

THE POWER OF COMMUNITY



Community means many things. It can be defined by location or shared experience and is generally a feeling of fellowship with others as a result of sharing common attitudes, interests and goals.

For us, our Southern Frontenac Community Services family is made up of volunteers, donors, staff, community partners and residents throughout Frontenac County, and what connects us is our commitment to help where we can and do our best to be there for our friends and neighbours.

Every day we are inspired by the acts of kindness we see. Hundreds of people came forward to support the McMullen Manor fire victims. For weeks volunteers picked up and delivered furniture, gathered and sorted donated clothes and household items, and gratefully accepted thousands of dollars in donations that poured in to help residents who were displaced by the devastating fire.

Recently when a client’s microwave exploded and she needed it to heat her meals, a volunteer rushed home to get an extra microwave they had and delivered it back to her immediately.

Another client reached out to say they desperately needed two twin beds for their children. Within a week our volunteers found and delivered beds and bedding for that family.

Our Telephone Reassurance program has reached out to more than 200 people since it started a year ago. Today, 130 people receive regular calls and feedback from clients is wonderful. Everyone appreciates the calls and look forward to them. One client says she’s happy to have someone to talk to, saying her volunteer caller has become a ‘trusted friend’. Another says that when she feels down she listens to a voicemail message from her caller to raise her spirits.

Feedback from our volunteer callers is equally effusive. They feel they are part of something important and are making a positive difference in people’s lives. They say they get as much out of the program as the clients and have developed meaningful and rewarding relationships. Stories and recipes are shared, information about other programs and services that may be helpful is offered, and extra treats and cards have gone out with Meals on Wheels deliveries.

We are grateful and proud to be a part of this outstanding community.

If you or someone you know would benefit from our Telephone Reassurance program, Meals on Wheels, social activities or any of our services please reach out, 613-376-6477, www.sfcsc.ca

If you would like to volunteer with Southern Frontenac Community Services please contact Melissa, 613-376-6477 x209 or melissa.elliott@sfcsc.ca

HELPING PROVIDE FOOD FOR FAMILIES

The Knights of Columbus are committed to supporting the local community and they, along with St. Patrick’s Church, Railton and St. Patrick Council #12309 had a special collection for our Food Bank and have donated \$1,808.35!

Food for Families is a Knights of Columbus initiative that provides support for local food banks in Canada and in the USA. Part of this donation includes a contribution from this program.

This is a generous and much appreciated donation that stays entirely in our community and does so much to help people who face food security challenges.

Thank you to the parishioners of St. Patrick’s Church and the Knights of Columbus for your kindness and support.

Family Services Coordinator Ellen (left) along with David our Executive Director (back), were pleased and grateful to accept a \$1,808.35 donation from Jim Hase (right), Knights of Columbus St. Patrick Council #12309



IF YOU'RE UNABLE, WHO WILL SPEAK FOR YOU?

Have you considered what is most important to you if you become seriously ill or injured, or if you were near the end of life? Many of us, at some point in our lives, may need someone else to make a health care decision and act as our voice.

Who will speak for you? Is this person your legal decision maker and do they know what you want or what you would decide? Have you communicated your wishes clearly to them?

It's a lot to think about but future planning for your health, wellness and care needs can lessen stress on your loved ones during a difficult time. It also helps to ensure your values, beliefs and decisions are respected and carried out.

Join Susan Ward-Moser, a volunteer with Southern Frontenac Community Services, for an introductory Advance Care Planning session. Learn more and talk about the care decisions that might need to be made ahead of time and letting family and health providers know about your preferences.

WHAT: Advance Care Planning

WHEN: Wednesday, March 10th, 1:30 p.m.
Monday, March 22nd, 11:00 a.m.

WHERE: Grace Hall, 4295 Stagecoach Rd.,
Sydenham, and online

REGISTER: Ashley, 613-376-6477 x308
or ashley.bates@sfsc.ca

This workshop is a general overview about Advance Care Planning with additional workshops to follow in the near future.

LET'S DO COFFEE

Good Graces Café welcomes all adults in our community to join us for some social time, meet your neighbours and make new friends. Café is a safe and friendly environment and we adhere to all Covid-19 protocols. It offers local newspapers, word puzzles, games and great music. Come and see us every Tuesday morning, we'd love to see you.



WHAT: Good Graces Café

WHEN: Tuesdays

TIME: 9:00 a.m. – 11:00 a.m.

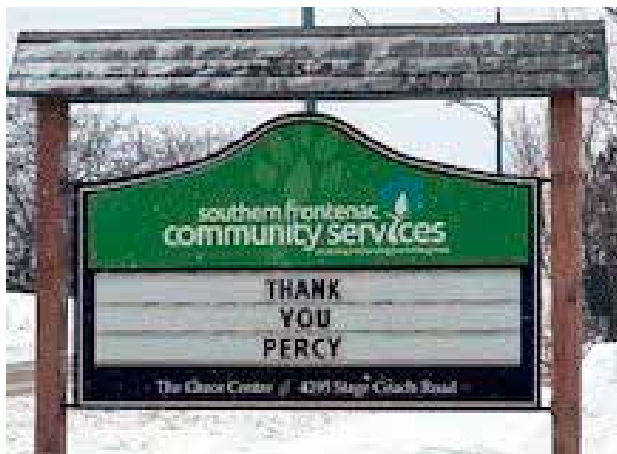
WHERE: Grace Hall, 4295 Stagecoach Rd.,
Sydenham, and online

FEE: Coffee \$1.50 Bagels \$2.00
or combo \$3.00

REGISTER: Ashley, 613-376-6477 x308
or ashley.bates@sfsc.ca

THANK YOU PERCY

Generous – grouchy. Gruff – gentle. Feared – loved. All of these words describe Percy Snider. To Southern Frontenac Community Services, Percy was a friend.



Our vision is the sustainable health and well-being of the community and Percy shared and demonstrated that vision in his life and his work. He would do anything for his community and was a tireless supporter of ours. He did so much for us over the years, if we needed something he was always there to help. He kept our parking lot plowed, he cut the grass, he tilled our garden, and brought in his backhoe to help us create a garden path, and he towed vehicles when they were donated us.

We're one of many that were fortunate to have Percy's support and he will be missed. When you drive on a road he kept cleared, or if you play on a field he created or maintained, maybe when you eat vegetables from a garden he started. Missed by people he looked out for or made feel special, and the many businesses that he supported with his time, talents, care, protection and loyalty. We accepted his gifts with a smile, a wave, a thank you; Percy would nod his head and move on to his next task.

Percy gave with no agenda. He received The Volunteer of the Year Award once and likely scoffed at being recognized. Percy loved his community and took pride in it. He did what he felt was right and he got things done. It was that simple.

We are grateful to have had Percy in our lives and count him as a friend and part of our team. He would not want to hear the kind words - but they are deserved and they are flowing.

RIP Percy.

THEY'RE BACK!

Volunteer Socials are back and we can't wait to see you!

SFCSC Volunteers are invited to visit the Grace Centre on Friday afternoons for conversation, company and delicious treats! It's a small way for us to express our gratitude for the large contribution our volunteers make. Without our team of committed volunteers we would not be able to provide the health and social support services we offer to people in our communities.

WHAT: Volunteer Socials

WHEN: every Friday

TIME: 1:00 p.m. – 3:00 p.m.

WHERE: Grace Centre,
4295 Stagecoach Rd., Sydenham

INFO: Melissa, 613-376-6477 x209
or melissa.elliott@sfcsc.ca

Friday March 5th **Coffee & Cookies!**

Let's catch up, we missed you!

Friday March 12th **Cake & Conversation**

Daylight Savings time celebration.

Friday March 19th **Craft Making**

Spring Equinox.

Friday March 26th **Chocolate Treats**

Just in time for Easter!



YOU'RE NOT ALONE, WE ARE HERE TO HELP

Caring for and/or grieving the loss of a loved one while coping with the fear and anxiety related to the Covid-19 pandemic can be especially overwhelming.

We offer emotional and practical support services that are free and don't require a referral.

WHAT: Sydenham Stroke Support Group
WHEN: 3rd Monday of every month
TIME: 1:00 p.m. – 3:00 p.m.
WHERE: Grace Centre, 4295 Stagecoach Rd., Sydenham
REGISTER: Sandy, 613-376-6477 x205 or sandy.whaley@sfcsc.ca

WHAT: Sydenham Private Caregiver Support Sessions
WHEN: 3rd Wednesday of every month
TIME: 9:00 a.m. – 12:00 p.m.
WHERE: Sydenham Public Library, 4412 Wheatley St., Sydenham
REGISTER: Sandy, 613-376-6477 x205 or sandy.whaley@sfcsc.ca

WHAT: Sydenham Caregiver Support Group
WHEN: 3rd Wednesday of every month
TIME: 1:30 p.m. – 3:00 p.m.
WHERE: Online
REGISTER: Sandy, 613-376-6477 x205 or sandy.whaley@sfcsc.ca

WHAT: Sydenham Bereavement Support Group
WHEN: last Wednesday of every month
TIME: 1:00 p.m. – 3:00 p.m.
WHERE: Grace Centre, 4295 Stagecoach Rd., Sydenham
REGISTER: Sandy, 613-376-6477 x205 or sandy.whaley@sfcsc.ca



Happy Retirement Carl and Jean

In 2005 Carl Pritchard saw an ad in the Frontenac News looking for volunteer drivers to help Southern Frontenac Community Services Corp. (SFCSC) deliver meals to seniors and drive them to appointments.

Having already volunteered for over ten years delivering meals for VON, as well as offering his driving services to Operation Red Nose over the holidays, Carl knew that helping us with Meals on Wheels was something he and his wife Jean could do.

Today, after over 25 years of volunteering in their community, and approaching the one year mark of living with Covid-19 precautions, Carl and Jean decided the time had come to retire from their Meals on Wheels delivery role. They will be missed.

As the staff and clients of SFCSC have changed over the years Carl and Jean, and a handful of other dedicated volunteers, have stayed the course. They have welcomed new staff and clients, and offered their expertise, kindness and guidance to help our Meals on Wheels program grow and thrive, providing important food support services to seniors throughout South Frontenac and rural Kingston.



We are so grateful to Carl and Jean for all of the years they supported and volunteered with us, and we thank them for the positive impact they had on our agency and our community.

We wish them the very best in their next chapter, good health and many years of continued fun and success as a generous and caring team.

MARCH 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30-10:30 Mobile Y-Senior Fitness	2 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength	3 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y-Senior Fitness	4 9:30-10:30 Cardio & Strength	5 1:30-3:30 Volunteer Social	6
7	8 9:30-10:30 Mobile Y-Senior Fitness	9 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength 11:00-12:00 Book Club	10 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y-Senior Fitness	11 1:30 Advance Care Planning 9:30-10:30 Cardio & Strength	12 1:30-3:30 Volunteer Social	13
14	15 9:30-10:30 Mobile Y-Senior Fitness 1:00-3:00 Sydenham Stroke Support Group	16 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength	17 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 Sydenham Caregiver Support Group	18 9:30-10:30 Cardio & Strength	19 1:30-3:30 Volunteer Social	20
21	22 9:30-10:30 Mobile Y-Senior Fitness 11:00 Advance Care Planning 1:00-3:00 Creative Writing Club	23 9:00-11:30 Good Graces Café 9:30-10:30 Cardio & Strength	24 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y-Senior Fitness	25 9:30-10:30 Cardio & Strength	26 1:30-3:30 Volunteer Social	27
28	29 9:30-10:30 Mobile Y-Senior Fitness	30 9:00-11:30 Good Graces Café	31 9:00-10:00 Tai Chi			

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

*Mar. 15 & 24 Support Groups 613-376-6477 x205 sandy.whaley@sfcsc.ca

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

BLUE FONT
 613-376-6477 x205
 sandy.whaley@sfcsc.ca

PURPLE FONT
 613-376-6477 x205
 sandy.whaley@sfcsc.ca

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