

SFCSC News

Updates, events and program news from Southern Frontenac Community Services

Visiting Hospice Program Pairs Volunteers with Clients

By Nick Whalen, Visiting Hospice Volunteer

Terry and Debbie are a lovely, unassuming couple. They live with their rescue dog, Sadie, in a small log cabin under a canopy of oak and pine trees. There is an air of serenity when you enter their home. Terry was diagnosed with prostate cancer some years ago. Although the cancer has been halted, he must catheterize himself several times a day. Two years ago he was also diagnosed with MS. He has been waiting patiently to see an MS specialist.

The average wait time in Ontario is two years. Their patience with the system has taught me something. I have had to learn to wait with them. They do not come from a place of wealth, status or power. Debbie has cared for her husband on her own. In April, she needed assistance to care for his hygiene needs – specifically his feet. Terry had developed edema in his legs and was no longer able to walk and his legs were too big and heavy for her to bathe.

On my first visit, they interviewed me to see if I would be a good match for Terry. I explained to them that I was a candidate for ordination for my church and that I was required to complete so many hours of service out in the community and unrelated to the church. In a most humble manner, Terry asked if I would wash his feet. It was a religious experience for me. Since May I have been visiting Terry each week and washing his feet. He is very aware that he is helping me prepare for ordination.

Sandy, the Hospice Volunteer Visitor coordinator, arranged for Terry to get a proper fitting wheel chair. He had been sitting in a chair that was much too small for him. Terry now has a new wheel chair customized to fit his needs. I have driven him to various medical appointments; it is a major event for Terry to leave his home and get into a car because of the immobility. He has continuous fatigue, however I can see that an outing connects him to the larger world.



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Staff Profile: BROWN WEEKS



Brown Weeks is our Adult Day Service Program Manager at SFCSC.

Typically referred to as “Bro,” Brown has worked with SFCSC for three years. His role is to ensure the Adult Day Program staff are following best practices in recreation and personal care for the clients attending the program. Working with other professional staff members, this results in a fun, safe and caring environment for the seniors who attend.

The Adult Day team consists of Brown, two Personal Support Workers (PSWs), and one Recreation Professional. Together, they assist twelve seniors living with physical disabilities and/ or cognitive impairments. Throughout the day, they assist clients with activities of daily living and provide structured recreation programming enabling social, physical, intellectual, spiritual, and emotional engagement.

Brown’s background includes a Diploma in Social Services and Recreation. Brown enjoys meeting the clients and their families, and works to make the community a better place by serving people in need. Brown knows that basic fitness is essential for our health: “It is challenging to get people to understand how important participating in daily recreational activities is and the impact it can have on a person’s health.”

Brown lives in Kingston with his partner and his children – two cats and two dogs. When not at work, he likes travel and is a true sun seeker at heart: “I enjoy spending my time in the sun kayaking, swimming and exploring unique new places.”

Brown’s compassion for clients is reflected in his personal mantra: “Live your life to its fullest every day.”

Year End Fundraising Campaign — www.sfcsc.ca/donate

\$25 will provide one hot meal delivered to a local senior in need.

\$50 will provide fresh meat, dairy, eggs and vegetables to a family of four.

\$100 will subsidize one senior to attend Adult Day Program for a week.



Message from the Chair



Our September Board meeting upheld the sub-committee for Seniors Housing recommendation to send back to South Frontenac Township our decision not to pursue seniors housing on the Southern Frontenac site. It also recommended a new ad hoc committee to pursue further the possible building of an addition to SFCSC to create additional space for ourselves as well as other interested agencies thus enlarging our hub concept.

We welcomed Paul Owen to the Board in November knowing he brings valuable business experience, new ideas, and energy. Beginning in January Susan Ward-Moser will be the Board Chair for Southern Frontenac Community Services with Sandra Baxter as Vice Chair. I have “served my time” in this phase of my volunteering with SFCSC.

I will devote more time to the other areas of my volunteering for SFCSC and of course being a satisfied user of SFCSC for my husband. I consider it a privilege to have served on the board of directors for six-plus years; I believe strongly in the vision and mission of SFCSC and know the community will continue to value and take ownership of this service.

E.D. CORNER

This is an article of thanks. First and foremost to Nona Mariotti, who has been the Chair of our Board for the past 2 ½ years. Nona’s term has come to an end but this is not the end of Nona. Nona will help us build our vision of a permanent expansion to the Grace Centre. Welcome, Susan Ward-Moser as our new Chair.



Courtesy of Nona’s leadership and vision, SFCSC’s Board has a great focus on Policy and Governance, has a brand new strategic vision and our Agency is on fairly strong financial footing. Nona, thank you.

I also want to thank our Gracekeepers, especially Dave Cooke, Alan Revill, Ken Rogers and the staff lead on many projects, Andy Mills. We now have a great and accessible entranceway into the admin and food bank portables. Dave and Alan regularly tackle all sorts of property challenges here at the Grace Centre and their help is immeasurable. Thank you, all.

I thank our volunteers. SFCSC now benefits from more than 200 active volunteers, from our Board members, to drivers, to garden volunteers, kitchen helpers, hospice visitors and many, many more. We can do what we do because of your involvement and your caring nature for others in our community. Thank you.

Finally, I want to thank our staff. Each of you regularly goes above and beyond. And all because you care for the people we serve. Thank you.

Volunteer Opportunities

Diner’s Club – Volunteers are needed 1 to 2 times per month, to help set up and clear tables, serve coffee, tea and meals and socialize with seniors at different locations around South Frontenac.

Adult Day Program – 2 to 3 hours per week, volunteers are needed to support activities in our Adult Day Program by visiting with clients, engage in activities and helping to prepare and serve snacks and lunch.

Seniors Fitness Course

By Joanne Silver, SFCSC

Over the course of a few weekends in September and October, three staff members and six volunteers took part in the internationally accepted Seniors Fitness Instructor Course. They spent 32 hours under the tutelage of Pat Ecclestone and learned how to design and deliver fitness programs designed for the needs and abilities of older adults.



As we age, it is even more important to stay active. This internationally recognized training (even approved by the United Nations!) allows our organization to provide high quality, standardized fitness programs for aging adults in our region. All nine participants passed the course: The volunteers were Martin Leo, Lynda and John Trommelen, Judy Herrington, Martin Guenette and Barbara Heins. Some are even furthering their training to become instructors themselves.

The volunteers have expressed great interest in bringing this new knowledge to other seniors' programs, such as SFCSC's Diner's Clubs. They are looking at incorporating free ballroom dance lessons and holding a monthly "Tea Dance" before or after a Diner's Club lunch. They have also begun helping out with the Country Pines exercise program.



Our Adult Day Service Program staff who completed the course feel that the knowledge and theory gained through the Canadian Centre for Activity and Aging can be applied to any senior. Their training ensures that ADS staff are motivating clients through best practices. Tania and Brown are both excited to extend their training through the Functional Fitness for Older Adults (FFOA) course in the future, to provide more specific fitness activities to our clients in Adult Day.

SFCSC would like to thank and acknowledge the Province of Ontario who funded this training opportunity through the Ontario Sport and Recreation Fund.



Freshly brewed coffee, tea and pastries.

Volunteer-run café at the Grace Centre.

Every Tuesday morning 9:00-11:30am.

NEWS & UPDATES



Volunteer Appreciation Event

On Friday, October 20th we held our annual Volunteer Appreciation. More than 80 volunteers and guests joined us in the Grace Hall for a breakfast served up by staff. Special guest speakers Nona Mariotti and Anne Kenny shared their personal stories about how our volunteers and services have played a role in their lives. Volunteers went home with cookies, draw prizes and warm hearts.

Heritage Foundation Award for Conservation

On October 11, Andy Mills accepted an award on behalf of SFCSC from the Frontenac Heritage Foundation. We are honoured to have been one of four recipients of a Certificate of Commendation at the 2017 Heritage Conservation Awards. The Award was presented by Foundation President Shirley Bailey, and was in recognition of the limestone repointing carried out this summer and repurposing of the historic 1861 former church building as a viable community space. Edgewater Stonemasons who completed the repointing work, were awarded a Certificate of Appreciation for their work.



This project was funded in part by Ontario150 Community Capital grant program, for which we are grateful.

OESP Renewals

Residents who have been enrolled in the Ontario Electricity Support Program for two years are now in a position to renew. Utilities companies will be sending out reminders in their winter bills. In most cases, you should be able to do this online. If you need to renew and need assistance, please contact us to book an appointment. 613-376-6477.



Ontario Energy Board

Ontario Electricity Support Program

Apply Now

THERE'S HELP FOR LOW-INCOME HOUSEHOLDS

You may qualify for a reduction on your electricity bill.

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The community, around Debbie and Terry has also reached out to assist them. Some friends and neighbours often stop by for a visit, others call, some bring a hot cooked meal and two neighbours recently delivered wood for the winter.

Terry and I have developed a comradeship. The experience has enriched my life and taught me that I want to focus my future ministry on people. I want to be out in the community involved in a variety of services. That is what is important to me, bringing the compassion of the One I believe in to a person in need.

Judy Compton: Volunteer Profile

If you find yourself in the Grace Centre's kitchen early in the week, chances are that you will meet the soft-spoken Judy Compton.

Judy has been a volunteer at SFCSC for over three years, and puts in about 8 hours a week: on Mondays, she does prep work for our meal programs, and on Tuesdays, she helps prepare Hot Meals on Wheels that are delivered to dozens of seniors across the region.

On Wednesdays, Judy spends as much as four hours helping out at our Diners' Clubs luncheons across the region. "I really enjoy it," says Judy, "so many people know me from my past work, and I get to see them and be engaged in the community."

Judy worked for 28 years at the Sydenham Medical Clinic as a Medical Secretary. She has three grown sons, and six grandchildren ranging from 16 to 28 years old. When her husband, Richard, died three years ago, Judy was looking for ways to keep busy. "I like to get out of the house. Volunteering keeps me connected," Judy says.



Aside from volunteering at SFCSC, Judy enjoys spending time with her family, and her sister is her traveling companion. "I'm not one for long trips, but we visit B&Bs, spas; go on overnight trips." Judy also walks twice a day to stay active and fit.

Judy has encouraged others to volunteer with SFCSC, and finds it a great fit for her lifestyle. She likes working with our cook, Josey, and the other volunteers. We are grateful to have committed volunteers like Judy who give so many hours over so many years.

Queen's University conducting survey on aging in South Frontenac

Queen's University is conducting a research project on people's experiences with aging, and is looking for older adults to complete a survey about senior's services in South Frontenac Township.

The survey should take between 10 and 20 minutes to complete. There's also an opportunity to be interviewed in addition to the survey, which would take 15 to 30 minutes. If you're interested in helping with this study, please contact Ms. Nicole Raymer at nicole.raymer@queensu.ca or at 613-533-6000, ext. 75641, or you can pick up a copy of the survey at our offices on 4295 Stage Coach Road, Sydenham.

Food Bank updates

Food bank fridge

Thanks to funding from Enterprise and the Gaylea Foods Foundation, the community Food Bank was able to purchase a new commercial cooler. The new fridge is energy efficient, takes up less floorspace than the two older fridges it replaces, and almost doubles our refrigerated storage space, allowing us to keep more perishables on hand and save money with bulk purchases.



October 21 Food Drive Results

Thanks to Sydenham and Verona Foodland grocery stores, our volunteers collected 780 pounds of food and \$993 in cash donations on October 21, to re-stock the food bank as we approach the winter. Thank you South Frontenac!

Food Bank Current Needs

Rice

Cereal

Toilet Paper



Donations of cash are always welcome and are used to purchase meat, eggs, dairy, and fresh fruits and vegetables

OPP "Stuff the Cruiser" Holiday Food Drive



Saturday, December 9
Sydenham and Verona Foodland Stores
9:00am to 3:00pm

FOODLAND

Portables now fully accessible



On a cool Saturday, a team of volunteers led by Dave Cooke built a ramp to allow access from our main building to our office and food bank portables, making them now fully accessible. Thank you to our hard working volunteers, and a special shout out to Atkinson Home Hardware who donated their work preparing our construction drawings.



Walk On—Indoor walking program

Fridays, 9-10am, Grace Centre, Sydenham

Diners Club Dates

December 6 —Glenburnie United Church

December 20 —Grace Centre Sydenham

Christmas banquet for Verona, Sydenham, and Harrowsmith Diner's Clubs . There will be door prizes, raffles and Christmas carols

January 11 —Verona Lions Hall

January 17 —Grace Centre, Sydenham

January 25 —Golden Links, Harrowsmith

February 7 —Glenburnie

February 8 —Verona

February 14 —Sydenham

Office Closed

December 25—Christmas Day

December 26 —Boxing Day

January 1 —New Year's Day

February 19 —Family Day

Hot Meals on Wheels and Frozen Meals

Every Tuesday. Call 613-376-6477 to order

Good Graces Café

Every Tuesday morning 9:00-11:30am

Sydenham Seniors Social Club

Every Tuesday afternoon 12:30-2:30pm

Bereavement Support Group—Sharbot Lake

Last Thursday of each month. Call Sandy for details.

SFCSC United Way target achieved

SFCSC staff beat their target with over \$2900 raised to support the United Way KFL&A 2017 Campaign, with 100% staff participation. **We are proud to be a United Way partner agency.**



United Way
Kingston, Frontenac
Lennox and Addington

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www.sfcsc.ca



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