

NOVEMBER 2021

GIVING
TUESDAY

Together
we give.

Nov 30, 2021



What is GivingTuesday?

Created in 2012, simply put, GivingTuesday is the 'Opening Day' of the giving season. It is a global movement when people come together to support their favourite causes, think about others and inspire acts of kindness.

Having originated in the United States, organizers chose the Tuesday after Thanksgiving in an effort to celebrate philanthropy and kindness during a week that's often associated with the consumerism of Black Friday and Cyber Monday, and the lead up to the holiday season.

Does GivingTuesday make a difference?

Absolutely. Last year in Canada more than \$36M was donated online in 24 hours of GivingTuesday. In fact, in 2020 the social media hashtag #GivingTuesday was used in more than 145 countries, and since it started, GivingTuesday has raised more than \$1 billion for charitable organizations.



How does GivingTuesday help SFCSC?

Thanks to our supporters, we've been helping people in our community for more than 30 years. Although we receive some government funding, it is only with the generosity of donors that we are able to provide health support services to seniors, individuals and families in need.

Last year 1,874 people turned to our Food Bank for help, 17,731 hot and frozen Meals on Wheels were delivered and 1,990 health and wellness check-in calls were made to 213 isolated seniors. This is just a snapshot of the work we do and none of it is possible without the help and support of our donors and volunteers.

Will my entire gift go to SFCSC?

You will receive a charitable tax receipt for 100% of the amount donated. A nominal fee for administration is taken from the donation before it is sent to SFCSC.

How do I support SFCSC on GivingTuesday?

It's easy. If you would like to make a donation to us on **GivingTuesday on November 30, 2021** visit: <https://givingtuesday.ca/donation-search> OR [https://www.canadahelps.org/en/search SFCSC](https://www.canadahelps.org/en/search/SFCSC).

**Please make a donation on
GivingTuesday to help us help others.**



Grace garden was plentiful this year and provided lots of organic fresh vegetables and herbs that were used for our Meals on Wheels program and in our Food Bank hampers. What we didn't use there we sold at our weekly fresh vegetable market with all monies put towards our food security programs.

Thank you to everyone who supported our market, and thank you Kingston Community Credit Union and Concentra Bank for your generous \$7K donation at the beginning of the garden season that allowed us to buy the materials needed that helped our garden to flourish. As well, a big thank you to our hard working volunteers and Loughborough Public School students who tend our garden throughout the season. From planning to planting to harvesting, we couldn't do it without the kindness and support of others.



Thank you Loughborough Public School students for your help with our garden.

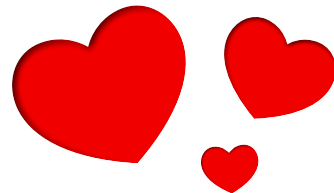


COMMUNITY CARING FUND

Hartington Community Caring is a little second hand store with a big difference – all of the proceeds raised at the store return to our community! Here at SFCSC, those proceeds support our Community Caring Fund which helps individuals and families facing financial challenges.

When you drop off outgrown or unwanted clothing, toys or other household items (no furniture, please) at the store at 5597 Road 38 in Hartington, you are helping families throughout South Frontenac. Our Community Caring fund has assisted people with unexpected costs such as transportation for a trip to a medical specialist, assistive devices and mobility aids, new baby items, emergency heating fuel or repair costs. Applications to the fund must be made through our Family Services Coordinator, and there is a limit of \$400 per household, depending on the availability of funds.

Next time you are in need of an item, consider buying used, and shopping through this little store full of treasures in the heart of Hartington. You never know what you may find, but you can be sure that every penny spent is helping your friends and neighbours.





A MISSION TO SERVE



The Lions Club is a wonderful friend to SFCSC. We share a similar mission to work with others to support the health and well-being of our community, and we are both committed to helping people in need.

Our area Lions have always been great supporters of charitable organizations and throughout this pandemic they've gone the extra mile to help meet the challenges and needs of others as a result of this community health crisis. We are thrilled and grateful to accept a \$2,500 donation from Storrington Lions Club and a \$1,500 donation from Verona Lions Club.

Although we receive some government funding, it is not enough to cover the costs of supporting all of our programs and services, and donations like these are essential to our ability to help some of the most vulnerable people in our community.

Thank you Lions for everything you do. You help make our community even better places to live.

(left to right) Lions Bruno & Dale, David Townsend, SFCSC Executive Director, Verona Car Show leaders Julie & John.

THEY'VE GOT GAME. IN MORE WAYS THAN ONE!

Thank you Frontenac Pickleball Club (FPC) for your generous donation of \$523! You're not only skilled at the sport of Pickleball, you're also really good at supporting our community. Your donation directly impacts people in our community through the health and wellness programs we offer including our Food Bank, senior's services, Meals on Wheels and more. Your donation will be well used. Last year we provided 27,032 services through health support programs for frail seniors and this is only possible with the help of donors. You are wonderful community champions and we are grateful to call you friend.



(left to right) Sandra (FPC), David (SFCSC), Bryce (FPC) & Ashley (SFCSC)

SALT



SALT (Seniors and Law Enforcement Together) is a program designed to bridge the gap between senior citizens and The O.P.P. SALT is comprised of a group of community minded individuals who volunteer their time to plan and organize events every other month across South Frontenac. All events include a presentation on topics of health, safety and crime prevention as well as a free lunch!

Check out the new SALT website for more information, www.frontenacsalt.ca. Are you interested in becoming a member of the volunteer SALT committee? Please contact Joanne Silver, Meal Programs Coordinator, joanne.silver@sfcsc.ca or 613-376-6477 ext. 303.

WHAT: Seniors and Law Enforcement Together (SALT) is a program designed to bridge the gap between senior citizens and law enforcement in the Township of South Frontenac.

TOPIC: CNIB on Vision Loss in Seniors – find out about resources available to seniors including

free products for partially sighted seniors to assist in independence

WHEN: Friday, November 19

WHERE: SFCSC, 4295 Stagecoach Rd., Sydenham

TIME: 11:30 a.m. - 12:30 p.m.

REGISTER: All participants MUST REGISTER for the event

- Online at <https://frontenacsalt.ca>
- Call Southern Frontenac Community Services Corp. (SFCSC), 613-376-6477 x.303
- Email joanne.silver@sfcsc.ca

ALL SALT EVENTS ARE FREE AND INCLUDE A FREE TAKEAWAY LUNCH!



NOVEMBER 2021



THANK YOU ST. PAT'S!

The kids at St. Patrick Catholic School in Harrowsmith are the best. They did a food drive to benefit our Food Bank and together they collected 590 pounds of food. 590 pounds!!

Thank you to all of the students and supporters who helped to make this happen. Last year we provided 14,532 days of food to South Frontenac families in need and your donation makes a real difference in our community.



DESERT LAKE FAMILY RESORT DID IT AGAIN!

Sherry-Lynn has done it again! The longtime summer resident at the Desert Lake Resort organizes an annual collection for our Food Bank that delivered 632 pounds of food this year, plus a cash contribution of more than \$350. A huge thank you to Sherry-Lynn and her fellow campers for their outstanding generosity!

NOVEMBER 2021



VISION SOUP

**Saturday,
November 20th
11:30am – 1:30pm**

It's the time of year when the temperatures are getting colder and what doesn't feel better than a nice bowl of delicious hot soup? How about some great homemade soup plus a beautiful, handcrafted pottery bowl **and** helping people in our community?

On Saturday, Nov. 20th 11:30am-1:30pm, come to the Grace Centre at 4295 Stagecoach Rd. in Sydenham. For \$25 and a donation to our Community Food Bank, you can buy a beautiful pottery bowl and a takeaway container of soup.

THIS IS HOW THINGS WILL GO...

- Come to the front doors of Grace Hall
- Review the list of soup choices so you know what's available
- Enter the Hall (mask required of course)
- Go through a Covid-19 screening
- If you 'clear' you'll sign-in (for contact tracing purposes)
- Use hand sanitizer (when you enter and when you leave)
- Choose your beautiful pottery bowl
- Pick up your soup (takeaway container)
- Exit through the door at the back of the building (in one door and out the other)

WHAT: VISIONSoup

WHEN: Saturday, November 20

WHERE: Grace Centre,
4295 Stagecoach Rd., Sydenham
(limited number of people inside
at any one time)

TIME: 11:30 p.m. – 1:30 p.m.

COST: \$25 and a food bank donation
(non-perishable food item)

TICKETS:

Purchase in advance by e-transfer to VisionSoup2021@gmail.com, cash will be accepted at the door if necessary but please bring the exact amount (\$25) to limit the handling of money.