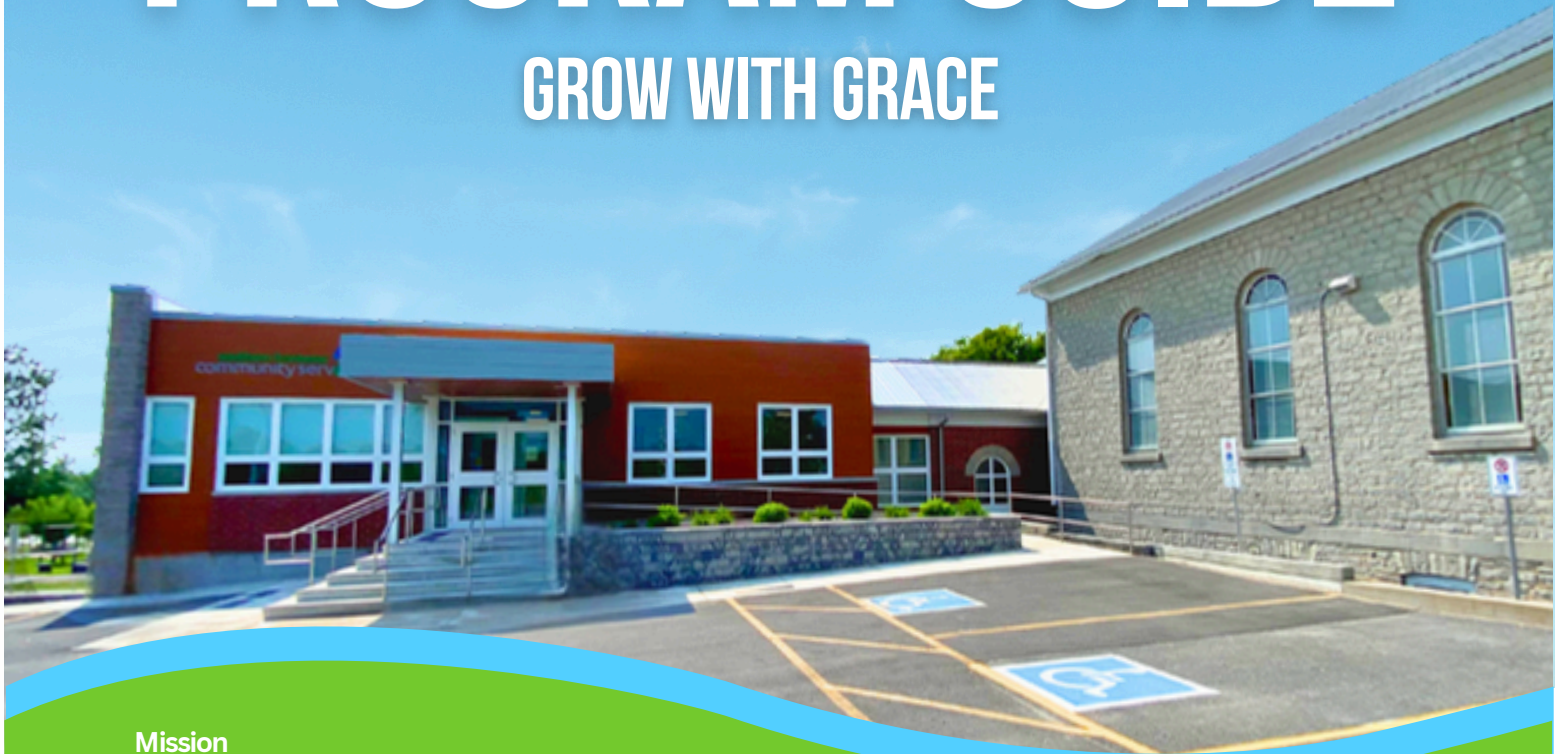




4295 Stagecoach Road, Box 43, Sydenham, Ontario K0H 2T0

# PROGRAM GUIDE

## GROW WITH GRACE



### Mission

To work with others to help seniors age well in their own community and to facilitate connections and provide families, including seniors, with services to meet their basic needs.

### Vision

The sustainable health and well-being of the people in our community.

### Values

We are client centered and welcoming. We act with compassion, integrity and transparency.



613-376-6477



[info@sfcsc.ca](mailto:info@sfcsc.ca)



[sfcsc.ca](http://sfcsc.ca)



Southern Frontenac Community Services Corporation (SFCSC)

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# CARE PLANNING

In partnership with Community Care for Central Hastings, our Care Planner is the first point of contact for new client assessments and continued client follow up and reassessment.

Our Care Planner will make a home visit to talk with you regarding your needs and share information about available SFCSC programs and services that may be helpful.

Your assessment may contain information on your:

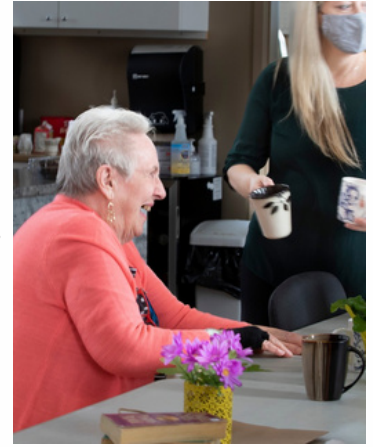
- mental and physical health
- personal and health history
- finances
- contact information

The information collected during your assessment is confidential by law, and is only used by authorized staff. Unless you instruct us otherwise, it may be shared with other health service providers who can better serve your needs and provide support services to you now and in the future.

**CLIENT CARE COORDINATOR: 1-888-473-5111 ext. 3204**

You have the right to access your assessment information and know how it is being used.  
For more information you can contact our Privacy Officer at 613-376-6477 ext. 302.

You can also contact the Information and Privacy Commissioner of Ontario at  
2 Bloor Street East, Suite 1400, Toronto, ON, M4W 1A8, 416-326-3333 or 1-800-387-0073.



# FOOD SECURITY & SERVICES

## Community Food Bank

All residents from South Frontenac Township and rural Kingston (north of Hwy. 401) who are struggling with food security for themselves and their family are able to receive approximately 7 days worth of non-perishable and fresh food items once a month. The quantity of food provided is based on the family size and availability of in-stock Food Bank items. Hygiene items, diapers and pet food are also provided when available. Registration can be by phone or e-mail, and Food Bank orders are booked by appointment.

**CONTACT: 613-376-6477 ext. 203**

## Grace Garden & Greenhouse

In partnership with the Loughborough Public School Challenge Program, our garden and greenhouse provide a wonderful learning environment for students. The produce grown is essential to our food security programs providing a variety of fresh vegetables and herbs for Meals on Wheels and our Food Bank Hampers. Garden volunteers always needed, May thru October.

**CONTACT: 613-376-6477 ext. 301**

## Meals on Wheels - frozen

Seniors and adults with physical disabilities can choose from a number of \$6 main course meals that provide 40% of the recommended daily nutrition for inactive adults. Meals can be picked up at the Grace Centre or with a minimum order of 10 meals, they can be delivered for free.

**CONTACT: 613-376-6477 ext. 303**

## Meals on Wheels - hot

Seniors and adults with physical disabilities can receive a nutritious hot meal delivered to their door over the noon-hour every Monday, Wednesday and/or Friday for \$8/meal. Meals include soup/salad, entrée and dessert. Dietary restrictions and/or allergies may be accommodated.

**CONTACT: 613-376-6477 ext. 303**



# SENIORS & COMMUNITY SUPPORT SERVICES

## Adult Day

Personal Support Workers and Recreation staff deliver a full day of programming in a group setting for adults living with a cognitive or physical disability. Clients enjoy physical, cognitive, creative and social activities to achieve and/or maintain their highest level of functioning while fostering meaningful social connections.

This program benefits persons living with dementia, Parkinson's, acquired brain injuries, strokes and/or physical impairments, as well as the frail or isolated elderly. It also benefits caregivers by providing respite and support.

### Services

- Personal support care
- Social, physical and recreational activities
- Hot lunch
- Morning and afternoon snacks

### Hours

Monday to Friday – 9:00 a.m. – 3:30 p.m.

### Referrals

Received from the Home & Community Care Support Services, Community Support Service Care Planners or self referrals.

*FEE:* \$20 per day. Transportation may be available upon request (additional cost).

**CONTACT: 613-376-6477 ext. 304**

## Family Services

Families and individuals struggling with food insecurity and other financial challenges can receive guidance to access community supports that they may not be aware of.

We can assist with applications for resources that exist outside of SFCSC such as assistance with utility bills, medical and dental needs or identification documents. In addition, our volunteer-led income tax services helps qualified individuals keep their tax filing up to date so they can maintain access to government programs.

We provide information and resources that help address the root causes of food insecurity, and connect people with the programs and organizations that lead individuals and families toward better health and quality of life.

**CONTACT: 613-376-6477 ext. 203**

# HOSPICE & BEREAVEMENT SUPPORT

## Visiting Hospice Services

Trained volunteers offer emotional and practical support to clients who have been diagnosed with a terminal or life-limiting illness and live in North, Central or South Frontenac, or the Addington Highlands. The program provides respite for caregivers and the time to do what needs to be done at home or elsewhere while having peace of mind knowing that their loved one is being cared for.

**CONTACT: 613-376-6477 ext. 201**

## Bereavement Services & Support Groups

Trained volunteers and regular Support Groups provide emotional and psychosocial support to individuals and families anticipating a death or experiencing grief due to the loss of a loved one.

## Caregiver Support

Ongoing one-on-one support for caregivers, as well as monthly group support meetings where people can share their thoughts in a safe, confidential environment. We recognize that 'breaks' from care giving are essential and we are here to help.

**CONTACT: 613-376-6477 ext. 205**

## Foot Care

Trained providers offer basic foot care for older adults (60+) and adults with physical disabilities. The service includes toe nail trimming and filing, callous assessment and reduction, and foot health monitoring. Diabetic referrals are accepted.

Appointments are required. Please soak your feet for 10-15 minutes before coming to your appointment.

*FEE:* \$30. Cancellation Fee - \$30 for no shows or cancellations with less than 24 hours' notice.

**CONTACT: 613-376-6477 ext. 212**

## In-home Respite

Health-trained professionals can fill in for family and friends when a break from care-giving is needed.

*FEE:* \$20 per hour billed at month's end. Subsidies are available for those who qualify.

**CONTACT: 613-376-6477 ext. 201**

## In-home Services

Seniors (60+) and adults with physical disabilities can arrange regular cleanings or assistance with other tasks around the home, such as light housekeeping and cooking. Home Helpers are thoroughly screened and interviewed by staff before being matched with clients.

*FEE:* \$20 per hour billed at month's end.

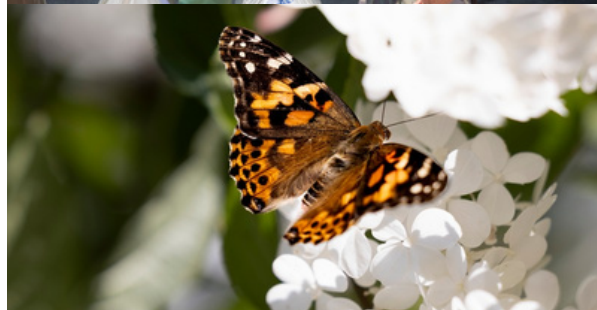
**CONTACT: 613-376-6477 ext. 201**

## Transportation Services

Affordable and reliable transportation for seniors (60+) and adults with physical disabilities living in South Frontenac and rural Kingston. Clients can get assistance getting to and from medical appointments, grocery shopping, social outings and more.

*FEE:* \$0.45 per kilometer or a \$4.50 flat rate for trips under 10 kilometers. Subsidies are available for those who qualify.

**CONTACT: 613-376-6477 ext. 307**



# SOCIAL & RECREATION ACTIVITIES

## Diners Club

Friends gather for a delicious full-course meal and entertainment! Take part on Thursdays at noon amongst locations such as Glenburnie, Verona, Sydenham and Harrowsmith.

*FEE:* \$10 at the door. Registration required, call or visit our website for the schedule.

**CONTACT: 613-376-6477 ext. 301**

## Grace Social Activity Centre

The Grace Social Activity Centre offers older adults (aged 55+) in South Frontenac and rural Kingston (north of Hwy. 401) a range of programs to support an active lifestyle. Most activities run weekly or monthly in the mornings with some special events taking place in the afternoon. Fitness classes, interesting and educational workshops, cards and games, crafting, book club and jam session – these are just a few of the activities available. Plus, every Tuesday morning you can come to Grace Café, a great opportunity to get together with old friends and meet new ones!

**CONTACT: 613-376-6477 ext. 310**

## Grace Activity Pass

An annual Grace Activity Pass is available for adults aged 55+ and gives free access to most social and recreation programs, except those that occasionally have an additional cost or admission charges, such as bus tours or special workshops.

*FEE:* \$40 annual fee.

**CONTACT: 613-376-6477 ext. 310**

# SUPPORT SOUTHERN FRONTENAC COMMUNITY SERVICES

Southern Frontenac Community Services supports seniors and families in need in South Frontenac and rural Kingston (north of Hwy. 401). A portion of our funding comes from provincial and municipal partners, but we rely on donations to keep up with the demands and needs in our community.

Your donations help us to deliver Hot Meals on Wheels to rural seniors, provide food hampers to families in need, subsidize low-income seniors and their caregivers to offer care in our Adult Day Program...and much more.

There are many ways to give to SFCSC and all are appreciated – gifts of cash, pledges, gifts-in-kind, time, stocks and securities, planned giving, monthly giving and tribute gifts are some of the ways that you can support. You may also choose to host or attend an event that benefits SFCSC.

For many donors who have already made the decision to donate to Southern Frontenac Community Services, a simple straightforward donation of cash, e-transfer, personal cheque or credit card is a convenient route. You can donate online at [www.sfcsc.ca/](http://www.sfcsc.ca/) donate or cheques may be made payable to Southern Frontenac Community Services and mailed to:

**Southern Frontenac Community Services**  
4295 Stagecoach Road, Box 43  
Sydenham, ON • K0H 2T0

We achieve more with your support and we are proud to be part of a community that takes care of each other.



SCAN TO DONATE

# VOLUNTEERS

Volunteers are vital members of the SFCSC team that enable essential programs to thrive in the community. Whether its two hours a week or two hours a month, SFCSC appreciates the time and effort given, and want all volunteers to enjoy their work and achieve what they are looking for in their volunteer role.

## Reasons to volunteer:

- Meet new friends and build community ties
- Give back and help keep our community strong
- Achieve volunteer hours for educational requirements
- Gain, share or retain skills after retirement
- Enhance your resume
- Build confidence and keep active
- Network, develop contacts for references or new opportunities
- Try something new!

## Volunteer Opportunities:

- Drivers – mileage is reimbursed
- Bingo Assistants
- Grace Grounds Keepers
- Garden Helpers
- Hospice and Palliative Care support
- Exercise/Activity Leader
- Special Events Assistant
- Administration Support
- Diners Helpers
- and more!

**CONTACT: 613-376-6477 ext. 308**

