



It's summertime and we're so pleased that the Covid-19 pandemic is to a point where we are able to invite more people to gather indoors and out. Some programs are available in-person and some are online. There are still protocols in place so masks and social distancing are required for anything in-person, so please be sure to register for activities. Some in-person classes are full but we have wait lists that your name can be added to. We have lots going on and look forward to seeing you soon. Have a look at this month's calendar to find some activities to take part in.

THANK YOU!

We say it all the time because it's true. Our volunteers are the best and they are an integral part of who we are and what we do. Our volunteers help with every aspect of our service delivery from making phone calls, greeting clients and supporting our Adult Day clients. They serve our food bank recipients and help us fundraise much-needed dollars through a variety of venues including working at Bingos with our community partners.

Last month hosted a couple of Volunteer Appreciation BBQs where we took some time to recognize, thank and break bread (or burgers!) with our amazing team of volunteers.



WE'LL MISS YOU!

We are fortunate to have such a dedicated team of volunteers, some of whom have collaborated with us for over 15, 20 and even 35 years! When volunteers retire, it is hard to say goodbye and this summer we've had to bid farewell to some.

As we say goodbye to our retiring volunteers and wish them the very best, we also look forward and issue a great big welcome to our new volunteers who are just entering into this rewarding experience.

Thank you and all the best in your retirement from SFCSC.

Lois Kirkham - 20 years

John Kirkham - 25 years

Glenda & Carl Turner - 20 years

Jean & Carl Pritchard - 16 years

It's a family affair, Janet Gail and Val are sisters!

Janet McComb - 18 years

(daughter Emily has also helped out over the years)

Gail Hansen - 6 years

Val Irwin - 6 years

Norah Przewoznik - 5 years

We have so many volunteer opportunities available, and that means as volunteer needs and interests change they can move within the agency and try new things while continuing to be a part of our team.

Contact Melissa about volunteering with SFCSC, melissa.elliott@sfcsc, 613-376-6477, ext. 209



Joanne (far right), our meal programs coordinator is going to really miss Glenda and Carl who have driven for Meals on Wheels for many years!



Executive Director David (left) and Family Services Coordinator Ellen (far right) are so appreciative of sisters Val and Janet's hard work in the Food Bank over the years.

A MUCH NEEDED SHED

A big thank you to volunteer Gary Farr who planned and constructed our new shed, a much needed addition to our site to house our garbage, recycling and other materials as needed.

Also, a shout out to Sydenham Landscape Products for donating and delivering gravel needed for the project, and to Trousdale's Home Hardware Building Centre for giving us a very good discount on the lumber needed to build the base.

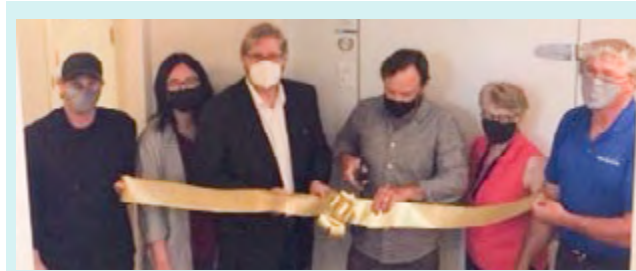
IT'S A WRAP ON OUR NEW WALK-IN FREEZER

We have completed work on our new walk-in freezer! The purchase of the freezer was possible with the support of two charitable foundations; the Community Foundation for Kingston & Area (CFKA), and The Davies Charitable Foundation.

Our food security programs of hot and frozen Meals on Wheels and a community food bank have always been well used, but as a result of the Covid-19 pandemic the demand for them has increased dramatically. Compared to the year previous, the number of Meals on Wheels being provided more than doubled, the number of seniors using the meals service increased by 75%, and the number of days of food provided by the Food Bank for those in need went up over 50%.

SFCSC applied for funds through the CFKA Community Grants program and were the recipient of a \$34,137 grant, the largest amount ever awarded by CFKA.

“As a foundation one of our guiding principles is a commitment to respond to community needs now and as they evolve,” says Rob Wood, Board Chair for the CFKA. “Southern Frontenac Community Services embodies that principle and we are proud to support them in their work to answer the demand for food security supports for seniors, individuals and families in need.”



We were pleased to welcome representatives from the Community Foundation for Kingston & Area and The Davies Charitable Foundation to cut the ribbon on our new walk-in freezer. (left to right) Jason Gilmour, Cook, SFCSC; Yu Jier Kou, Grants Coordinator CFKA; Rob Wood, Board Chair, CFKA; Andrew Davies, The Davies Charitable Foundation; Ellen Mortfield, Family Services Coordinator, SFCSC; David Townsend, Executive Director, SFCSC.

The new 416 cubic foot freezer provides enough space for food prep/storage for hot and frozen Meals on Wheels programs, and the Food Bank and garden, as well as daily meals and snacks for seniors in the Adult Day program, the weekly Grace Café and other activities/events as needed.

Pandemic restrictions presented some challenges to the project with various rules around what types of construction

work could occur and when, and how many people could be in the building at a time. A \$9,025 grant from The Davies Charitable Foundation was used towards the costs of installation.

“One of the focus areas that our family’s foundation looks to support is around health,” says Andrew Davies. “The food security programs at SFCSC are so important to the health and wellness of people in the community. This new walk-in freezer has a direct impact on the success of these programs and we’re very pleased to contribute in ways that help SFCSC improve their operations and efforts.”

“This was a big project for us and one we could not have taken on without the help we received from the Community Foundation for Kingston & Area, and The

Davies Charitable Foundation,” says David Townsend, Executive Director for SFCSC. “At one point there were seven full-size freezers on our site and we still didn’t have enough room for food storage. We are grateful to our friends and community partners at the Foundations whose financial support have done so much to aid the thousands of area residents who turn to us for help.”



GET MOVING

Please note in-person programming has a limit of 25 people. You can also join these classes online.

WHAT: Mobile Y Senior's Fitness class

WHEN: Wednesdays

WHERE: Sydenham baseball field @ Sydenham point & online

TIME: 9:30 a.m. – 10:30 a.m.



STRETCH IT OUT

Please note in-person programming has a limit of 25 people. You can also join these classes online.

WHAT: Mobile Y Senior Fitness: Core and Stretch class & online

WHEN: Wednesdays

WHERE: Sydenham baseball field @ Sydenham point & online

TIME: 10:30 a.m. – 11:30 a.m.

REGISTER TODAY:

Contact Ashley Bates
ashley.bates@sfcsc.ca
or 613-376-3477 ext. 310.



WHO'S COOKING? YOU ARE!

We're happy to collaborate with Rural Frontenac Lennox + Addington Allied Health team to offer you the opportunity to join a free virtual cooking class with Paige, a registered dietitian. Learn how to make simple, nutritious recipes from the comfort of your own kitchen. For more information and to receive the virtual link please contact Ashley.

WHAT: Virtual Cooking with Paige

WHEN: Fridays

WHERE: Online

TIME: 2:00 p.m. - 3:00 p.m.



(left to right) Deanna, Yvonne & Margaret enjoy some time together at outdoor Grace Café

CAFÉ AL FRESCO

We are so happy to host outdoor Good Graces Café! Café will run outside on SFCSC patio (weather permitting) every Tuesday until early fall. Come join us for a nice cup of coffee and a baked good, while catching up with your neighbors and friends. All community members are welcome to drop in.

WHAT: Good Graces Café

WHEN: Tuesdays

WHERE: Grace Centre patio

TIME: 9:00 a.m. - 11:00 a.m.



FRESH ORGANIC VEGETABLE MARKET

Thursdays are Market Day at SFCSC! Any produce we have that wasn't used for Meals on Wheels or our Food Bank goes to market. Organic produce and herbs straight from our garden to the market stand beside it. The success of our garden is dependent on donations like the \$7,000 gift from Concentra Bank and KCCU which has helped to provide essential tools and materials. Success is equally dependent on the hard working and dedicated volunteers and students who literally do the heavy lifting for this project. They do all the digging and soil preparation, they do the planting, watering and weeding, and they do all of the harvesting.

Proceeds from the sale goes to support Meals on Wheels and our Food Bank. Cash & carry, mask required.

WHAT: Garden Market

WHEN: Thursdays

WHERE: Grace Centre patio

TIME: 12:00 p.m. - 2:00 p.m. (or while quantities last)



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.



UPCOMING EVENTS:

Snowbirds & Travel – current news regarding travel restrictions and what to expect if you travel in winter 2021-22

WHEN: Friday, September 17

WHERE: SFCSC, 4295 Stagecoach Rd., Sydenham

TIME: 12:00 p.m. - 1:30 p.m.

REGISTER: Joanne Silver, joanne.silver@sfcsc.ca or 613-376-3477 ext. 310

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: 12:00 p.m. - 1:30 p.m.

REGISTER: Joanne Silver, joanne.silver@sfcsc.ca or 613-376-3477 ext. 310

GENEROUS DONORS ENHANCE SFCSC MEALS WITH ORGANIC, LOCAL FOODS

By Shary Denes

The fresh and frozen meals prepared by the Southern Frontenac Community Services not only help feed people in the community, but now also support local farms and include organic produce, thanks to the generosity of an area couple.



Looking for a cause to support, the couple came across SFCSC's meals program on its website. While they donate to other organizations by sending a monthly check, the couple said they wanted to do something more substantive for SFCSC. Avid supporters of local farms and eating organic, the couple quizzed the staff about their procurement of foods for Meals on Wheels and frozen-food menus.

Recognizing that the price of local foods can be higher than that of large companies, and organic especially comes at a premium, they said they decided to donate \$7,500 a year, in monthly instalments, to make up the difference in cost between superstores and local farms.

With a few stipulations. The produce and meat had to come from South Frontenac farms and be organic, when possible, the packaged meals had to carry a label identifying the farm, and the couple had to be kept anonymous.

"It's not about us," the couple said in explaining their desire to remain unknown. "It's about helping an organization like [SFCSC] and helping local producers, and helping people get quality food. It's not about us."

The couple also hopes that their idea will inspire others to donate toward local and organic purchases for the meals program.

Josey Cadieux, SFCSC's chef, said the cost of organic food is prohibitive for many of the organization's clients. "Too often the most vulnerable people in our community could never be able to afford organic," she said.

The variety of produce grown locally also has supplemented Cadieux's menu with creative new dishes. For instance, Cadieux said she has transformed spelt berries from Sonset Farm in Inverary into a highly nutritious salad.

Another purchase thanks to the couple's donation? A cow, or at least, a cow's worth of grass-fed local beef, also from Sonset Farm, as well as 30 pounds of lamb meat. "We've had lots of comments on how delicious the food is," Cadieux said.

Along with using the produce grown in SFCSC's own Grace Garden, Cadieux buys foods from a variety of local farms, including Freedom Farm in Battersea and The Fungi Connection in Harrowsmith.

Joanne Silver, coordinator of the meals program, said, "Whenever we can, and budgets allow, we try to support any local business. If there's a business out there in South Frontenac that wants to have a partnership with us, give me a call."

For information about the SFCSC meals program, Joanne can be reached at: 613-376-6477 ext. 303; joanne.silver@sfcsc.ca.

AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <div style="border: 2px solid red; padding: 5px; margin-top: 10px;"> <p>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.</p> <p>RED FONT 613-376-6477 x 310 ashley.bates@sfcsc.ca</p> <p>BLACK FONT 613-376-6477 x310 ashley.bates@sfcsc.ca</p> <p>GREEN FONT* 613-376-6477 x 310 ashley.bates@sfcsc.ca</p> <p>*Outdoor Garden Market 613-376-6477 x 203 ellen.mortfield@sfcsc.ca</p> <p>BLUE FONT 613-376-6477 x310 ashley.bates@sfcsc.ca</p> </div>	2 CIVIC HOLIDAY SFCSC CLOSED	3 9:00–11:00 Good Graces Café 9:30-10:30 Cardio & Strength	4 9:30-10:30 Mobile Y Senior fitness 10:30-11:30 Mobile Y– Core and Stretch	5 9:30-10:30 Cardio & Strength 12:00-2:00 Outdoor Garden Market	6 8:30-9:30 Making Strides– walking program 2:00-3:00 Virtual Cooking class w/ Paige	7
8	9 1:00-3:00 Creative Writing Club	10 9:00–11:00 Good Graces Café 9:30-10:30 Cardio & Strength	11 9:30-10:30 Mobile Y Senior fitness 10:30-11:30 Mobile Y– Core and Stretch	12 9:30-10:30 Cardio & Strength 12:00-2:00 Outdoor Garden Market	13 8:30-9:30 Making Strides– walking program 2:00-3:00 Virtual Cooking class w/ Paige	14
15	16	17 9:00–11:00 Good Graces Café 9:30-10:30 Cardio & Strength	18 9:30-10:30 Mobile Y Senior fitness 10:30-11:30 Mobile Y– Core and Stretch	19 9:30-10:30 Cardio & Strength 12:00-2:00 Outdoor Garden Market	20 8:30-9:30 Making Strides– walking program 2:00-3:00 Virtual Cooking class w/ Paige	21
22	23 1:00-3:00 Creative Writing Club	24 9:00–11:00 Good Graces Café 9:30-10:30 Cardio & Strength	25 9:30-10:30 Mobile Y Senior fitness 10:30-11:30 Mobile Y– Core and Stretch	26 9:30-10:30 Cardio & Strength 12:00-2:00 Outdoor Garden Market	27 8:30-9:30 Making Strides– walking program 2:00-3:00 Virtual Cooking class w/ Paige	28
29	30	31 9:00–11:00 Good Graces Café 9:30-10:30 Cardio & Strength				

RED FONT
ACTIVITIES @
THE GRACE CENTRE

GREEN FONT
ACTIVITIES OUTDOORS
& ONLINE

BLACK FONT
ACTIVITIES @
SYDENHAM TRACK

BLUE FONT
ONLINE ACTIVITIES