

# THE LAST LAP.



Are we measuring the area Covid-19 impact by colour zones? Are we grey or red? Maybe we're orange? Are we under a stay-at-home order? Can we gather? How many people can gather? What if you're outdoors? Do we still need to keep to our 'social circle'? Can we see friends and family who are outside of that circle? What about physical distancing, does that need to be maintained if you're outdoors? **Everything keeps changing!**

It can be confusing and sometimes frustrating to figure out where we are on this 'pandemic journey' and what rules and protocols we need to adhere to. The Covid-19 virus is moving and changing, and because of that; rules, protocols and plans have to move and change with it.

The government of Ontario has just released its **Roadmap to Reopen**, a three-step plan to safely and gradually lift public health measures. The plan is structured around vaccination rates and other key public health indicators including how many hospitalizations and how many ICU admissions, etc.

Currently we are under a stay-at-home order until Step 1 of the reopening plan begins which is tentatively scheduled for Monday, June 14th (tentatively because 60% of adults in Ontario must have received at least one dose of a Covid-19 vaccine and other key health indicators are stable).

We are optimistic and hopeful that this is the last lap of the Covid-19 pandemic. It's been a long journey and we continue to work hard to support our clients and community during this health crisis.

Throughout this journey, we need to recognize our incredible volunteers who continue to work side-by-side with our staff to deliver much needed programs and services. Our volunteers are our backbone. It is because of them that we continue to deliver help to any senior who needs it in our community.

We also rely on donations to keep our doors open and we are forever grateful to the many friends and community partners who have reached out to help us.

There have been so many acts of kindness and generosity that have come our way and we are fortunate to be a part of such an amazing community. Together we are making a difference and helping so many seniors, individuals and families throughout South Frontenac.

**See next page for available resources**



# ROADMAP TO REOPEN STEP 1

Our food security programs, transportation services and some support services are always available. Most of our programs and services are available online. If you need a computer you can sign out a tablet from our Lending Library so you can stay in touch and engaged, we can even show you how to use the tablet if required. You can also take part in some of our available outdoor activities. Contact the staff member listed below at 613-376-6477.

## FOOD SERVICES

Hot Meals on Wheels (for those aged 60+) - \$7 per meal

- Available on Monday, Wednesday and Friday
- Frozen Meals - \$5 per meal

Now made fresh in our kitchen! These meals are available to anyone in the community who needs a healthy meal. All frozen meals may be picked up at the door to the Grace Centre or will be delivered by screened volunteers.

Joanne, ext. 303, [joanne.silver@sfcsc.ca](mailto:joanne.silver@sfcsc.ca)

## FOOD BANK

- Open to any community residents needing assistance.

Ellen, ext. 203, [ellen.mortfield@sfcsc.ca](mailto:ellen.mortfield@sfcsc.ca)

## TRANSPORTATION SERVICES

- Rides for medically necessary appointments are available no matter what 'step' we are at. When Step 1 begins drives for essential retail errands will be available.

Maurie-Lyne, ext. 307, [maurielyne.troyer@sfcsc.ca](mailto:maurielyne.troyer@sfcsc.ca)

## SUPPORT SERVICES

Rural Services and Hospice Palliative Care

- By appointment and special need only.

Sandy, ext. 205, [sandy.whaley@sfcsc.ca](mailto:sandy.whaley@sfcsc.ca)

Home Making, Home Maintenance and In-Home Respite

- By appointment and special need only.

Jonathon, ext. 305, [jonathon.gill@sfcsc.ca](mailto:jonathon.gill@sfcsc.ca)

Telephone Reassurance Program

- Check-in calls to clients and seniors to verify health and wellness, and to help combat feelings of loneliness.

Maurie-Lyne, ext. 307, [maurielyne.troyer@sfcsc.ca](mailto:maurielyne.troyer@sfcsc.ca)

## GRACE SOCIAL ACTIVITY CENTRE

- Outdoor fitness classes of up to 10 people or online.
- Almost all Grace Social Activities are available online.

If you don't have a computer you can sign out a tablet from our Lending Library.

Ashley, ext. 310, [ashley.bates@sfcsc.ca](mailto:ashley.bates@sfcsc.ca)



## SFCSC LENDING LIBRARY

We have computer tablets and training available.

We want our senior clients to stay connected. Take advantage of our Lending Library. We have 30 computer tablets available to be checked out. Plus we have training available to teach people how to use them. Almost all of our activities are available online and you don't have to miss out on any of them.

Contact Ashley to find out more,  
613-376-6477 ext. 310  
[ashley.bates@sfcsc.ca](mailto:ashley.bates@sfcsc.ca)



# THANK YOU ROSEBUSH ENERGIES



The good people at Rosebush Energies in Hartington received a portion of funds from selling Kinsmen bingo cards and they decided to give it to us! How great is that? The \$400 donation will go to our Food Bank and be put to good use in helping to buy what we need to stock our shelves and fill hampers for the 200 individuals, including seniors and children, who benefit from the Food Bank.



## HAPPY FEET!

Foot Care is coming soon! We know that many clients have been waiting patiently for the time that pandemic restrictions allow us to offer foot care. We are almost there. As things stand today, our Foot Care service will be available again when the province of Ontario reaches Stage 2 of the Reopening Plan. We have contact information for all of our foot care clients and will contact everyone when we are able to book appointments.



## GOT THE SHOT?

### WE CAN HELP YOU WITH THAT.

The Covid-19 vaccination. It's important and we are here to help. Any residents of The Maple Ridge or The Meadowbrook seniors' apartment buildings who need a drive to get to their vaccination appointment can call us and we will provide rides free of charge.

Or, if there are seniors who don't want to leave their apartment, call us and we will work to get the vaccine to you.

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

southern frontenac  
community services



JUNE 2021

# HOW DOES OUR GARDEN GROW?

With help from Kingston Community Credit Union and Concentra Bank.

Thank you Concentra Bank and Kingston Community Credit Union (KCCU) for your tremendous donation of \$7,000 for our Community Garden.

KCCU applied to Concentra's Empowering Your Community Grant in support of our garden and greenhouse. Concentra awarded the maximum grant amount of \$5,000 and KCCU donated an additional \$2,000. And we couldn't be more grateful.



The funds will be used to purchase tools and implements for the garden and greenhouse to enable better food cultivation and processes that will make operations more effective and efficient.

Our vegetable garden is essential to our food security programs. Overall, the produce helps more than 200 individuals, including seniors and children, who benefit from the Food Bank, as well as approximately 75 seniors who receive Hot Meals on Wheels every week.

**The garden, like our Food Bank is 100% supported by the community and community donations. There is no government funding for either initiative.** It is only with the generous financial support of donors that we are able to manage the hard costs of operating a large garden.

We are so pleased to count Concentra Bank and KCCU as a community partner. We share the common values of integrity and always doing what's best for our clients, a commitment to strengthening our community, and working together with people helping people.



Thank you Kingston Community Credit Union and Concentra Bank for your amazing donation of \$7,000 to support our garden!

(L to R) Garden Guru and Loughborough Public School teacher Alan MacDonald, Jon Dessau, CEO of KCCU and David Townsend, Executive Director of SFCSC





The success of our garden is dependent on donations like the ones from Concentra Bank and KCCU. 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. So much work! Our volunteers are the absolute best. We are happy to be able to use the donation to provide the right tools for our volunteers and students and improve their experience working in the garden.

An additional benefit as an organization is one of our strategic goals is to function in an environmentally sensitive way. Growing our own produce has a positive environmental impact and all of our food production methods are organic in nature. Seeds are planted in the greenhouse and in the school classroom, compost is used as the fertilizer and rainwater is captured to provide irrigation for the gardens.

## **Our garden benefits our community in three main ways;**

- 1** Fresh produce is added to each of the (approx.) 75 food hampers distributed monthly by our Food Bank to individuals and families in need.
- 2** Produce is used for our Hot Meals on Wheels program, which is currently delivering more than 175 nourishing hot meals to seniors each week.
- 3** Loughborough Public School students take part in weekly working visits to the garden (as permitted by Public Health during the pandemic). Students learn how to plan, manage and reap the benefits of a food garden.





## CAN YOU HELP?

We are in need of hospice palliative care volunteers to help provide support services to clients in South, Central and North Frontenac, Addington Highlands and rural Kingston (north of Hwy. 401).

Our volunteers provide end-of-life support, companionship, emotional care and they help with practical tasks. They also allow for respite for caregivers and give them peace of mind in knowing that their loved one is being well cared for in their absence.

If you can help please contact Melissa, 613-376-6477 ext. 209 or [melissa.elliott@sfcsc.ca](mailto:melissa.elliott@sfcsc.ca)

Volunteers typically commit up to four hours a week in this role. Training for the role is required and available online.



You are invited to attend...

### SOUTHERN FRONTENAC COMMUNITY SERVICES ANNUAL GENERAL MEETING

Friday, June 18, 2021

this is a VIRTUAL MEETING

Attendees will be sent login details prior to the meeting



8:00 a.m. - Annual General Meeting  
8:25 a.m. - Keynote Speaker: Dr. Kim Morrison MD, CCFP, FCFP

Kim Morrison has been a family physician in Napanee for the past 25 years. Building a more collaborative and integrated system have been a part of her leadership interests for over a decade. As lead of her family health organization, Chief of Staff of the Lennox and Addington County Hospital, Clinical Lead of the Rural Frontenac Sub Region and now Executive Lead of the FLA-DHT, she enjoys bringing people together to find solutions for the challenges we face in health care.

Please RSVP by June 14th  
to 613-376-6477 ext. 302 or [chantal.tyrell@sfcsc.ca](mailto:chantal.tyrell@sfcsc.ca)



## SOUTHERN FRONTENAC COMMUNITY SERVICES ANNUAL GENERAL MEETING

Our 2021 Annual General Meeting is coming up on Friday, June 18th. This is a virtual meeting and all members are invited to attend. **Please RSVP by June 14th.**

If you are a donor, volunteer, Grace Activity Pass holder or a user of our programs and services, you are a SFCSC member and we would love for you to join us.



## PLEASE NOTE

To allow for some time off this summer, there will be a single July/August issue of our newsletter that you will receive mid-July. Thank you!

# JUNE 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>IMPORTANT</div> <div>IF YOU PLAN TO ATTEND A PROGRAM OR PARTICIPATE ONLINE YOU MUST CALL/EMAIL THE CONTACT PERSON RESPONSIBLE FOR THE ACTIVITY SO THEY CAN RESERVE YOUR SPOT.</div> <div>BLUE FONT</div> <div>613-376-6477 x310 ashley.bates@sfcsc.ca</div> <div>*June 18 SFCSC AGM 613-376-6477 x302 chantal.tyrell@sfcsc.ca</div> <div>GREEN FONT</div> <div>613-376-6477 x 310 ashley.bates@sfcsc.ca</div> <div>BLACK FONT</div> <div>613-376-6477 x 310 ashley.bates@sfcsc.ca</div>		<div>1</div> <div>9:00-11:00 Good Graces Café</div> <div>9:30-10:30 Cardio &amp; Strength</div>	<div>2</div> <div>9:00-10:00 Tai Chi</div>	<div>3</div> <div>9:30-10:30 Cardio &amp; Strength</div> <div>1:00-2:30 M.A.P. course</div>	<div>4</div> <div>8:30-9:30 Making Strides walking program</div>	<div>BLUE FONT</div> <div>ONLINE ACTIVITIES</div> <div>GREEN FONT</div> <div>OUTDOOR &amp; ONLINE ACTIVITIES</div> <div>BLACK FONT</div> <div>ACTIVITIES OUTDOOR &amp; SYDENHAM TRACK</div>
	<div>7</div>	<div>8</div> <div>9:00-11:00 Good Graces Café</div> <div>9:30-10:30 Cardio &amp; Strength</div>	<div>9</div> <div>9:00-10:00 Tai Chi</div>	<div>10</div> <div>9:30-10:30 Cardio &amp; Strength</div> <div>1:00-2:30 M.A.P. course</div>	<div>11</div> <div>8:30-9:30 Making Strides walking program</div>	
	<div>14</div> <div>9:30-10:30 Mobile Y– Senior Fitness</div> <div>1:00-3:00 Creative Writing Club</div>	<div>15</div> <div>9:00-11:00 Good Graces Café</div> <div>9:30-10:30 Cardio &amp; Strength</div>	<div>16</div> <div>9:00-10:00 Tai Chi</div> <div>10:30-11:30 Mobile Y– Senior Fitness</div>	<div>17</div> <div>9:30-10:30 Cardio &amp; Strength</div> <div>1:00-2:30 M.A.P. course</div>	<div>18</div> <div>8:30-9:30 SFCSC AGM</div> <div>8:30-9:30 Making Strides walking program</div>	
<div>20</div>	<div>21</div> <div>9:30-10:30 Mobile Y– Senior Fitness</div>	<div>22</div> <div>9:00-11:30 Good Graces Café</div> <div>9:30-10:30 Cardio &amp; Strength</div>	<div>23</div> <div>9:00-10:00 Tai Chi - last day</div> <div>10:00-11:30 Mobile Y– Senior Fitness</div>	<div>24</div> <div>9:30-10:30 Cardio &amp; Strength</div>	<div>25</div> <div>8:30-9:30 Making Strides walking program</div>	<div>26</div>
<div>27</div>	<div>28</div> <div>9:30-10:30 Mobile Y– Senior Fitness</div> <div>1:00-3:00 Creative Writing Club</div>	<div>29</div> <div>9:00-11:30 Good Graces Café</div> <div>9:30-10:30 Cardio &amp; Strength</div>	<div>30</div> <div>10:30-11:30 Mobile Y– Senior Fitness</div>	<div>July 1</div> <div>CANADA DAY</div> <div>SFCSC closed</div>	<div>2</div>	<div>3</div>