thank Janette Haase who has organized the Grace Garden for the past several years. For 2018, we are excited that Dawn Morden and Jo White will be stepping up as lead volunteers to get our garden growing.

Highlights for the garden this year include:

- Growing foods that are more readily useable by our kitchen and food bank
- Harvesting twice a week, on Mondays and Thursdays, to fit better with meal programs and food bank hours
- a weekly pay-what-you-can market stand to reduce wasting excess produce
- inviting local growers to donate certain excess veggies, so we can focus on produce that is most needed



We are looking for volunteers to help out. Give Heather a call to find out more 613-376-6477, ext. 306.



Food Bank FREEZER

We are excited to report that we received a grant of \$3000 towards the purchase of a new, 49 cu ft freezer for the food bank. This is a wonderful addition and will allow us to achieve savings by buying meat and other items in larger quantities. We are grateful to WalMart and Food Banks Canada for providing the funds for this unit. Thank you!

Hot Meals on Wheels and Frozen Meals

Every Tuesday. Call 613-376-6477 to order

Diners Lunch Dates & Locations

March 7 — Glenburnie United Church, Glenburnie

March 8 — Verona Lions Hall, Verona

March 14 — The Grace Centre, Sydenham

March 22 — Golden Links Hall, Harrowsmith

April 4 — Glenburnie United Church, Glenburnie

April 12 — Verona Lions Hall, Verona

April 18 — The Grace Centre, Sydenham

April 26 — Golden Links Hall, Harrowsmith

May 2 — Glenburnie United Church, Glenburnie

May 10 — Verona Lions Hall, Verona

May 16 — The Grace Centre, Sydenham

May 24 — Golden Links Hall, Harrowsmith

Office Closed

March 30 — Good Friday

April 2 — Easter Monday

May 21 — Victoria Day

Save the Date

Donor Appreciation—May 31

Golf Tournament—June 1

Annual General Meeting—June 22

Walk On—Indoor walking program

Fridays, 9:00-10:00am, The Grace Centre, Sydenham

Good Graces Café & Sydenham Seniors Social Club

Tuesdays, 9:00-11:30am. The Grace Centre, Sydenham

Bereavement Support Group—Sharbot Lake

Last Thursday of each month. 10:00am to 12:00pm.
Family Health Team office.

Bereavement Support Group—Sydenham

Last Wednesday of each month. 1:00pm to 3:00pm.
Sydenham Library Meeting Room.

HELP After Suicide Support Group—Verona

Second Wednesday of each month. 6:30-8:00pm.
Trinity United Church, Verona.

SALT Presentations

March 16 — Verona Free Methodist Church —Hoarding
and Safety

March 23 —Storrington Fire Hall — Hoarding and Safety

May 11 —Harrowsmith Golden Links Hall —Emergency
Preparedness

May 25 —Battersea United Church —Emergency
Preparedness

Stay Connected... Email andy.mills@sfcsc.ca to receive our monthly E-Newsletter



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