

ANNUAL 2021 2022 REPORT

Food Bank
Meals on Wheels
Adult Fitness & Social Activities
Community Garden
Transportation Services
Foot Care
Caregiver Support
Food Bank
Adult Day
In-Home Services
Community Garden
Family Support Services
Hospice & Bereavement Support

Community Garden
Telephone Reassurance Program
Community Garden
Family Support Services
Meals on Wheels
In-Home Services
Family Support Services
Foot Care
Adult Day
In-Home Services
Food Bank
Transportation Services
Adult Fitness & Social Activities
Meals on Wheels
Family Support Services
Caregiver Support
Telephone Reassurance Program
Foot Care
Hospice & Bereavement Support

Mission:

To work with others in the provision of health and social services that meet the needs of our community.

Vision:

The sustainable health and well-being of the community.

Values:

We are client centred and welcoming.
We act with compassion and integrity.

STRONGER TOGETHER.

As our 32nd year draws to a close, there is a lot to reflect on and be thankful for.

Thanks!

We need to start with our Township of South Frontenac. The entire Council has supported our financial ask of them to help build an expansion here at the Grace Centre. This will ensure a long and successful future for Southern Frontenac Community Services and the programs and services that support people in our communities.

We need to thank our **volunteers**. Over 200 people were actively engaged with us last year, helping seniors and those less fortunate with food, with meals on wheels, with medical drives and so much more. Elsewhere in this report, you will see the impact this has had.

We need to thank our **Board members and staff**, all of whom are so committed to helping as many people as we can. Our future is bright. We have a roadmap of where we need to go and we have a very dedicated team.

We need to thank our **funders**, all of whom chip in what they can but especially our community who continues to financially support the work of SFCSC. It truly is a team effort.

We need to really thank **those that turn to us for support**. Whether a hot meal, a ride, a food hamper or companionship in one's last days, you have trusted us to help. We will continue to be here and to do everything we can to say yes to anyone who needs our help.

Reflections on the Year Gone By

COVID-19. We hope it is truly waning and never to return – nor anything like it again in our lifetime. SFCSC has followed all medical directives and by doing so, we have kept our clients, volunteers and personnel as safe as we could during the last two difficult years. We were able to keep all programs and services operating to some degree and we have all learned new skills and coping techniques to keep us all safe as we move into 2022 and beyond.

Community First Grace Expansion. It is hard to believe that we started this desire for better facilities way back in 2011 when, fortunately, we were able to acquire the Grace Centre. With thanks to the Township and other donors to date, we are at 62.5% of our goal that will make this a reality. Lots more to come with this one.

Programs and Services. Diners' Clubs returned after a two year hiatus. Telephone Reassurance is continuing. Delivery of Meals on Wheels 3 days a week continues to feed older adults. Even though the lockdown reduced the number of seniors turning to us for help in person, **this agency still delivered more than 30,000 services for the first time ever this year!**

Next Year- We hope you will stay closely connected as this upcoming year will be full of excitement. Watch the building grow and see the portables disappear! Alan MacDonald continues to lead the growth, maintenance and harvesting of our 15,000 square foot garden. And almost 13 years into a 6 month contract, we will say good-bye to our Executive Director and welcome someone new to that role. Our Frontenac, Lennox & Addington Health Team, with its Health Home, is going to improve medical care and connections for all of us. And so much more, too.

From the two of us, we are proud to have led this dynamic group of staff and volunteers, eternally grateful to the community that supports us and to our clients, whom we are glad to say we helped in some small way. We wish everyone good health this year.

Thank you,

Greg Fisher
Chair, Board of Directors

David Townsend
Executive Director



OUR VOLUNTEERS ARE AMAZING.

Last year, **volunteers donated over 12,000 hours** of their time. Volunteers continue to inspire us through their dedication and compassion to help us build a stronger community and help our seniors stay healthy and happy and in their homes longer.

You continue to trust us in helping and encouraging seniors to be engaged in a more active life by running exercise programs, driving seniors to appointments, making, packaging and delivering nutritious meals, gathering food hampers or being a companion and listener during difficult times. You continue to make a difference in the lives of others. You are a huge part of what we do and how we can share and offer these services with our community.

GRACE CAPITAL EXPANSION

SFCSC is excited and proud to launch its Community First Capital Campaign.

Why the Need? The physical expansion will be a more professional and user-friendly building that will last our South Frontenac community for years to come and ensure that all SFCSC programs and services meet the legislated requirements – from Public Health to the Ministry of Health - and improve the confidentiality and privacy for our clients and their families. As our annual service statistics show, we have outgrown our current facility, and the condition of the current facility, including the two portables, pose significant safety, accessibility and confidentiality issues for everyone.

So, Why Now? It is a long story that goes back to our purchase of the Grace Centre. In 2011, the congregants of the closing Grace United Church approached us, asking us if we could take over the Church and keep it in community use hands. Originally, our answer was no. With 11 years of hindsight, thanks to our former Chair, Joan Cameron, who ensured we did our homework - SFCSC will continue to operate in the Grace Centre for a long time to come. The Church then offered us a price, including a three-year rent to own period, so we could try it out. Our minds were changed. The purchase of this building has saved SFCSC thousands of dollars over the years that we have poured back into expanding programs and services to meet the growing needs of this community. In 2012, with the support of our Local Health Integration Network, Minister of Seniors John Gerretsen and MPP Randy Hillier, we approached the Ministry of Health's Health Capital Branch for assistance - only to be denied due to Community Support Services (CSS) agencies not being eligible for capital funding as a health facility. In 2016, Mark Segsworth and I attended a Community Hubs Conference in Toronto and we were told that CSS agencies were now eligible. Only to again find out that it was only the health programs, such as Adult Day and not the social determinant of health programs, such as meals on wheels and the food bank, that were included in the new eligibility criteria. Back to the drawing board.

We Never Gave Up! Our solution was to continue to pursue expansion and enhance our own building. We know there are more than 8,000 older adults in our community, all of whom want to live in their own homes as long in life as possible. We know the Public Health Guidelines for an accredited Food Bank were becoming clearer and we had to improve that service and our facilities, especially as demand has almost doubled since the start of COVID. In 2021, conversations with our Township and Mayor, Ron Vandewal, turned towards trying to raise the needed capital ourselves. With the assistance of Todd Colbourne, a principal at Colbourne & Kembel Architects Inc. experienced with expansions for non-profit agencies, an expansion plan was created. The Township decided that to support the people who live here, it was in the best interest of our community and, unanimously, all Councillors offered support to provide funding of \$750,000. With other commitments known and in hand, this meant that SFCSC had raised \$1,250,000 towards our \$2 million dollar goal. We need to raise a further \$750,000 to fully fund this expansion.

The Goal. By the end of this project, SFCSC will have a building that will address and meet capacity issues, increase adherence to food handling standards, accessible washrooms and entrances for all, safer parking, confidential and private meeting places and professional work areas for staff and volunteers. We hope that everyone in our community will find a way to support this campaign but, most importantly, will continue to show it is a caring and vibrant community that supports both our seniors and those in need.

Thank you for enabling us to continue our 32-year tradition of helping others. Together, we make a great team!

David Townsend, Executive Director

SIMPLIFIED FINANCIAL STATEMENTS Balance Sheet March 31, 2022

ASSETS

Cash & Investments	\$613,895
Receivables	154,773
Prepaid Expenses	7,674
Capital Assets	694,795
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	\$1,471,137

LIABILITIES

Accounts Payable	\$168,099
Deferred Revenue	3,931
Deferred Contributions	519,929
Capital Expansion	126,213

NET ASSETS

Invested in Capital	\$174,865
Reserve Funds	310,315
Restricted Funds	67,396
Unrestricted	100,389
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	\$1,471,137

Revenues & Expenses Apr 1, 2021 to Mar 31, 2022

INCOME

From Funders	\$1,024,424
Client Fees	174,892
Fundraising	263,417
Other Sources	167,704
Federal Wage Subsidies	77,163
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	\$1,707,600

EXPENSES

Salaries & Benefits	\$978,955
Direct Program Costs	238,175
Building Occupancy	65,162
Office Supplies	52,626
Professional Fees	43,656
Other Costs	96,984
Direct Client Subsidies	27,279
Information Systems	93,109
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	\$1,595,946

Administration and Operating Costs Surplus

Food Bank	(\$11,508)
SFCSC	\$123,162

For a copy of the detailed, audited financial statements
email david.townsend@sfcsc.ca



OUR IMPACT

We are making meaningful progress in the lives of seniors and creating connections everyday!



18,417
days

days of food provided to South Frontenac families in need

14,412

Hot Meals on Wheels delivered

11,889

hours of time donated by

229 volunteers

2,631
individuals
served by our Food Bank

YEAR AT A GLANCE

APRIL 1, 2021 – MARCH 31, 2022

2021-2022 ANNUAL REPORT

5,186
nutritious frozen Meals on Wheels provided

30,366
services

through support programs for frail seniors

1,221 *visits*

of hospice volunteers time providing emotional support and respite to caregivers

4,746
participants

in Grace Social Activity Centre's social and exercise programs