

SFCSC NEWS

Updates, events and program news from Southern Frontenac Community Services



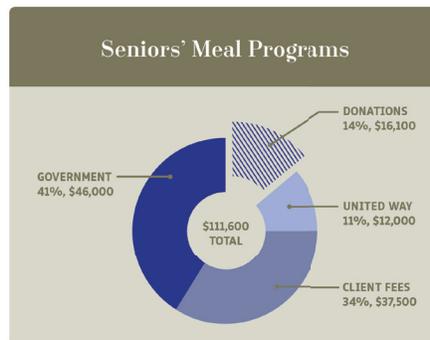
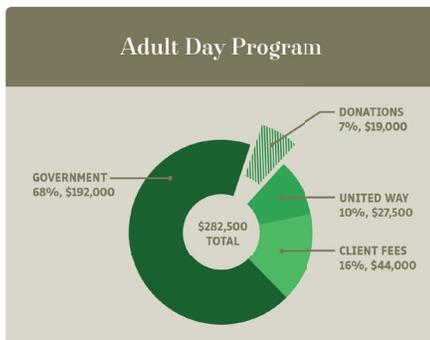
Up To The Challenge

2017 Annual Enhancement Campaign - June 2017

Statistics Canada recently made headlines by saying that for the first time in Canadian history, Canada has more seniors (65+) than kids (0-14), and in fifteen years, seniors are expected to make up 25% of the population. That statistic is reflected in Frontenac County, with an even higher proportion of seniors. With this new reality, come many challenges around health care, living at home, transportation, and more.

Although many of our programs and services receive government funding, it unfortunately does not keep pace with the growing pressures of this population shift. To be able to keep costs low for seniors and low-income families, we rely on our wonderful donors and sponsors. Together, we are up to the challenge.

For the month of June, we are asking you to consider making a donation to support SFCSC programs and services. We are once again participating with the **Great Canadian Giving Challenge – every dollar donated online during June gives us a chance to win \$30,000 through Canadahelps.ca.** To donate, go to www.sfcsc.ca/donate or contact Andy at 613-376-6477 ext. 205.



SFCSC Programs receive funding from Government, Client Fees, and Funding Agencies (like the United Way), but we rely on contributions from Donors and Fundraising to meet the increasing demand and keep costs affordable for seniors and low-income families.

THIS ISSUE



Garden Expansion | Seniors' Fitness Instructor Course | Enabling Accessibility
Rural Summit on Poverty and Housing | Steel Magnolias at Domino Theatre

ED CORNER



I would like to take this opportunity to thank a whole lot of people.

First are our clients – for trusting us to help them remain in their own homes longer and later in life. We have helped you do that through provision of seniors’ health supports and programs, for working with the homeless or those at risk of homelessness and to those who benefit from additional food security.

Secondly are the more than 185 actively engaged volunteers – our drivers, our garden helpers, our Board and all those who really allow us to remain nimble and responsive to the needs in our communities.

Thirdly to our brokered workers who deliver much needed services and supports in our clients’ homes.

Fourthly to our donors, funders and supporters. Your financial support last year allowed us to serve 902 seniors, providing them with over 18,000 direct services, to more than 300 families facing and dealing with their own housing crisis and the more than 150 households that received food security and assistance from our agency. Government funding is limited and we really thank all of our donors who contributed over \$150,000 to support our local population remain local.

And finally, I wish to thank my dedicated team of staff. Each and every one of you has gone above and beyond. Together, all of us, we make a great team that does great work in our community.

David Townsend
Executive Director

Message from the Chair



It has been a busy spring at the board level as we prepare for our Annual General Meeting on Friday June 23. The Policy Committee is completing a review of our policies as we move towards a Governance Board. The newly revised Vision, Mission and Values statements recently passed by the Board will soon appear on our website.

Our Planning and Development committee has generated our “rolling” Strategic Plan for the future direction of SFCSC. It allows us to add on as we move through the measurement criteria and experience changes within all our partners.

A new committee has been established to prepare an informal study for the SFCSC board to recommend direction regarding the possibility of entering into Seniors Housing. The Township of South Frontenac has published on their site their commissioned study *Business Plan for Seniors Housing*. The Grace Centre seems to play an instrumental role in this plan. However, this concept needs to be extensively researched by the SFCSC Board as to the feasibility of it in conjunction with our present growth needs and the sustainability of our programs. Stay tuned.

This spring we also hosted a successful Community Outreach Day April 28th for agencies within Frontenac County. We received excellent feedback with a request to meet again in 6 months

Nona Mariotti
Chair, Board of Directors

UPDATES

Rural Summit on Poverty and Housing

On April 18, about 50 community members and agency representatives met in Sharbot Lake for the 2nd Rural Summit on Poverty and Housing, where they received presentations on models for shared housing that might best suit our rural region. The highlight was the presentation about Places for People, an organization that has successfully developed affordable rental housing in the Haliburton area. For more info, contact Louise Moody at North Frontenac Community Services, 613-279-3151

Community Spaghetti Dinner at Grace Hall

The Community Spaghetti Dinner, organized by our Food Bank volunteers, was a great success. Over 150 bowls of pasta were served and over \$1,500 was raised which will support accessibility improvements for the new Food bank location.

A Special Day for Hot Meals

We would like to thank South Frontenac Mayor Ron Vandewal and members of our local OPP and Paramedic detachments who spent April 4th, hard at work preparing over 30 hot meals and delivering them to seniors and home-bound clients across South Frontenac.



Good Graces Café

Tuesdays, 9:00-11:30am

Eat in or Take out

The pilot project has proven to be a success, and now the café is being run completely by dedicated volunteers. The café will continue to offer delicious baked goods and quality fair-trade, organic brews from North Roast Coffee every Tuesday morning throughout the summer.



NEWS

Garden Expansion

Thanks to a generous donor and grant from the Community Foundation for Kingston and Area, we have begun planning our garden expansion and outdoor enhancements. Ashley Dufresne, a Sydenham native and recent graduate of Ryerson University's Interior Design program, has volunteered her time to render conceptual drawings. Come to our AGM on June 23 to hear more about this exciting project.



Youth Volunteer Program

We are excited to launch a new pilot program this fall thanks to a community project grant from the Township of South Frontenac aimed at helping us open our doors wider to community youth. The program will provide after-school volunteer opportunities for 8-10 local youth, three days per week, starting in the fall. Watch for more information by following us on Facebook!

Seniors' Fitness Instructor Course

SFCSC received word that it will be receiving a grant of \$8,112 from the Ontario Sport and Recreation Communities Fund. This grant will enable our program staff and a pool of volunteers to become certified seniors' fitness trainers by completing the internationally recognized Seniors' Fitness Instructor Course (SFIC). Contact us if you are interested in taking part.

Enabling Accessibility

We are excited to announce that we received a \$49,500 grant from the federal government's Enabling Accessibility Fund which will allow us to create an accessible ramp and entrance to the lower level of the Grace Centre where our Adult Day Program operates. Expected completion by October 2017.

E-Blast! Sign up now

Over 650 people are signed up to our monthly(-ish) e-mail newsletter, "Happenings." Each issue highlights four or five current events and program updates.

Sign up and stay in the loop by emailing:
andy.mills@sfsc.ca

Volunteer Profile Paul Owen and Sue Cummins

Paul and Sue started volunteering at SFCSC in October of 2016. They had been discussing getting involved with the community for quite awhile and had just left the grocery store and decided to stop by the food bank in Sydenham. The receptionist at the food bank asked if they had time to meet with volunteer coordinator Heather to discuss options, and shortly after began volunteering with SFCSC.



Currently, they deliver hot meals to people enrolled in the program within South Frontenac. Paul has worked a bingo or two and Sue has helped out in the kitchen.

They moved to the area about 10 years ago and both fell completely in love with it and have no plans of leaving. Paul and Sue felt strongly about contributing to the local community and wanted in some way to give back. Volunteering provided them with a way to see other aspects of the community that they may not otherwise have had a chance to see.

Paul and Sue weren't sure what they could offer until taking the first step that day at the food bank. Since getting involved they have met wonderful clients, including an inspiring lady named Margaret. Margaret is the type of person to greet you everyday with a smile as she is doing work around her house. Even though she lives next to Grace Hall, Paul and Sue go out of their way to make sure they deliver a hot meal to her, a truly remarkable lady.

The couple have always felt very blessed, and proud to be a part of a worthy cause. They encourage everyone to not be afraid of trying something new and to get involved, you will be glad you did!

Grade 7 Challenge Program

Each year, students from Loughborough Public School help nurture our vegetable garden to life. Planning for the garden begins in February with SFCSC Gardener Janette Haase and grade 7 teacher Alan Macdonald. The hands-on involvement of the Loughborough students begins shortly thereafter.

Students begin to plant seeds and seedlings in early March, and as soon as the frost is out of the ground, the students are in the garden on Tuesday mornings, digging, planting and picking produce for the food bank, and our seniors programs.

For the students, working in the garden is not just an opportunity to help. Their curriculum for their school year is based on understanding food systems and sustainability as well as food security.

Staff Profile

Jan Lakins, SFCSC Main Receptionist

How long have you worked with SFCSC? I first checked in with the agency as a client with visual issues that made it unsafe for me to drive. That was approximately in 2005. In 2006, feeling better physically, I wanted to give back so I became a friendly visitor, volunteer and thoroughly enjoyed the elders that I was visiting.

How did you first get involved with SFCSC? I was approached to volunteer on the reception desk after several months and as the hours that I was asked to fill in for increased greatly, then the paid position became available. I started with 1 day/week, then gradually increased to 4 days/week.

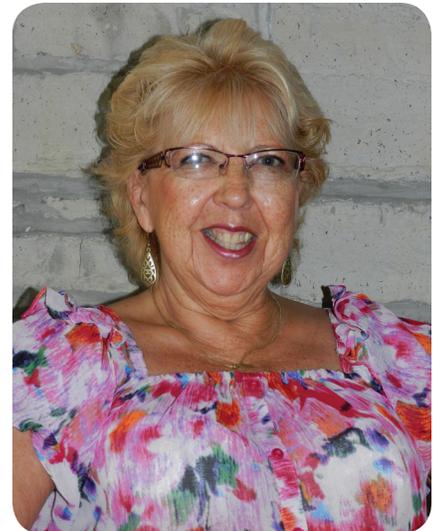
What is your favourite SFCSC moment or story? One of the most memorable stories, and there are many, was having a client come back in, after we had financially assisted their family. The client personally handed me \$200.00, saying that we had helped them so much that now when they had received a lump sum of money, just wanted to give back so that we could help others. Brought tears to my eyes.

What do you like doing outside of work? Outside of work I like to read, travel, and love spending time with my 5 rescue cats all rescued in various ways. I am also very involved in my community church group.

Most interesting place you have travelled? I have travelled many winters to Mexico, Bahamas, Jamaica, Puerto Rico, St Maarten and Dominican Republic. The most faraway and interesting places that I have travelled to are England, Wales and Scotland. When I completed my qualifications as a Registered Electroencephalograph Technologist, I sailed the ocean blue on the Empress of England to work in London for a year.

Favourite book, movie and TV show? TV shows like Dateline, Murdock Mysteries and I get a real laugh out of Judge Judy. Have been loving Downtown Abbey. Books, the Bible, Devotionals and currently reading the Angelic Letters series by a western Canadian author. Movies, mostly British films set back in the war time.

Any final thoughts? I enjoy working at SFCSC, I believe it is a great agency. Enjoy doing a job that I feel is caring and giving to the community.



HAPPENINGS

Steel Magnolias at Domino Theatre



SFCSC is holding a Theatre Night Fundraiser at Domino Theatre on Wednesday, June 21. Domino presents high quality productions and will be presenting Steel Magnolias by Robert Harling at 7:30pm. General admission tickets are \$20 each and can be purchased at the SFCSC office, or online through our website: www.sfcsc.ca

Directed by Pauline Jodoin: In Chinquapin, Louisiana, all the ladies who are anybody come to Truvy's beauty salon to have their hair done. Helped by her eager new assistant, Annelle (who is not sure whether or not she is still married), the outspoken, wise-cracking Truvy dispenses shampoos and free advice to the town's rich curmudgeon, Ouiser; an eccentric millionaire, Miss Clairee, who has a raging sweet tooth; and the local social leader, M'Lynn, whose daughter, Shelby (the prettiest girl in town), is about to marry a "good ole boy." When tragedy strikes, the ladies draw on their underlying strength and love.

Annual General Meeting

Friday, June 23 - 7:30am

We are pleased to welcome Gina Johar as our keynote speaker at this year's AGM. Ms. Johar is the Senior Data Analyst and Integration Consultant with the South-East Local Hospital Integration Network (SE LHIN). She will be speaking to us about integrated health records and how patients, and providers like SFCSC, can take advantage of improved data access to provide better care. Breakfast will be served at 7:30am followed by the SFCSC AGM at 8:00am and Ms. Johar at 8:20am. Please RSVP in advance. Ask about becoming a member to participate in official business.

Movin' and Groovin'

Exercise classes for seniors of all mobility!

Every Monday from 2:00pm - 3:00pm at Country Pines, Second Floor, Common Area.

Every Tuesday from 9:30am - 10:30am in the Maple Ridge Apartments, Sydenham, Common Room.

Classes are free and led by certified Senior Fitness Instructors. Open to anyone in the community. Contact Joanne at 613-376-6477, ext. 303 to find out more.

***Indoor Walking program** has suspended for the summer months but will resume in September on Friday mornings from 9:00am - 10:00am at the Grace Centre in Sydenham.

CALENDAR OF EVENTS

Wednesday, June 7

Education session: 'Do Not Resuscitate' Orders and Advance Care Plans

1:00-4:30pm, Grace Hall, 4295 Stage Coach Road, Sydenham. No fee for this session.
Please contact Sandy if you are interested in attending. 613-376-6477 ext. 308.

Wednesday, June 21

Caregiver Support Meeting

Seniors' Centre, 1042 Elizabeth Street,
Sharbot Lake

Wednesday, August 16

Summer Community BBQ at Grace Centre

An annual event. \$11 per person includes BBQ meal and entertainment. Call to reserve your seat!

Diners' Club

For \$11, enjoy a mid-day meal, entertainment and transportation. Meet new friends, enjoy local talent, and learn what's happening in our community. All Diners' Clubs start at 12:00 noon. Call us at 613-376-6477 for info and to arrange transportation, if eligible.

June 7 - Glenburnie United Church

June 15 -Verona Lions Hall

June 21 -Sydenham, Grace Centre

June 29 -Harrowsmith, Golden Links Hall

Upcoming Regular Board Meetings

SFCSC Board meetings are open to the public.

Wed, June 7. 4:00 - 6:00pm. (Grace Centre)

Wed, August 2. 4:00 - 6:00pm. (Location TBD)

Wed, September 6. 4:00 - 6:00pm. (Location TBD)

Office Holiday Closures:

July 3, Monday – Canada Day

August 7, Monday – Civic Holiday

September 4, Monday – Labour Day



P.O. Box 43, Sydenham, ON K0H 2T0

Grace Centre: 4295 Stage Coach Road, Sydenham, ON

T: 613-376-6477 or 1-800-763-9610 E: info@sfcsc.ca

