

DECEMBER 2021 – JANUARY 2022

GRATITUDE IS IMPORTANT EVERY DAY OF THE YEAR, BUT AT THIS TIME, IT'S MORE IMPORTANT THAN EVER.

THIS IS A SNAPSHOT OF OUR FIRST ELEVEN MONTHS OF 2021.

Jan - Nov 2021



FOOD BANK

Food hampers to help **1,700 residents & 552 children**



MEALS ON WHEELS

17,147 hot & frozen
Meals on Wheels
delivered

27,823

HEALTH SUPPORT
SERVICES
Provided



COMPASSIONATE CARE

1,469 hospice/palliative
care visits



OUTREACH

1,000 health & wellness
check-in calls



TRANSPORTATION

1,623 drives for seniors

Some may look at these astounding facts and figures and think, wow, **27,823 health support services provided?** I didn't know SFCSC did all of these things. Or, **1,700 people and 552 children needed the Food Bank?** That's staggering. Almost **1,500 compassionate palliative care visits?** Over **1,600 drives for seniors** to medical appointments and essential errands? SFCSC produced **17,147 hot and frozen meals** from January to November? From that little building? How is that even possible?

We look at these stats and agree. **Wow, these numbers are huge!**

We know exactly how it's possible. In a word, **community.**

Volunteers, donors, friends, partners, clients, families. Everyone contributes and by working together we help others. It really is that simple. We are all putting Community First.

And for this we want to extend our sincere thanks for everything you do for us.

WITH A LITTLE HELP FROM OUR FRIENDS

Our Garden Guru Mr. Macdonald and his Loughborough Public School Challenge Program students worked so hard for us this year tending our garden. With their help, **our garden yielded over 3,000 pounds** of organic produce this season!

The hard-working students didn't stop there. They talked about the idea that fruit trees are perennials that will grow bigger over time and provide an increasing source of fresh fruit. They also considered that as the trees grow, they help stop climate change by removing carbon dioxide from the air.

their next step was to use their literacy skills to apply for a grant from Rotary Club to help with the costs of the project. The grant was approved (congratulations!) and the trees were purchased. The kids ordered a few apple varieties, some plumb and a mulberry – **22 trees in all.**

Then with the good weather we had, the students planted all of the trees in mid-November and in time we'll have fresh fruit to add to our meals and food hampers.

Thank you Loughborough Public School students, Rotary Club and Mr. Macdonald for your support and hard work.



Fresh lettuce in December?!

We're not sure how it's happening but that's why Mr. Macdonald is the garden guru and not us.

A group of children in winter clothing are standing in a line in a grassy field, planting small trees. Some are using wheelbarrows. The background shows a line of trees and a clear blue sky.

Loughborough Public School students get to work to plant the fruit trees they donated to SFCSC.

GIRL POWER!

Nine-year old Aoife and five-year old Della are small girls with big hearts. Every year their family takes on a project to raise money for charity. Aoife learned about food banks in school, and this year she and her sister decided to support our Food Bank. They sold some of their toys, invited and accepted donations, and they raised \$150!

Thank you ladies for thinking of others and being so kind and selfless. You are making a difference in your community.



Aoife (left) and Della (right)
each raised \$75 to donate to the Food Bank



A LITTLE EXTRA CHEER

Our local OPP detachment and St. Lawrence College Police Foundations students held a very successful food drive for us at Foodland Sydenham on the day of the Santa Claus parade. With their help and the generosity of our community, 935 pounds of food were donated (!) as well as \$460 in cash donations.

It didn't end there. Our friends at Foodland continued the Food Drive with beautifully decorated Christmas bags by Loughborough Public School students. What a lovely and cheerful surprise for our Food Bank clients. Thank you Foodland Sydenham, Loughborough students and everyone who helps to keep our Food Bank shelves filled.

CAN YOU HANDLE A HONEY-DO LIST?

If yes; then honey, we need you!

We occasionally have tasks that require someone who is handy with basic repairs and maintenance. If you have the skills and the time we'd love to hear from you.

We'll add you to our volunteer list and send emails with job descriptions on an as-needed basis.

PLEASE CONTACT:

Melissa at
melissa.elliott@sfcsc.ca
if you can help.



WE NEED YOUR HELP.

We all thought, or at least hoped, that this pandemic would have settled by now...

Since the pandemic began, we've seen a major surge in the number of people reaching out to us for help. You've seen our stats, almost 30,000 health support services provided since the beginning of the year, 1,700 residents and 552 children using our Food Bank.

Times are tough. High food prices, high housing prices, increased unemployment, and the cost of living continues to rise. At the same time government programs for Covid assistance for individuals and families have now been eliminated or are in the process of winding down.

The government Covid assistance funding opportunities are also coming to an end for us.

We are bracing for a significant increase in the demand for our support services and we need your help. Please consider making a donation to SFCSC so we have resources in place to help those who need it most.

Every dollar donated stays right here in our community. Every dollar donated is used to support our programs and that's the only way these donations are spent.

There is no such thing as a small gift, every donation is important. It is the strength of community, of everyone doing what they can and working together towards a common goal that will always bring success.

SIMPLE AND EASY WAYS TO DONATE:

Online: www.sfcsc.ca/donate

E-transfer: send to ally.dickson@sfcsc.ca marked '2021donation'

Call: 613-376-6477 ext. 308

Mail or Deliver: cheque payable to Southern Frontenac Community Services, 4295 Stagecoach Road., Box 43, Sydenham ON, K0H 2T0 (drop-off in mailbox on Portable 2 if coming on site)

Charitable tax receipts will be issued for ALL donations.

Thank you. You are making a difference in our community and we are truly grateful for your generosity and kindness.



MCDUGALL ENERGY COMMUNITY INVESTMENT PROGRAM DONATES \$9,000 TO LOCAL CHARITIES

McDougall Energy Inc. (“McDougall Energy”) is committed to the communities they serve. They have donated \$9,000 toward three area organizations and we are incredibly grateful to be one of them. Our Food Bank, the Gananoque Food Bank and the Kingston Humane Society have all received \$3,000.

The SFCSC Food Bank is run by a dedicated group of hardworking volunteers and is available to anyone in South Frontenac and rural Kingston (north of Hwy. 401) who needs help putting food on the table.

“McDougall Energy is built on the support of the people living and working within the communities we serve, and local investments are an essential part of our business”, says Darren McDougall, President of McDougall Energy Inc. “Our company entered the Kingston market in June of this year through the acquisition of Rosen Energy. We are committed to continuing the local team’s efforts in supporting essential services and organizations within the Kingston region. We are proud to support these three organizations as they provide necessary services to the local community, especially as the holiday season approaches.”

The SFCSC Food Bank has always served a high volume of clients, and with the onset of the COVID-19 pandemic, the number of people reaching out for assistance has increased significantly. And that number continues to grow. Since the beginning of 2021, more than 500 households have received food hampers that helped almost 1,700 residents, including 552 children.

We receive no government funding for our Food Bank. We rely entirely on personal and corporate donations to keep the Food Bank operating and supporting those in need.

“This gift from McDougall Energy makes a difference in the lives of many area residents by helping provide food to those who would otherwise go hungry,” says David Townsend, Executive Director of SFCSC. “The support from McDougall Energy will offer help and food security support for those who need it, and we are tremendously grateful for it.”




McDougall Energy team members present cheque to Southern Frontenac Community Services Corporation (SFCSC) Food Bank (Left to right) David Townsend, SFCSC Executive Director; Janice Bullett, McDougall Energy Account Manager, Kingston; Mike Cook, McDougall Energy Territory Manager - Home Market, Kingston; George Eckford, McDougall Energy Territory Manager - Business Markets, Kingston

Friends,

In a year that continued to bring us overwhelming challenges, we have also seen warmth, care and commitment demonstrated at every turn. We want to sincerely thank you for your support and pass on our warmest wishes to you and your loved ones.

At times like this, we all need to be there for each other, and we are inspired and appreciative of the willingness of our family of clients, volunteers, staff and friends to adapt to the difficulties presented by this ongoing pandemic. This experience is a reminder of the strength of community and what we can accomplish when we work together.

Your Friends at Southern Frontenac Community Services

A cartoon illustration of Santa Claus with a white beard, wearing his traditional red suit with white trim and a red hat with a white pom-pom. He is holding a large, white rectangular sign with a brown border. The background is a winter scene with snow-covered trees and hills under a blue sky with falling snow.

Please take the time this festive season to be kind to yourself and to others. Best wishes for the holidays and a happy and healthy New Year.



HMMMM

Have you been hearing some buzz about the \$750,000 funding we've received from the Township of South Frontenac? Us too.

Here's what we can tell you today. We are incredibly thankful to count the Township as an important and dedicated community partner, and we are forever grateful for their support.

We are excited about future plans but we don't have anything concrete to share...yet.

Stay tuned, we are your source for accurate information and you'll hear more from us soon.

TO BE CONTINUED...

DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y seniors fitness	2 9:30-10:30 Cardio & Strength	3 9:00-10:00 Making Strides indoor walking	4
5 IMPORTANT IF YOU PLAN TO ATTEND AN ON-SITE PROGRAM OR PARTICIPATE ONLINE YOU MUST CALL/EMAIL THE CONTACT PERSON RESPONSIBLE FOR THE ACTIVITY SO THEY CAN RESERVE YOUR SPOT.	6 9:00-10:00 Mobile Y seniors fitness	7 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength 11:00-12:00 Book Club	8 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y seniors fitness	9 9:30-10:30 Cardio & Strength	10 9:00-10:00 Making Strides indoor walking	11 GREEN FONT ACTIVITIES @ PICCADILLY ARENA AND ONLINE RED FONT ACTIVITIES @ THE GRACE CENTRE
12 RED & ORANGE FONT 613-376-6477 x 310 ashley.bates@sfcsc.ca * VON Support Group 613-376-6477 x205 sandy.whaley@sfcsc.ca	13	14	15	16	17	18 ORANGE FONT ACTIVITIES @ THE GRACE CENTRE & ONLINE
19 GREEN FONT 613-376-6477 x 310 ashley.bates@sfcsc.ca	20	21	22	23	24 SFCSC CLOSED FOR THE HOLIDAYS 	25
26	27 SFCSC CLOSED FOR THE HOLIDAYS 	28	29	30	31 SFCSC CLOSED FOR THE HOLIDAYS 	