southern frontenac community services

Because of You



Dear Friend,

Every day, someone in our community needs a little help.

It may be a senior who no longer drives and needs a ride to an important medical appointment. A neighbour who depends on Meals on Wheels for a nutritious meal and a friendly visit. A family turning to the Food Bank during a difficult month. Or a caregiver who needs a few hours of support and reassurance.

Because of you, Southern Frontenac Community Services is here for them.

Your generosity helps us provide programs and services that allow seniors to remain independent, help families meet their basic needs, and ensure that people throughout our rural community have somewhere to turn when they need support.

More seniors and families are reaching out for support, particularly in rural communities. Over the past year, we saw a 28% increase in seniors receiving meals, 15% more accessing transportation, a 37% increase in our Adult Day Program and an increase of nearly 50% in our social and recreation programs. Our Food Bank provided 32% more hampers to individuals. As more people turn to us for help, your support is more important than ever.

And sometimes, the impact of your gift is found in the smallest moments.

- It is the relief of knowing there will be food on the table.
- It is the comfort of a familiar face arriving at the door.
- It is getting safely to an appointment that cannot be missed.
- It is knowing that when help is needed, someone is there.

You help make these moments possible.

Having services that people can depend on has never been more important. Your donation helps ensure that SFCSC can continue to respond-not only today, but throughout the year ahead.

This year, we are humbled and inspired by the support of one of our incredible contributors: **Hughson Group has generously offered to turn their support of our services to match community donations - dollar for dollar - up to $50,000**!



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More meals. | **More rides.** | **More food.** | **More Support.** | **More Connections.**

This giving season, your impact goes even further!

That means our matching campaign is back! Together, we **have an incredible opportunity to turn $50,000 in community donations into $100,000** in support of the programs and services so many people rely on.

Your gift of $50 becomes $100.
Your gift of $100 becomes $200.
Your gift of $500 becomes $1,000.

This holiday season, the greatest gifts aren't always found under a tree. Sometimes, they are found in a warm meal, a helping hand, a friendly visit, or simply knowing someone cares. Because of you, these gifts of kindness are possible every day of the year.

Because of you, a senior can remain connected.

Because of you, a family can find support.

Because of you, a neighbour doesn't have to face a difficult time alone.

Will you help us make twice the difference? Please consider making a donation and helping us take full advantage of this amazing matching opportunity. Tag your gift "Because of ME!" and together, we can make an even greater impact.

Thank you for believing in our community and for helping us continue to be here for the people who need us. There are many ways to make your donation - see banner on right for details. **All donations from November 15, 2026 to January 15, 2027 will be included**.

As the holiday season approaches, we wish you and your loved ones a Christmas filled with warmth, joy and connection.

With sincere appreciation,

H. Rogers

Heather Rogers
Executive Director

Keep in touch with us! For the latest news follow us on Facebook or visit our website at www.sfcsc.ca and sign up to our newsletter.

YES!
I WANT TO DOUBLE MY IMPACT

Ways to Give

Online
Go to **www.sfcsc.ca** to make an online donation include message "BecauseofMe2026"

Telephone
Call **613-376-6477 ext. 202** to make a credit card donation

In-person
Visit us at **4295 Stagecoach Rd, Sydenham ON**, to make a donation via cash, cheque, debit, or credit.

E-transfer
Send to **ally.dickson@sfcsc.ca** with subject line "BecauseofMe2026"

Donations between **Nov. 15, 2026 – Jan. 15, 2027** **up to $50,000!** will be matched

Thanks to your generosity... More Is Possible!

8,065 ATTENDANCES in our social and exercise programs

23,419 MEALS on Wheels provided to seniors

15,780 HOURS donated by **177 volunteers**

1,400 FOOD HAMPERS provided by our **Food Bank**

44,153 SERVICES provided to rural families

Needs are increasing
You can help make a difference!

**stats from 2025-2026*