



southern frontenac
community services
enabling | enhancing | enriching lives



PROGRAM GUIDE

GROW WITH GRACE



Vision

The sustainable health and well-being of the community

Mission

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

Values

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



613-376-6477



info@sfcsc.ca



sfcsc.ca



Southern Frontenac Community Services Corporation (SFCSC)

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CARE PLANNING

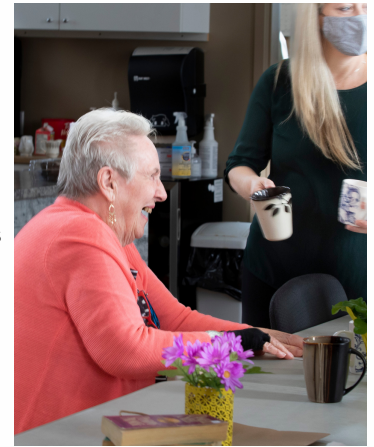
In partnership with Community Care for Central Hastings, our Care Planner is the first point of contact for new client assessments and continued client follow up and reassessment.

Our Care Planner will make a home visit to talk with you regarding your needs and share information about available SFCSC programs and services that may be helpful.

Your assessment may contain information on your:

- mental and physical health
- personal and health history
- finances
- contact information

The information collected during your assessment is confidential by law, and is only used by authorized staff. Unless you instruct us otherwise, it may be shared with other health service providers who can better serve your needs and provide support services to you now and in the future.



CLIENT CARE COORDINATOR: 1-888-473-5111 ext. 3042

You have the right to access your assessment information and know how it is being used. For more information you can contact our Privacy Officer at 613-376-6477 ext. 304.

You can also contact the Information and Privacy Commissioner of Ontario at 2 Bloor Street East, Suite 1400, Toronto, ON, M4W 1A8, 416-326-3333 or 1-800-387-0073.

FOOD SECURITY & SERVICES

Community Food Bank

All residents from South Frontenac Township and rural Kingston (north of Hwy. 401) who are struggling with food security for themselves and their family are able to receive 7 days worth of non-perishable and fresh food items once a month. The quantity of food provided is based on the family size and availability of in-stock Food Bank items. Hygiene items, diapers and pet food are also provided when available. Registration can be by phone or e-mail, and Food Bank orders are booked by appointment.

CONTACT: 613-376-6477 ext. 203

Grace Garden & Greenhouse

In partnership with the Loughborough Public School Challenge Program, our garden and greenhouse provide a wonderful learning environment for students. The produce grown is essential to our food security programs providing a variety of fresh vegetables and herbs for Meals on Wheels and our Food Bank Hampers. Garden volunteers always needed, May thru October.

CONTACT: 613-376-6477 ext. 203

Meals on Wheels - frozen

Seniors and adults with physical disabilities can choose from a number of \$6 main course meals that provide 40% of the recommended daily nutrition for inactive adults. Meals can be picked up at the Grace Centre or with a minimum order of 10 meals, they can be delivered for free.

CONTACT: 613-376-6477 ext. 303

Meals on Wheels - hot

Seniors and adults with physical disabilities can receive a nutritious hot meal delivered to their door over the noon-hour every Monday, Wednesday and/or Friday for \$8/meal. Meals include soup/salad, entrée and dessert. Dietary restrictions and/or allergies may be accommodated.

CONTACT: 613-376-6477 ext. 303



SENIORS & COMMUNITY SUPPORT SERVICES

Adult Day

Personal Support Workers and Recreation staff deliver a full day of programming in a group setting for adults living with a cognitive or physical disability. Clients enjoy physical, cognitive, creative and social activities to assist in achieving and/or maintaining their maximum level of functioning.

This program benefits persons living with dementia, Parkinson's, acquired brain injuries, strokes and/or physical impairments, as well as the frail or isolated elderly. It also benefits caregivers by providing respite and support.

Services

- Personal support care
- Social, physical and recreational activities
- Hot lunch
- Morning and afternoon snacks

Hours

Monday to Friday – 9:00 a.m. – 3:30 p.m.

Referrals

Received from the Home & Community Care Support Services, Community Support Service Care Planners or self referrals.

FEE: \$20 per day. Transportation may be available upon request (additional cost).

CONTACT: 613-376-6477 ext. 305

Family Services

Families and individuals struggling with finances, homelessness and other issues can access support through referrals from our organization. We can provide help with applications for birth certificates and other I.D., as well as programs to assist with utility bills, medical & dental needs and more. Our volunteer-led income tax service helps qualified individuals keep their finances up to date, and maintain access to government programs.

We provide information and resources that help address the root causes of food insecurity, and connect people with the programs and organizations that lead individuals and families toward better health and quality of life.

CONTACT: 613-376-6477 ext. 203

HOSPICE & BEREAVEMENT SUPPORT

Bereavement Services & Support Groups

Trained volunteers and regular Support Groups provide emotional and psychosocial support to individuals and families who are anticipating a death or experiencing grief due to the loss of a loved one.

Visiting Hospice Services

Trained volunteers offer emotional and practical support to clients who have been diagnosed with a terminal or life-limiting illness and live in North, Central or South Frontenac, or the Addington Highlands. The program provides respite for caregivers and the time to do what needs to be done at home or elsewhere while having peace of mind knowing that their loved one is being cared for.

Caregiver Support

Ongoing one-on-one support for caregivers, as well as monthly group support meetings where people can share their thoughts in a safe, confidential environment. We recognize that 'breaks' from care giving are essential and we are here to help.

CONTACT: 613-376-6477 ext. 205

Foot Care

Trained providers offer basic foot care for older adults (60+) and adults with physical disabilities. The service includes toe nail trimming and filing, callous assessment and reduction, and foot health monitoring. Diabetic referrals are accepted.

Appointments are required. Please soak your feet for 10-15 minutes before coming to your appointment.

FEE: \$25. Avoid an additional charge by providing 24-hours notice for cancellations.

CONTACT: 613-376-6477 ext. 307

In-home Respite

Health-trained professionals can fill in for family and friends when a break from care-giving is needed.

FEE: \$18 per hour billed at month's end. Subsidies are available for those who qualify.

CONTACT: 613-376-6477 ext. 305

In-home Services & Home Maintenance

Seniors (60+) and adults with physical disabilities can arrange regular cleanings or assistance with other tasks around the home, such as light housekeeping, minor repairs and cooking. Home Helpers are thoroughly screened and interviewed by staff before being matched with clients.

FEE: \$20 per hour billed at month's end.

CONTACT: 613-376-6477 ext. 305

Transportation Services

Affordable and reliable transportation for seniors (60+) and adults with physical disabilities living in South Frontenac and rural Kingston. Clients can get assistance getting to and from medical appointments, grocery shopping, social outings and more.

FEE: \$0.45 per kilometer or a \$4.50 flat rate for trips under 10 kilometers. Subsidies are available for those who qualify.

CONTACT: 613-376-6477 ext. 307



SOCIAL & RECREATION ACTIVITIES

Diners Club

Friends gather once a month for a delicious full-course meal and entertainment! Take part on Thursdays at noon amongst locations in Glenburnie, Verona, Sydenham and Harrowsmith from September – June. Cost is \$10 at the door.

CONTACT: 613-376-6477 ext. 303

Grace Social Activity Centre

The Grace Social Activity Centre offers older adults (aged 55+) in South Frontenac and rural Kingston (north of Hwy. 401) a range of programs to support an active lifestyle. Most activities run weekly or monthly in the mornings with some special events taking place in the afternoon. Fitness classes, interesting and educational workshops, cards and games, crafting, book club and writing club – these are just a few of the activities available. Plus, every Tuesday morning you can come to Grace Café, a great opportunity to get together with old friends and meet new ones!

CONTACT: 613-376-6477 ext. 310

Grace Activity Pass

An annual Grace Activity Pass is available for adults aged 55+ and gives free access to most social and recreation programs, except those that occasionally have an additional cost or admission charges, such as bus tours or special workshops. A Grace Activity Pass costs \$40 and you can purchase one in January every year.

CONTACT: 613-376-6477 ext. 310

SUPPORT SOUTHERN FRONTENAC COMMUNITY SERVICES

Southern Frontenac Community Services supports seniors and families in need in South Frontenac and rural Kingston (north of Hwy. 401). A portion of our funding comes from provincial and municipal partners, but we rely on donations to keep up with the demands and needs in our community.

Your donations help us to deliver Hot Meals on Wheels to rural seniors, provide food hampers to families in need, subsidize low-income seniors and their caregivers to offer care in our Adult Day Program...and much more.

There are many ways to give to SFCSC and all are appreciated – gifts of cash, pledges, gifts-in-kind, time, stocks and securities, planned giving, monthly giving and tribute gifts are some of the ways that you can support. You may also choose to host or attend an event that benefits SFCSC.

For many donors who have already made the decision to donate to Southern Frontenac Community Services, a simple straightforward donation of cash, e-transfer, personal cheque or credit card is a convenient route. You can donate online at www.sfcsc.ca/ donate or cheques may be made payable to Southern Frontenac Community Services and mailed to:

Southern Frontenac Community Services
4295 Stagecoach Road, Box 43
Sydenham, ON • K0H 2T0

We achieve more with your support and we are proud to be part of a community that takes care of each other.



SCAN TO DONATE

CONTACT: 613-376-6477 ext. 211

VOLUNTEERS

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 for references or new opportunities
- Try something new!

Volunteer Opportunities:

- Drivers – mileage is reimbursed
- Bingo Assistants
- Grace Keepers
- Garden Helpers
- Hospice and Palliative Care support
- Exercise/Activity Leader
- Special Events Assistant
- Food Bank Assistants
- Diners Helpers
- Front Door Greeter

CONTACT: 613-376-6477 ext. 308



ANNUAL REPORT

2022 - 2023



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.

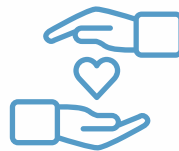


VALUES

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

OUR IMPACT

14,861 days
of food provided to South
Frontenac families in need



115 individuals
supported by our Visiting
Hospice program

over **12,000**
hours of time donated by
238 volunteers

1,200 congregate
dining meals
served to



427 clients

2,270 drives
provided by volunteers for client
medical appointments, social
outings, and errands

2,123
individuals
served by our foodbank



32,751
services

provided through support
programs for seniors



20,765

nutritious hot and frozen
Meals on Wheels provided

5,062
participants

in Grace Social Activity Centre's
social and exercise programs



Message from the Board Chair and Executive Director

As our 33rd year draws to a close, there is a lot to reflect on and be thankful for.

Thanks! Together, we are Making a Difference

The **Township of South Frontenac** continues to support our efforts to bring programs and services to the community. From their generous support of the #BUILDWITHGRACE campaign, to the use of their facilities to host programs, as well as including us in community events, they remain a strong partner.

More than 200 **volunteers** were actively engaged with us last year, helping seniors and those less fortunate with food, meals on wheels, medical drives, fitness, socialization and so much more.

Our Board and staff members, were all committed to helping as many people as possible throughout the pandemic recovery. Our future is full of excitement. We have a roadmap of where we need to go and we have a very dedicated team.

Thank you to our **funders**, who value and support the work of SFCSC, but especially our community who continues to financially give what they can in precarious economic times. It truly is a team effort and together we are stronger.

To those who turn to us for support; whether a hot meal, a ride, a food hamper or companionship in one's last days, thank you for trusting us to help. We will continue to be there and do everything we can to support your needs to remain safe and healthy in your rural home.

Reflections on the year gone by.

Community First Grace Expansion - Build with Grace. It is hard to believe that we started this desire for better facilities way back in 2011 when we, fortunately, were able to acquire the Grace Centre. With thanks to the Township and other donors to date, the portables are gone, shovels are in the ground and walls are starting to form. We are at close to 75% of our goal that will make this a reality – but we need your help to get over the finish line. We hope that everyone in our community will find a way to support this campaign.

Programs and Services. Programs and services continue to grow. In 2022-2023, we delivered almost 33,000 services. While the Food Bank has moved into Grace Hall for the duration of the build, we continue to provide all our programs. Visit our website or call to get updated information on where to find them.

Looking Ahead- The Next Year

We hope you will stay closely connected as this upcoming year will be full of excitement. Watch the building continue to grow! Welcome to our new Executive Director, Heather Rogers, a familiar face to the SFCSC family. The Board agrees that Heather is the ideal candidate for SFCSC's next chapter of growth & success. Delivering our programs in the midst of a construction site is no easy task, but our team is working harder than ever to make sure seniors and vulnerable families in South Frontenac continue to get the help they need. We plan to reach out farther into the community to provide services to more seniors. We are confident of the positive impact we will continue to have in the lives of our seniors and those in need.

From the two of us, we are proud to lead 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. It is such an honour to serve such a caring and vibrant community that supports both our seniors and those in need.

Thank you.

Greg Fisher
Chair, Board of Directors

Heather Rogers
Executive Director

SIMPLIFIED FINANCIAL STATEMENTS

Balance Sheet March 31, 2023

ASSETS

Cash & Investments	\$1,370,546
Receivables	99,845
Prepaid Expenses	6,636
Capital Assets	877,135
	<hr/>
	\$2,354,162

LIABILITIES

Accounts Payable	\$210,121
Deferred Revenue	7,736
Deferred Contributions	702,577
Capital Expansion	247,870
Forgivable Loan	500,000

NET ASSETS

Invested in Capital	\$174,558
Reserve Funds	310,315
Restricted Funds	100,781
Unrestricted	100,204
	<hr/>
	\$2,354,162

Revenues & Expenses Apr. 1, 2022 to Mar. 31, 2023

INCOME

From Funders	\$963,394
Client Fees	231,962
Fundraising	310,411
Other Sources	133,685
	<hr/>
	\$1,639,452

EXPENSES

Salaries & Benefits	\$987,327
Direct Program Costs	315,781
Building Occupancy	67,562
Office Supplies	41,342
Professional Fees	63,567
Other Costs	66,759
Direct Client Subsidies	19,941
Information Systems	44,280
	<hr/>
	\$1,606,559

Administration and Operating Costs Surplus

Food Bank	\$38,114
SFCSC	(\$5,221)

For a copy of the detailed, audited financial statements email heather.rogers@sfsc.ca.



#BUILDWITHGRACE

GROWING TO SERVE OUR SENIORS NOW AND TOMORROW



LET'S BUILD OUR COMMUNITY'S FUTURE TOGETHER!

We are growing to provide the services you need

- In-home help
- Hospice & Palliative Care
- Adult Day Program
- Meals On Wheels
- Dining & Social Activities
- Fitness & Recreation Programs
- Transportation Program
- Food Bank & Family Assistance Services



WE NEED YOUR HELP

✓ *Donate* ✓ *Volunteer* ✓ *Participate*

GET IN TOUCH WITH US

4295 Stage Coach Road, Sydenham
613-376-6477

info@sfsc.ca www.sfsc.ca



EASY WAYS TO DONATE

- ONLINE www.sfsc.ca/donate or scan to donate now
- E-TRANSFER send to ally.dickson@sfsc.ca (with 2023 donation in the subject line)
- REACH OUT TO US or find a donation form online



**YOU'RE THERE FOR THEM...
AND WE'RE HERE FOR YOU.**



What if it was YOUR loved one?

Your donation builds a space that brings dignity and respect to the people who need our help most: our rural seniors.

DONATE TODAY

#BUILDwithGRACE

#AGewithGRACE



DONATE TODAY FOR A BETTER TOMORROW

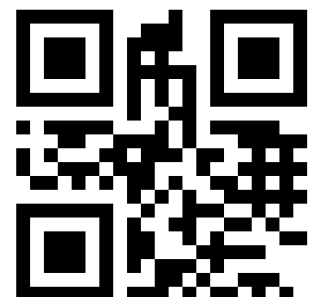
Expanding the Grace Centre at Southern Frontenac Community Services means we can continue to meet the increasing needs of our seniors right here at home, now and in the future.

GROWING TO PROVIDE THE SERVICES YOU NEED

- In-home help & Footcare
- Hospice & Palliative Care
- Adult Day Program
- Meals On Wheels
- Dining & Social Activities
- Fitness & Recreation Programs
- Transportation Program
- Food Bank & Family Assistance Services

EASY WAYS TO DONATE

- ONLINE www.sfcsc.ca/donate or scan to donate now
- E-TRANSFER to ally.dickson@sfcsc.ca
(with 2023 DONATION in the subject line)
- REACH OUT TO US or find a donation form online



**YOU'RE THERE FOR THEM...
AND WE'RE HERE FOR YOU.**



IT WAS MY LOVED ONE AND HERE'S MY STORY:

Dear Donor,

I know that your past donation helped my family, so to show my appreciation, I became a supporter myself. I'm writing to share how your gift to Southern Frontenac Community Services (SFCSC) helped my family. I invite you to consider giving again.

My parents moved to South Frontenac to be closer to their grandchildren. They were vibrant and active early retirees, so it was no surprise that they chose to volunteer at SFCSC. Not only did they take pride in supporting the meal programs, learning new skills and trading recipes, they became dear friends with others they met beyond the walls of the Grace Centre. They had no idea these new friends would become "lifelines" during unfathomable challenges in the years ahead.

Staff at the Grace Centre started noticing changes in my father's health and their concerns were gently shared with me and my mother. My father took so much pride in being helpful. It gave him a sense of purpose and the courage to fight through the changes/challenges he was experiencing. The staff were patient, compassionate and kind, beyond my expectations, and my dad casually made the transition from volunteer to client. As his health deteriorated, he gave up his volunteer role. Soon after, he reached a stage where it wasn't safe for him to remain alone, even for short periods of time. My mother had high expectations of herself and felt it was her role to "do it all". As their daughter, I struggled to juggle my different roles of supporting their needs, caring for my young family and meeting work obligations.

A gift certificate for services encouraged my mom to try some services at home. That was a gift of time--time for herself and the break she didn't know she needed. Meals on Wheels, Home Help, Caregiver Support from SFCSC provided comfort and support during a VERY difficult time. My mind also eased, a little, knowing that SFCSC was there for them.

In the final months of my father's life, the Grace Centre provided caregiver support, palliative volunteer care and respite. The new friends and fellow volunteers now came by the house to bring meals, comfort, love and support. After my father died, my mother, having never been alone for 55 years, learned what it was like to feel "empty" and "lost." However, she was not alone. The bereavement support, a butterfly release ceremony, and a Blue Christmas event helped her journey through that first year. When she was ready, the people at the Grace Social and Activity Centre welcomed her and provided a safe, inviting and caring environment where mom could figure out how to be her "own person". She still joins her fellow retired volunteers at the Good Graces Café and monthly Diners Club luncheons.

I cannot imagine my parents' life in South Frontenac without the services of SFCSC. With their support, my mother, her friends and the many other community seniors will be able to age with grace in their own homes. As one very grateful daughter, I ask that you consider the supports and services you would like to have available to your parents, someone you love or even for yourself. Where else can a person continue to live and thrive in a rural setting with dignity, compassion and friendship for such nominal fees?

Build with Grace! Help to facilitate the growth and enrichment of these services so they can continue to thrive and support the aging population of South Frontenac. Please join me and donate today.

From a grateful daughter

GET IN TOUCH WITH US

4295 Stagecoach Road, Sydenham

613-376-6477

info@sfcsc.ca

www.sfcsc.ca



SCAN TO DONATE





EASY WAYS TO DONATE

ON-LINE www.sfcsc.ca/donate or SCAN TO DONATE NOW

E-TRANSFER Send to ally.dickson@sfcsc.ca with 2023 Donation in the subject line

DONATION FORM

I/We wish to make a [] one-time gift \$_____ [] recurring gift \$_____ annually/monthly

I would like this donation directed to:

- [] 2023 Grace Centre Expansion
[] Adult Day Program for seniors with cognitive & physical challenges
[] Family Services & low-income families
[] Food Services – Food Bank & Meals On Wheels
[] Seniors’ Fitness, Recreation & Social programs
[] General – apply to the area of greatest need

NAME _____

ADDRESS _____

TOWN _____ PROV _____ POSTAL CODE _____

PHONE _____ E-MAIL _____

[] I wish this gift to be anonymous [] I will allow the following name to be acknowledged

NAME TO BE RECOGNIZED _____

[] Cheque enclosed [] Mastercard [] Visa

Credit card # _____ Expiry ____/____ CSC _____

[] In Memory of [] In Honour of [] No dedication

Name: _____

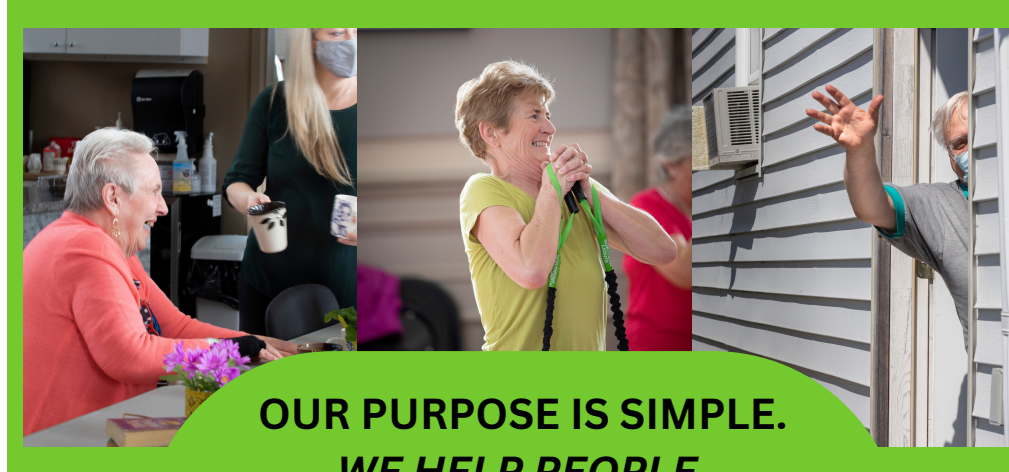
Complete the form and drop off or mail to us: SFCSC, Box 43, 4295 Stagecoach Road, Sydenham ON K0H 2T0
Cheques should be made payable to: Southern Frontenac Community Services

THANK YOU FOR YOUR SUPPORT!
Charitable donation tax receipts will be issued for eligible donations.



DONATE TODAY!

- Give on-line at www.sfcsc.ca/donate
 - Cheques made out to SFCSC
 - E-transfer to ally.dickson@sfcsc.ca
- #BUILDWITHGRACE**

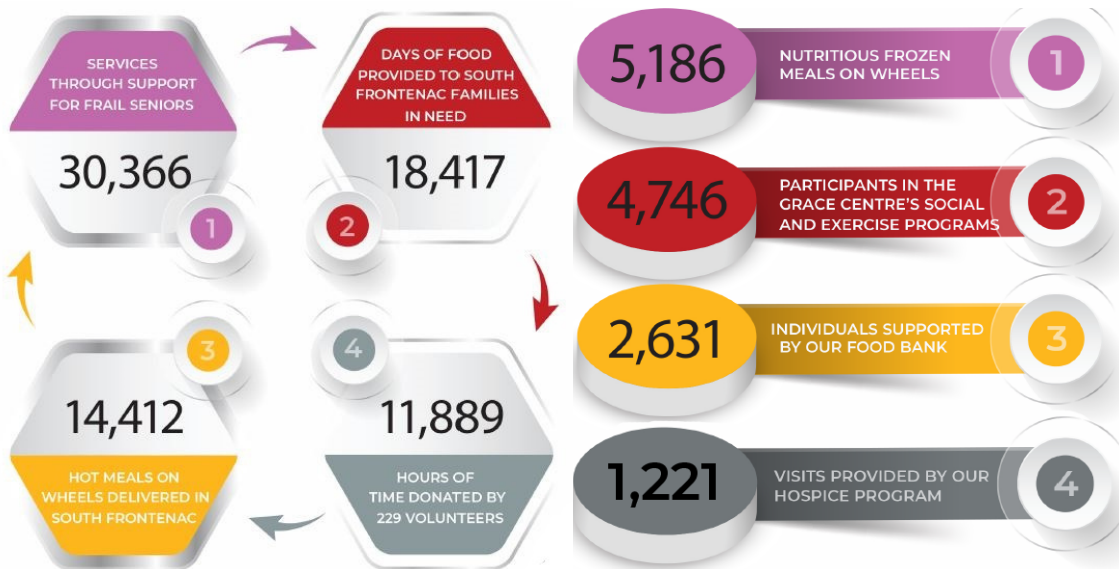


**OUR PURPOSE IS SIMPLE.
WE HELP PEOPLE.**

We have been helping people for over 30 years. We need to expand to make sure we can continue to serve our current and future community needs.

#AGEWITHGRACE

OUR IMPACT REACHES ACROSS ALL SOUTH FRONTENAC



At SFCSC, we are grateful for our generous donors, volunteers and friends. With your support, we are able to help seniors, individuals and families in need. Every donation made stays in the community and helps to keep important health and social services close to home.

OUR CAPITAL EXPANSION PROJECT HAS BEEN AWARDED TO:



We look forward to working together to make a difference in our community and we thank them for all of their support!



MAKE A DONATION

Community support is vital to the success of the Grace Centre expansion. We need your help to complete the project.



POSITIVE HEALTH OUTCOMES START LOCALLY

Investment in community services is vital to positive healthcare outcomes.



FALL 2023

COMPLETION DATE

Construction has begun.

IT TAKES A COMMUNITY

The new Grace Centre is supported by the Township, the provincial and federal government and the people of South Frontenac.



To find out more
visit our website
sfsc.ca



#BUILDWITHGRACE

Let's build our community's future together!

At the Grace Centre, Southern Frontenac Community Services is committed to providing care to the people within our community. No other project demonstrates that commitment like the new Grace Centre expansion. But we need your help. Consider making a donation if you can, to ensure that our programs and services such as Meals on Wheels, Hospice-Palliative Care, Respite Care and the Food Bank continue and prepare us for the needs of tomorrow.

Your support is more important than ever.



4295 Stagecoach Rd. Sydenham ON

613-376-6477





Adult Fitness & Social Activities

Foot Care

Hospice & Bereavement Support Meals on Wheels

Family Support Services Telephone Reassurance Program

Community Garden

southern frontenac
community services

Adult Fitness & Social Activities

Meals on Wheels

Foot Care

Caregiver Support Family Support Services

COMMUNITY FIRST Capital Campaign

Meals on Wheels
Family Support Services

In-Home Services

Telephone Reassurance Program Community Garden

Hospice & Bereavement Support

4295 Stagecoach Road, Box 43, Sydenham, ON K0H 2T0 | www.sfcsc.ca | (613) 376-6477 | Reg. Charitable No. 122150204 RR 0001

Food Bank

Adult Day

Transportation Services

Food Bank

Transportation Services

Caregiver Support

Adult Day

Canadian census data projects that by 2036 the number of people living in South Frontenac aged 55-74 will increase by 21% and the 75+ age group will grow by 111%.

Rural living has many benefits. The peace and quiet, fresh air, open spaces, and the sense of a compassionate community with neighbours that you can count on. The rewards are numerous, but country living can also mean greater distances between you and your family's access to help and health support resources.

Southern Frontenac Community Services Corporation (SFCSC) has been helping people in this community for over thirty years.

Our purpose is simple.
We help people.

Working locally from the historic Grace Centre site, we offer vital health and wellness services that are close to your home.

Services such as supports for the frail elderly, Meals on Wheels deliveries to seniors and people with physical challenges, transportation to medical appointments, and Adult Day program, a Community Food Bank for anyone needing help, and friendly wellness check-in calls to isolated seniors, to name a few. The kind of services that help people stay connected and to live healthier lives. Many seniors are able to maintain their independence and stay in their homes longer.

We never say no to an older adult, a disadvantaged family or an individual in need. Every plan we formulate and every penny we spend is for and about our clients.

75%

increase in the number of seniors using the Food Bank

Hunger and putting food on the table are daily struggles for some. Our Food Bank and Meals on Wheels programs have always been in demand and well used.

Adding to food insecurity challenges is the tremendous impact of the Covid-19 pandemic that has resulted in significantly more seniors and families reaching out to us for help.

*Fiscal 2020-21

14,532

Days of food provided

Food Bank

41% increase in one year

1,874

Individuals served

Food Bank

36% increase in one year

17,731

hot & frozen meals delivered

Meals on Wheels

98% increase in one year

We must expand to serve our future community needs

SFCSC has outgrown its current facility. The condition of the existing site poses significant safety and accessibility issues for our clients who are predominately older adults, as well as for staff and volunteers.

Currently, SFCSC has only one (1) fully accessible entrance with a ramp and automatic door. The second entrance does not meet Accessibility for Ontarians with Disabilities Act (AODA) standards. The parking lot needs to be levelled and paved to become accessible.

The building has a lift that is not AODA compliant and needs to be replaced with an elevator, and public space areas within the building do not have accessible doors.

Due to a lack of space, the SFCSC Food Bank is located in a temporary portable on the site.

KFL&A Public Health reports that safe food handling in the Food Bank barely meets Public Health standards. Food storage and food preparation for the Food Bank requires hand-washing and food-washing sorting areas, which do not exist in the portable.

An expanded facility provides additional space for the Food Bank for food preparation and storage that will better position SFCSC to meet community needs and KFL&A Public Health standards.

SFCSC operates a commercial kitchen in the Grace Centre to support several food programs (Meals on Wheels, Adult Day program meals, etc.). Current policy requires that all perishable and food separation take place in the commercial kitchen which presents difficulties accommodating multiple programs that run simultaneously.

Public Health has advised that SFCSC is currently operating at and beyond the allowable standards for water use. SFCSC currently has three (3) washrooms that do not meet the needs for staff, the multitude of volunteers, clients and active participants.

The septic system currently in use at SFCSC is at capacity in its daily use and the site requires a new, enlarged system that will meet Township of South Frontenac standards.

Due to the absence of soundproofing between the upper and lower levels of the Grace Centre, our Adult Day clients, who are frail seniors, are continuously interrupted and disturbed by our fitness and active living programs for older adults that take place directly above them.



9,613

hours donated by

225

Volunteers

from our community

27,032

Services provided through

**Support
Programs**

for seniors

1,990

health & wellness

check-in calls

to 213 isolated seniors

*Fiscal 2020-21

Our Solution is to Expand & Enhance Our Building

We envision an expansion of the Grace Centre that will provide the space needed to deliver our programs and services, and will eliminate the portables. This ambitious construction project will add 2,400 sq. ft. to the Grace Centre and position us to deliver sustainable community support services for years to come.

Results:

- Increase the capacity of SFCSC to address and meet the growing needs of the more than 8,000 seniors residing within our catchment area (rural Kingston and South Frontenac).
- Enhanced efficiencies of food handling and preparation – prepare, pack and distribute food hampers in one area.
- Accessible washrooms for volunteers, staff, clients and visitors.
- Safe parking and building access.
- Food Bank expansion complies with Public Health guidelines during Covid-19 or future directives.
- Upgraded space will meet all legislated accessibility regulations and provide user-friendly work areas.
- Hand and food washing stations.
- Professional work areas for staff and volunteers.
- Confidential and physically distanced meeting room.

We Need Your Help

Our goal is to raise \$1.5 million dollars. All monies raised stay in the community. We deliver our programs locally. We listen to our volunteers, clients, staff and community partners. We believe the renovation of the Grace Centre is the best way to deliver what our community needs now and for the future. We want to provide another resource that makes our rural communities a better place to live.

We work to secure as many government grants and funding opportunities as possible to support our work. However, for a capital construction project, the grant opportunities are harder to come by. Now, we turn to you, the people who care about our community and want to see more health and support services available in rural areas.

Our Campaign leadership team, our community, our staff and volunteers are grateful for your contribution. Your support has a direct and meaningful impact in your community and donations of any amount are appreciated.

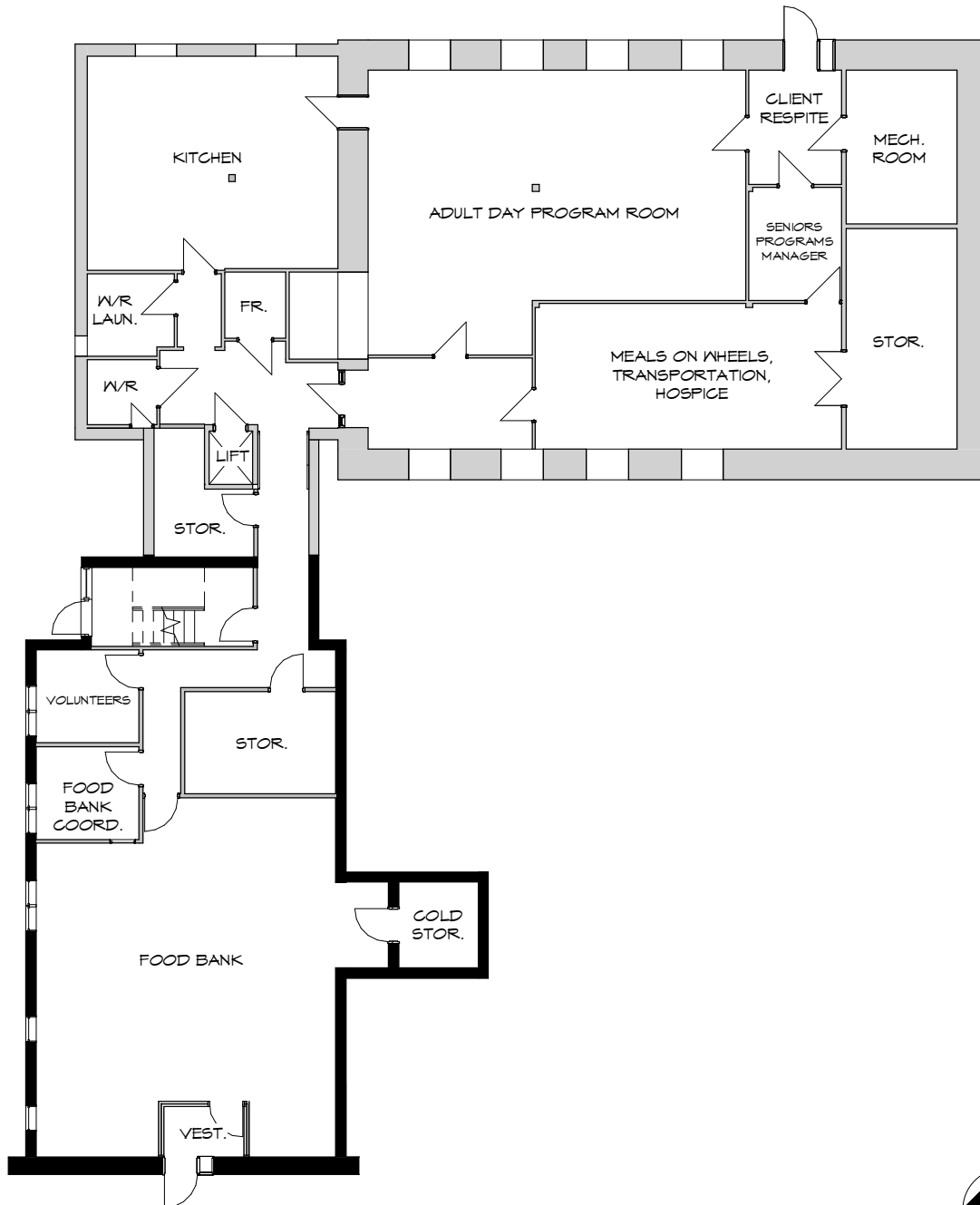
We are aiming high. We have nothing but the health and wellness of our community in mind – now and for the future.

Thank you for your belief in and support of your community.



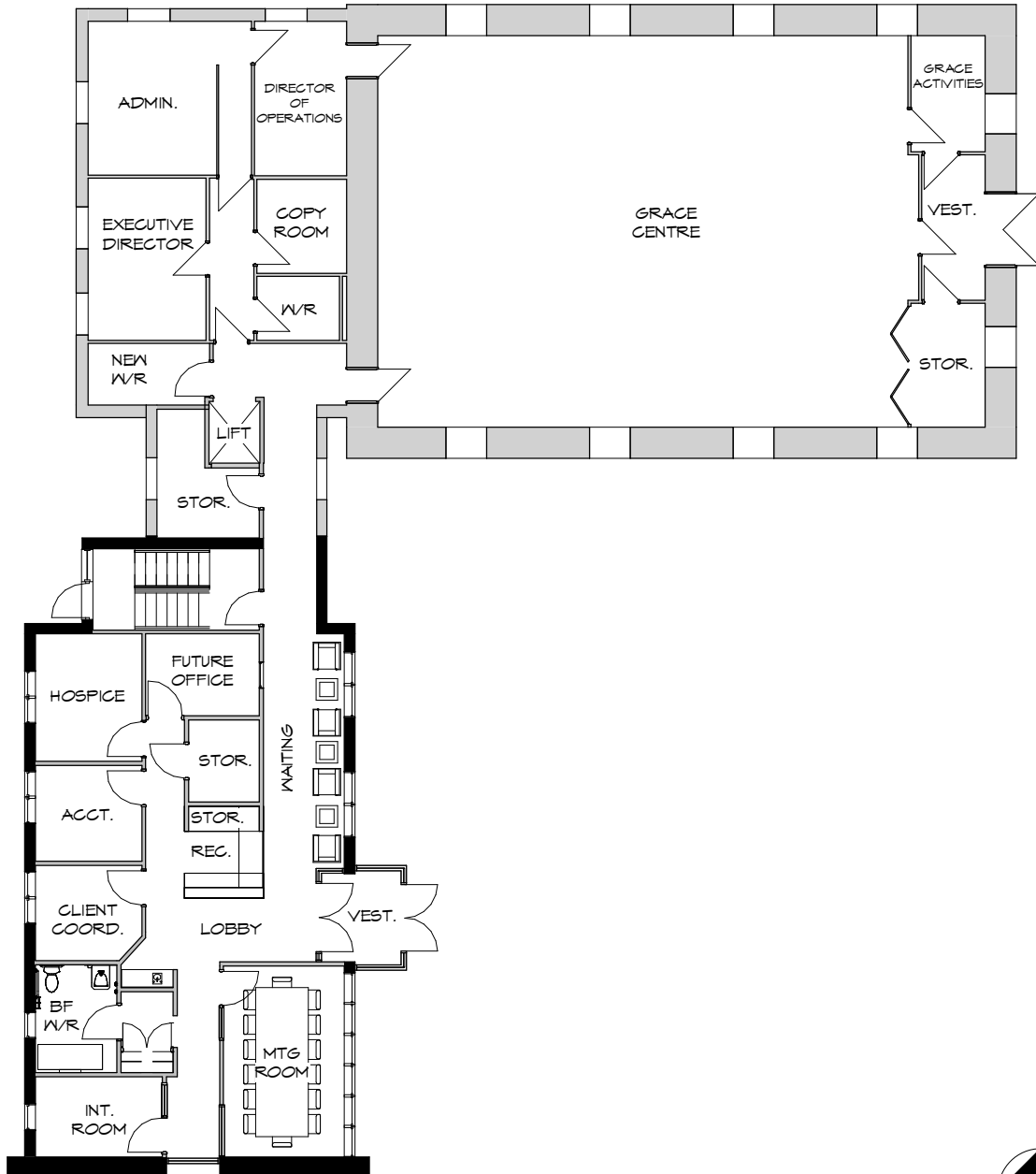
For more information:

Reach out to Heather
Rogers 613-376-6477 ext.
211 heather.rogers@sfcsc.ca



**ADDITION to the GRACE CENTRE -
LOWER FLOOR PLAN**

COLBOURNE & KEMBEL, ARCHITECTS INC.



**ADDITION to the GRACE CENTRE -
UPPER FLOOR PLAN**

COLBOURNE & KEMBEL, ARCHITECTS INC.

THE BUSINESS OF HEALTHCARE

The right care in the right place at the right time. SFCSC does this.

Currently the system of administering healthcare is moving from a regional Local Health Integration Network or LHIN, to a model that targets smaller geographical areas called Ontario Health Teams or OHTs. This new system brings together health care providers and health service support organizations to work as one coordinated team to improve patient/client outcomes, lessen the burden on hospitals and provide care close to home. SFCSC is fully involved in the Frontenac Lennox & Addington Ontario Health Team leadership.

From the Ontario Ministry of Health and Ministry of Long-Term Care website,
<https://health.gov.on.ca/en/pro/programs/connectedcare/oht/>

“Ontario Health Teams are being introduced to provide a new way of organizing and delivering care that is more connected to patients in their local communities. Under Ontario Health Teams, health care providers (including hospitals, doctors and home and community care providers) work as one coordinated team - no matter where they provide care.”

To meet the diverse needs of an aging population and growing numbers of people with chronic and increasingly complex conditions, the government is modifying its focus and some funding models will move from acute care to home and community care.

This paradigm shift in healthcare delivery further secures SFCSC as an important and long-term community resource for the Township of South Frontenac and gives confidence of appropriate operational funding in the years to come.

South Frontenac Township resident, **Dr. Duncan Sinclair**, C.M., penned a policy paper, *Ageing Well*.

He identifies **“what seniors want, that transformational changes are needed to support the elderly, that living arrangements need to be supported by day programs in the community or services provided in the home.”**

Southern Frontenac Community Services Corporation

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