

OCTOBER 2021

# OCTOBER COMMUNITY SUPPORT MONTH

It's Community Support Month in Ontario, an opportunity for residents of South Frontenac to learn more about Southern Frontenac Community Services Corp. (SFCSC) programs. We offer a wide variety of services to help clients live independently in their own homes and communities for as long as possible.

Our services include; Meals on Wheels, adult day programs, respite for family caregivers, in-home services and home maintenance, transportation services, fitness and social programs, and a food bank (to name just a few!).

Individuals prefer to receive support in the comfort of their own homes and communities and with the help of our caring volunteers and donors, we work to improve the quality of life of clients and their families.

With census data projecting an **111% increase in the number of people aged 75+ living in South Frontenac** over the next twenty years, community support services close to home, will become even more important.



southern frontenac  
community services 

Find out more about  
Southern Frontenac  
Community Services  
by visiting our website  
at [www.sfcsc.ca](http://www.sfcsc.ca)



Melissa, SFCSC (left) was pleased to accept a cheque from Chelsea, KCCU (right) for a \$200 donation to our Food Bank from Kingston Community Credit Union staff.

## OPEN FARMS WAS FANTASTIC

A good time was had by all at the Open Farms event last month!

We were thrilled to take part and share information about our community garden that supplies fresh produce for Meals on Wheels, our Food Bank hampers, and lunch and snacks for our Adult Day clients.

Many people dropped by to donate and to help 'load our trailer' of non-perishables for our Food Bank. In fact, almost 160 pounds of food and \$300 in donations was collected!

**Kingston Community Credit Union (KCCU)** was at the event and we were delighted to meet Chelsea who stopped by to present a cheque from KCCU staff for \$200 to support our Food Bank.

It was great to meet people and chat about our garden, our partnerships with local farmers that help us to ensure quality meals and foodstuffs for our clients, and to answer questions about how community members can be involved with SFCSC.

Thank you to the **Township of South Frontenac** for everything you did to make Open Farms happen and to all of the vendors and visitors who took part and demonstrated that responsible community events are possible in this new pandemic reality.



## THERE ARE MANY WAYS TO HELP AND WE APPRECIATE THEM ALL

There are many ways to support SFCSC. Often people or organizations will create and host an event themselves and then donate funds raised to our programs and services.

This kind of fundraising is a growing trend and allows people to raise funds in ways that make sense to them. Consider asking for donations to celebrate a birthday or anniversary, do your own 'athon' like a sing-athon or run-athon. The ideas are endless and we're here to help with posters and promotion to get the word out.

For example, Jewel recently held a beautiful and zen **Health and Wellness Reconnection event** in support of our Food Bank. **Maple Ridge Farm** had a gorgeous Garden Party and a portion of ticket sales were donated. **Loughborough Lavender** gave a portion of their sales to our Food Bank. And Crystal and her son Braxton collected non-perishable food items at the Sydenham **Point Vendor Fair**.

A big thank you to everyone! We are so fortunate to be a part of a caring community and the support we receive does so much to help deliver health and wellness support services to some of the most vulnerable people in our community.



- Advance Care Planning (ACP) is an opportunity to share your wishes and choices about your future personal and health care. It is a chance to help others to understand what is important to you, and to be clear on how you wish to live your life and be cared for.
- This planning is best done now while you are able to clearly understand and talk about your choices and decisions.
- It is about communicating your wishes and wants to a trusted person. This person is called your Substitute Decision Maker (SDM). Usually, we can make our own decisions but if, at any time, you are not able to, your SDM would voice your wishes and care choices with your health care providers.
- Over time, our living situations and health changes. Your Advance Care Plan needs to reflect these changes, be revised and shared with your SDM, family, friends and care providers.

## CONVERSATIONS WORTH HAVING

### ADVANCE CARE PLANNING

#### People who have an Advance Care Plan:

- Are more likely to have their wishes followed
- Have caregivers & family experience less stress and anxiety
- Are more satisfied with the care they receive
- Are more likely to be cared for in a place of their choosing
- Have a better quality of living & death

#### For additional information:

Leagh Gabriel

Hospice & Palliative Care Coordinator

613-376-6477 ext. 201

#### Resources:

- **Speak Up Ontario** - [www.speakupontario.ca](http://www.speakupontario.ca)  
ACP information for professionals and the public.
- **Hospice Palliative Care Ontario** - [www.hpco.ca](http://www.hpco.ca)  
Information for people who have life limiting illnesses and conditions.
- **Advocacy Centre for the Elderly** - [www.ancelaw.ca](http://www.ancelaw.ca)  
Up to date and reliable information for older adults and their caregivers on the laws and regulations as they apply. (Laws and regulations are specific to country and province)





## MAKING STRIDES (INDOOR WALKING)

Making Strides follows a program developed by Leslie Sansone to help keep you active during the seasons when it can be difficult to walk outdoors.

- Focus on multi-muscle moves
- Movement set to beats per minute in music
- Higher muscle engagement leads to muscle toning and more calories burned

**WHAT:** Making Strides (indoor walking)

**WHEN:** Fridays (October to April)

**WHERE:** Grace Centre, Sydenham

**TIME:** 8:30 a.m. – 9:30 a.m.

**FEE:** FREE for Grace Activity Pass holders, \$2 for non-pass

### REGISTER:

Ashley Bates

[ashley.bates@sfcsc.ca](mailto:ashley.bates@sfcsc.ca)

613-376-3477 ext. 310

## MOBILE Y FITNESS

Mobile Y Fitness is a partnership with YMCA of Eastern Ontario to bring fitness programs to rural areas.

- Warm-up & cardio: 10 to 15 min.
- Strength training: 25 min. (bands/body weight)
- Core & balance work: 10 min.
- Cool down & stretching

**WHAT:** Mobile Y Fitness

**WHEN:** Monday, 9:00 a.m. – 10:00 a.m.

Wednesday, 10:30 a.m. – 11:30 a.m.

Program to run until Dec. 15, 2021

**WHERE:** Grace Centre, Sydenham or online

**FEE:** \$40 for Grace Activity Pass holders, \$60 for non-pass





## HERE TO HELP AND SUPPORT

Our Volunteer Hospice Visiting Service offers emotional and practical support to clients living in North, Central and South Frontenac, and the Addington Highlands who are over the age of 18 and have been diagnosed with a life-limiting or terminal illness.

Caring for and/or grieving the loss of a loved one can be overwhelming. Our support sessions offer an opportunity to discuss challenges, get some coping tips or ask questions of a knowledgeable VON or Alzheimer Society staff member. These sessions can be for one person, a couple or a family. There is no fee for the service and no referral is needed but registration is required.

### REGISTER:

Sandy Whaley  
sandy.whaley@sfcsc.ca  
or 613-376-6477 ext. 205

### **VON Stroke Support Group**

**WHEN:** 3rd Monday of every month

**WHERE:** Grace Centre, 4295 Stagecoach Rd., Sydenham

**TIME:** 1:00 p.m. – 3:00 p.m.

**FEE:** FREE

### **Alzheimer Society Private Caregiver Support Sessions**

**WHEN:** 3rd Wednesday of every month

**WHERE:** Sydenham Public Library, 4412 Wheatley St.

**TIME:** 9:00 a.m. – 1:00 p.m.

**FEE:** FREE

### **Alzheimer Society Caregiver Support Group**

**WHEN:** 3rd Wednesday of every month

**WHERE:** Sydenham Public Library, 4412 Wheatley St.

**TIME:** 1:30 p.m. – 3:00 p.m.

**FEE:** FREE

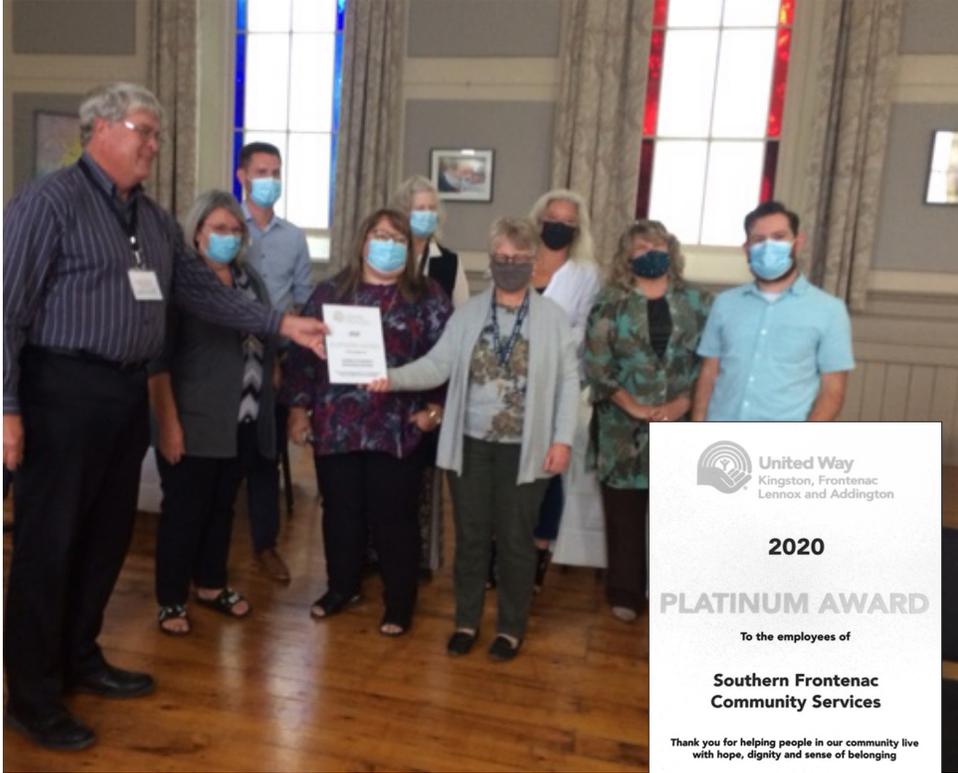
### **Bereavement Support Group**

**WHEN:** last Wednesday of every month

**WHERE:** Grace Centre, 4295 Stagecoach Rd., Sydenham

**TIME:** 1:00 p.m. – 3:00 p.m.

**FEE:** FREE



## LOCAL LOVE

Southern Frontenac Community Services is pleased to accept the United Way KFL&A Platinum Participation Award to recognize that 100% of our staff supported last year's annual fundraising campaign. Way to go team!

The United Way has always been such a great friend and supporter of ours and we wish them the very best with this year's campaign. We know it will be a huge success.

#locallove #community #support



**United Way**  
serving Kingston, Frontenac  
Lennox and Addington

## WE NEED YOU!

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 and new opportunities.
- Try something new!

### Volunteer Opportunities:

- Drivers – mileage is reimbursed
- Bingo Assistants
- Hospice and Palliative Care support
- Telephone Reassurance callers
- Special Events Coordinator/Assistant
- Food Bank Assistants
- Diners Helpers

If you can help we'd love to hear from you!

CONTACT:  
Melissa Elliott,  
melissa.elliott@sfcsc.ca  
613-376-6477 ext. 209

# OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>IMPORTANT</b> 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.</p> <hr/> <p><b>RED &amp; ORANGE FONT *</b> 613-376-6477 x 310 ashley.bates@sfcsc.ca</p> <hr/> <p>* VON Support Group &amp; Bereavement Support Group 613-376-6477 x205 sandy.whaley@sfcsc.ca</p> <hr/> <p><b>BLUE FONT</b> 613-376-6477 x310 ashley.bates@sfcsc.ca</p> <hr/> <p><b>GREEN FONT</b> 613-376-6477 x 310 ashley.bates@sfcsc.ca</p> <hr/> <p><b>PURPLE FONT</b> 613-376-6477 x205 sandy.whaley@sfcsc.ca</p>					1 8:30-9:30 Making Strides indoor walking	2 <p><b>GREEN FONT</b> ACTIVITIES OUTDOORS &amp; ONLINE</p> <p><b>RED FONT</b> ACTIVITIES @ THE GRACE CENTRE</p> <p><b>ORANGE FONT</b> ACTIVITIES @ THE GRACE CENTRE &amp; ONLINE</p> <p><b>BLUE FONT</b> OUTDOOR ACTIVITIES</p> <p><b>PURPLE FONT</b> ACTIVITIES @ SYDENHAM PUBLIC LIBRARY</p>	
	3	4 9:00-10:00 Mobile Y Senior Fitness	5 9:00-11:00 Good Graces Café  9:30-10:30 Cardio & Strength	6 9:00-10:00 Tai Chi  10:30-11:30 Mobile Y Senior Fitness	7 9:30-10:30 Cardio & Strength	8 8:30-9:30 Making Strides indoor walking	9
	10	11 	12 9:00- 11:00 Good Graces Café  9:30-10:30 Cardio & Strength	13 9:00-10:00 Tai Chi  10:30-11:30 Mobile Y Senior Fitness	14 9:30-10:30 Cardio & Strength	15 8:30-9:30 Making Strides indoor walking	16
	17	18 9:00-10:00 Mobile Y Senior Fitness  1:00- 3:00 VON Stroke Support Group	19 9:00- 11:00 Good Graces Café  9:30-10:30 Cardio & Strength	20 9:00-10:00 Tai Chi 9:00-1:00 Alzheimer Society Private Caregiver Support Sessions 10:30-11:30 Mobile Y Senior Fitness 1:30-3:00 Alzheimer Society Caregiver Support Group	21 9:30-10:30 Cardio & Strength	22 8:30-9:30 Making Strides indoor walking	23
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