



nice to meet you

A relatively new volunteer role is our door greeter. As part of operations during the pandemic, anyone coming to the Grace Centre has to enter through our main doors. Our greeter is there to make sure everyone has a mask, the Covid self-assessment is completed and people sign in so we have a record for contact tracing. Plus, they're the first friendly face people see when they come in and are there to answer questions or help in any way they can.

Lauren and Shirley are two of our volunteers who help throughout the Centre and you'll often see them when they take a shift on the door. Their big smiles are welcoming, the eagerness to help others is genuine, they are kind and capable, and are perfect to take on this important volunteer role.



"I feel happy and excited that I get to come in to work to help people who are in need. I really enjoy helping out in the Food Bank, and I like that I get to help with Meals on Wheels calls."



"I have always been a helper, someone who does what is asked to help make the lives of others just a bit easier. I've been fortunate enough to have not gone through a lot of the struggles this pandemic has put on people. It's because I'm so lucky, that I want to help people."

The provincial government has imposed a province-wide lockdown through the month of April 2021. As always during this pandemic, the safety and well-being of our clients, volunteers and staff is our top priority.

During the lockdown there will be no in-person social activities at the Grace Centre. There will be limited people on-site and if you must come to the Centre please call ahead so we can manage those numbers. Our Food Bank remains open, our Meals on Wheels program continues, Transportation Services to medical appointments are available, as are some essential services if the service providers and clients are comfortable. We are here to help.

APRIL 2021

Ashley, Kayla & Claire are just a few of the students who volunteer in our garden



A leprechaun (aka volunteer Meals on Wheels driver Terry) delivers meals to clients on St. Patrick's Day



2021 National Volunteer Week

Starting April 18th we celebrate National Volunteer Week. We've said it before but it bears repeating, our volunteers are the best. They are essential to the work we do and it is only with their help that we are able to provide health and wellness support services throughout South Frontenac and rural Kingston. Many of our volunteers have given countless hours of time and expertise, and have been members of our team for years. Others are new and some are still in school. We've been lucky to host a number of placement students over the years and our vegetable garden gets a lot of care and attention from Loughborough Public School students.

At the recent virtual 2020 Ontario Volunteer Service Awards seven of our dedicated volunteers were recognized for their years of service helping others. We are proud to count them as members of our team and are grateful for their tireless commitment to our community.

YEARS OF SERVICE

25+

Dick Miller
John Kirkham

20+

Lois Kirkham
David Row

15+

Sharon Smith
Carl & Jean Pritchard



It runs in the family

Viola and her late husband John know a thing or two about leading by example.

True humanitarians, they've been huge supporters of Camp Trillium camps for children with cancer. They spent many a Christmas performing Santa and Mrs. Claus duties for the kids as well as spreading cheer with the frail seniors who take part in our Adult Day program.

Several years ago Viola and John's chosen grandson Dave joined in. They helped to educate Dave about music, shared a love for live performance, and made many special memories together.

Besides a mutual flair and passion for music, Dave, like Viola and John, is community-minded and gives generously of his time and talent. He has volunteered in our Adult Day program, at our Diner's Club events, our annual Christmas lunch and now at our Volunteer Socials. He has a wide repertoire of songs he performs from county to rockabilly to some Celtic favourites. He says he enjoys performing and really likes to make people happy and see their smiles.

Dave's modest about his artistic talent. He plays guitar, he sings and he writes his own music. "I was writing pieces of songs and that felt therapeutic to me at times" he says. "I decided to learn how to write songs properly so I got myself a copy of 'Songwriting for Dummies'".

Sadly, John passed away last year. Viola and Dave miss him a lot but their love of music and volunteering with SFCSC make them feel close to him.



Viola is very proud of Dave. She's his biggest fan and has taken on the role of 'roadie'. She drives him to all of his performances and likes to sit up front beside him while he performs.



A bit of this, a dash of that. It all adds up to a recipe for success

There have been exciting Meals on Wheels changes happening over the past year. Since the Covid-19 pandemic we have seen a consistent and dramatic rise in the number of nutritious and affordable meals we're preparing, packaging and delivering to seniors and those in need throughout South Frontenac.

As always, it is only with the support of donors, community partners and volunteers that we've been able to respond to this demand and help people in ways that are effective, sensible and adhere to pandemic health and safety protocols.

Here's some of the things going on with Meals on Wheels:

1) WE ADDED A THIRD DAY OF DELIVERIES

More people than ever before are turning to us for help. With significant increase in the number of meals being ordered (over 14,000 hot and frozen meals in 2020!) we knew that adding a third day of deliveries is the only way our kitchen can meet that kind of demand. With tremendous support from the **United Way KFL&A** and the **Ontario Community Support Association** along with many personal donors, we are now able to offer meal deliveries on Monday, Wednesday and Friday. This timing is better for clients because it allows for a consistent and steady flow of meal deliveries through the week, and given the size of the meals our chef Josey produces, many people tell us they often split their meals in two so there is plenty of food available to eat on non-delivery days.

2) A NEW PACKAGING SYSTEM!

We are now using Solpak containers. They are recyclable and biodegradable and ensure hotter meals for the clients. The sealed meals eliminate messes, and stop cross contamination in the kitchen. The containers can go from the oven to the freezer without compromising quality. You can leave the film on the packaging when reheating the meals in both the microwave and the oven, which makes it easier for the clients to enjoy their meal at a time that is convenient to them.

3) YOU CAN ORDER YOUR MEALS ONLINE

Thanks to the digital upgrades at SFCSC, your frozen and hot meals are just a click away from your computer or smart phone. It is easier than ever to order a great meal, just visit sfcsc.ca/food-services.

4) NEW WALK-IN FREEZER

More meals means more food needed but we had no where to store it. That's where the **Community Foundation for Kingston & Area (CFKA)** stepped in to help. With a substantial donation from them we were able to purchase a much-needed walk-in freezer unit that will support all of our food security programs. Meals on Wheels, the Food Bank, meals and snacks for our Adult Day program, plus other events like Diners Club when they are able to resume, will all benefit and the extra freezer room allows us the opportunity to take advantage of cost-saving volume purchasing where possible. Add to that a generous donation from the **Davies Charitable Foundation** to cover the cost of the construction and installation of the walk-in, and we are well-positioned to meet the needs of our food security programs for years to come.

Our Meals on Wheels volunteers continue to rise to every challenge this pandemic throws our way. They make the client's well-being a priority during these unprecedented and trying times. We cannot thank them enough, for helping to make the Meals on Wheels program the best it can be!



Volunteer Sharon prepares hot Meals on Wheels for delivery with our new Solpak system. This new packaging is better for clients and the environment too!

Thanks to the Community Foundation for Kingston & Area and the Davies Charitable Foundation, a new walk-in freezer is being installed! This is an exciting project for us that will help us to meet the needs of our food security programs for years to come.



THE DAVIES
CHARITABLE
FOUNDATION



United Way
Kingston, Frontenac,
Lennox and Addington
Partner Agency



GOING DIGITAL



Like many organizations, SFCSC has had to adapt to the ‘new environment’ that the Covid-19 pandemic has created. We know that our health and social support services are vital to people who depend on us for help. To continue to operate we had to take steps to upgrade our digital capacity to be able to move everything online.

This was a major undertaking that required significant expertise, materials and resources. But first, we needed funding and support. Enter some amazing community partners.

The Emergency Community Support Fund through **Community Foundations of Canada** and delivered by the **Community Foundation for Kingston & Area (CFKA)**, provided just over \$16,000 for our Digital Transformation project.

Community member and IT expert Kelly Krumreich from **Act 2 Services**, waived fees and came on as a partner to develop a digital strategy (including technology, resources and procedures) and assist in the design and implementation of plan to move things forward. With her help we determined what our hardware and software needs are, and what vendors and service providers are the best fit. Basically, we told her what we wanted to accomplish and she told us how to get there.

Once we had the technical needs addressed, the transition to online programs and services had to be as easy and accessible as possible for clients, volunteers and staff. Just before the pandemic started, the **Retired Teachers of Ontario District 20** had gifted us \$2,100 for a ‘Tech Savvy Seniors’ project we were piloting. The funds allowed us to buy tablets that our senior clients were being taught to use. This was the starting point for what has become our ‘Lending Library’.

With our recent funding through CFKA we purchased more tablets and the **Ministry for Seniors & Accessibility**, Seniors Community Grant Program allowed us to redirect \$3,700 in funding that we had for a pre-Covid project to the area where we had the most need. All of this combined has resulted in a Lending Library with 30 tablets available for use.

Now, in the final stages of our digital transformation, we are working with **Connected Canadians**, a non-profit group dedicated to helping older adults develop digital literacy skills. ‘Train the Trainer’ sessions are about to begin that will help volunteers and staff learn what they need to know so they can help seniors with the setup and use of the tablets.

This was a big project. Many, many weeks in the making, well over \$20,000 in funding, the support of a half dozen community partners, a new Lending Library with 28 tablets, a group of dedicated volunteers and our endless thanks and appreciation to all that made this happen. With your help we are able to continue to be accessible to our community and help ensure that seniors can stay connected and feel less isolated.

APRIL 2021

Hello Spring, we've been expecting you!

As the good weather starts to settle in you'll find some Grace Centre activities are headed outdoors where there's lots of room to gather but still enough space to maintain physical distancing. Even when we're outside we have to track our participant numbers, so please be sure to register for all activities.

Virtually all of our Grace Centre social activities are available online so if you can't come to the Centre you can still get your exercise class in, connect with others and take part in activities. During the current April provincial lockdown, check in to find out how to participate.

During times that programs do take place inside, please enter the Grace Centre through the main doors where you will go through Covid-19 screening questions and sign-in. Anyone inside the building must wear a mask and if you don't have one, we have disposable masks that you can have.

Please watch the SFCSC newsletter and calendar to stay up-to-date and get all the details.

WHAT: Travel Chats at Good Graces Café

WHEN: Tuesday through April 2021

TIME: 9:30 a.m. - 10:30 a.m.

WHERE: Grace Centre

FEE: FREE

In the month of April, we have some wonderful volunteers who are going to share their pre- pandemic travel adventures. Our travelers will share photos, stories, and albums from their adventures around the world. We'll explore Peru, Ecuador, the Maldives, Abu Dhabi and China. Please refer to the April calendar for specific dates.

WHAT: Creative Writing Club

WHEN: 2nd & 4th Monday of the month

TIME: 1:00 p.m. - 2:00 p.m.

WHERE: Grace Centre

FEE: FREE

TO REGISTER CONTACT:

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

The Creative Writing Club meets on the 2nd & 4th Monday afternoon at the Grace Centre to share short stories, poems and proses. All are welcome and encouraged to drop-in to participate (you can register when you get here).

Grace Social Activity Centre is excited to collaborate with YMCA of Eastern Ontario to offer a new senior fitness program at the Grace Centre in Sydenham! This class started in early March and the response has been great. All in-person spaces for the class in the Hall are currently full, but we are offering the class online so you can still take part from your home. This class is scheduled to run until the end of June.

To join from home it is recommended you have the following items to complete exercises;

Yoga mat – substitute option is a blanket

Resistance band – weights or water bottle or soup cans work well too

Gliders – paper plates or dish clothes can work as a substitute

Balance pod – another option is a pillow
Chair

WHAT: Mobile Y- Fitness Senior class (online virtual program)

WHEN: Monday & Wednesday mornings

TIME: Mondays 9:30 a.m. - 10:30 a.m. & Wednesdays 10:30 a.m. - 11:30 a.m.

WHERE: Online, virtual GoTo Meeting

FEE: Participants need a 2021 Grace Activity Pass. Pro-rated registration fees for virtual programming will be discussed at time of registration. Contact Ashley to get your Grace Activity Pass.

WHAT: Making Strides (walking program)

WHEN: Friday mornings (starting May 7th)

TIME: 8:30 a.m.

WHERE: Sydenham track @ Sydenham Point

FEE: FREE

Ontario 

Starting on May 7th, we are walking again! Making Strides is a free drop-in program activity that is open to community members (we're still keeping a count of participants but you can register when you show up at the track). Walkers meet every Friday morning at Sydenham Point parking lot (near the football field) and walk one of the multiple mapped out routes or track. Join us and enjoy the spring weather and sunshine.

APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30-10:30 Cardio & Strength	2 SFCSC CLOSED for GOOD FRIDAY	3
4	5 SFCSC CLOSED for EASTER MONDAY	6 9:00-11:00 Good Graces Café 9:30-10:30 Travel Chat– Peru & Ecuador 9:30-10:30 Cardio & Strength	7 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y-Senior Fitness	8 1:30 Advance Care Planning 9:30-10:30 Cardio & Strength	9 1:30-3:30 Volunteer Social	10
11	12 9:30-10:30 Mobile Y-Senior Fitness 1:00-3:00 Creative Writing Club	13 9:00-11:00 Good Graces Café 9:30-10:30 Travel Chat–The Maldives/Abu Dhabi 9:30-10:30 Cardio & Strength 11:00-12:00 Book Club	14 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y–Senior Fitness	15 9:30-10:30 Cardio & Strength	16 1:30-3:30 Volunteer Social	17
18	19 9:30-10:30 Mobile Y-Senior Fitness 1:00-3:00 Sydenham Stroke Support Group	20 9:00-11:30 Good Graces Café 9:30-10:30 Travel Chat–China 9:30-10:30 Cardio & Strength	21 9:00-10:00 Tai Chi 9:00-12:00 Sydenham Private Caregiver Support Group 10:30-11:30 Mobile Y–Senior Fitness 1:30-3:00 Caregiver Support Group	22 9:30-10:30 Cardio & Strength	23 1:30-3:30 Volunteer Social	24
25	26 9:30-10:30 Mobile Y-Senior Fitness 1:00-3:00 Creative Writing Club	27 9:00-11:30 Good Graces Café 9:30-10:30 Cardio & Strength	28 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y–Senior Fitness 1:00-3:00 Sydenham Bereavement Support Group	29 9:30-10:30 Cardio & Strength	30	31

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.

RED & ORANGE FONT
613-376-6477 x 310
ashley.bates@sfcsc.ca

*Apr. 19 & 28
Support Groups
613-376-6477 x205
sandy.whaley@sfcsc.ca

Friday
Volunteer Socials
613-376-6477 x209
melissa.elliott@sfcsc.ca

ORANGE FONT
613-376-6477 x 310
ashley.bates@sfcsc.ca

BLUE FONT
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PURPLE FONT
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RED FONT
ACTIVITIES @
THE GRACE CENTRE

ORANGE FONT
ACTIVITIES @
THE GRACE CENTRE
+ ONLINE

BLUE FONT
ONLINE ACTIVITIES

PURPLE FONT
ACTIVITIES @
SYDENHAM PUBLIC
LIBRARY + ONLINE

The provincial government has imposed a lock-down through the month of April 2021.

Most of our activities are now available online so you don't have to miss a thing!

Contact the coordinator of the activity you're interested in for details.