

**SENIORS' COMMUNITY SERVICES**

DECEMBER 2021

# HOLIDAY NEWSLETTER



## What's Inside?

When Meals on  
Wheels turns into  
Meals on "Heels"!

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Bringing the  
Community Together  
with Soup and  
Snapshots

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Hurray for  
Volunteers!

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How YOU can help  
Seniors in your  
community

215 SANDERS ST.  
SUITE 101  
KEMPTVILLE  
613-258-3203

[WWW.SENIORSCS.CA](http://WWW.SENIORSCS.CA)



 **SENIORS'  
COMMUNITY SERVICES**  
*Living Well in YOUR Community*



## A Holiday Note of Thanks to our Community

Just when we thought the bumps of 2020 were smoothing out, 2021 continued to put obstacles in our path that we dodged and ducked with new initiatives, creativity, and of course an abundance of humour and determination. This is our 40th anniversary, after all, and we were not going to let a pandemic rain on our parade! Our cup was filled with the support of the community, our volunteers, and the clients that remained our champions and our top priority. The last year was coloured not by the adversity, but by the warmth and compassion that came to us from so many places. Resilience and perseverance paved the way to new programs, inspired fundraisers, and a renewed strength from our community.

In March, when the world was opening up and we had a peek at a sense of normalcy we took to the streets during Community Champions Week for Meals on Wheels. The need for this service was growing by leaps and bounds (**3550 meals delivered since April!**) and we showcased it with special deliveries all over the community. Our clients were treated to exciting meal deliveries by Mayor Nancy Peckford, OPP officers from the North Grenville County Detachment, and the North Grenville Fire Service Chief and Deputy Chief. Many Kemptville residents may have heard the clip clop of horse hooves when two riders from Heritage Stables saddled up and delivered meals by horse back. It was the special "Meals on Heels" edition on a bright sunny day on what normally is a dreary month. To see the smiles and laughter as clients came out of their homes and received their meals was the beginning of so many wonderful memories ahead.

Fundraising is a vital part of any non-profit organization, and SCS is no different. Each year we must raise over \$76,000 to supplement our core funding. These funds bridge the gap and ensure our programs and services can continue to grow to meet the increasing needs of the community. Without signature fundraising events due to the limitations Covid presented, our volunteer Fundraising Committee put their heads together and got their creative juices flowing.



### HOLIDAY HOURS

December 24th Christmas Eve - Closed

December 27th & 28th - Closed

December 31st - Closing at Noon

January 3rd - Closed

The first event was the Soup and Go Drive-Thru that partnered SCS with local potters and two amazing soup chefs, our very own volunteers Val Morris and Wendy Bray. Each attendee received a bowl of soup and a beautiful handmade pottery bowl donated to us by several local artists. It was sold out within a week! Unfortunately, at the end of March new Covid restrictions were imposed, and our event was reimaged into an afternoon of soup deliveries to porches from Merrickville to North Gower and Osgoode to Kemptville. The event lifted spirits, filled bellies, and introduced Seniors' Community Services to many new people both in North Grenville and beyond.



***The Soup and Go event was a fantastic idea during the challenges of Covid. The soup was delicious, delivered right to the door and the soup bowls are beautiful. I think of this wonderful initiative every time I use the bowls. So happy to have been part of this! – Paula Colwell***

One such place that participated in the Soup and Go event was Heritage Stables. They wanted to do more and held an in-house fundraiser organized by Heritage representatives Angie Ruffo-Haskins, Liz MacGregor, Emma McLaughlin, and owner Katy Drummond. It was a beautiful June afternoon of fun for young and old who donated \$25 to participate in a horse show—something they had not done in over a year. Thanks to these wonderful people, \$400 was raised in support of SCS.

***We chose Seniors' Community Services because we know the important work you do in the community! Many of us have older people in our lives that continue to live at home and knowing there is support means so much to us. Our volunteers loved organizing the event, and our riders had so much fun! – Katy Drummond, owner, Heritage Stables***



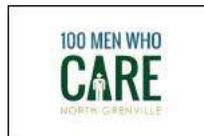
Sandy Guest has been teaching seniors' yoga for 13 years and in May, she brought Yoga in the Park to the community. Sandy not only donates 100% of the proceeds of these classes, she provides the benefits of yoga that include balance and flexibility, and the importance of breath. It lubricates joints, and reduces anxiety and negative thoughts—all so important as we age. This program is so popular, it is now taking place indoors at The Workshop Dance Studio until spring, when they can return to Curry Park.

When Jeff Underhill and Lucky Silva (co-owners of Shoeless Joe's Kemptville) heard that Covid was putting a stop to the Seniors' Community Services weekly Diners' Club, they did not waste one minute. From June to the end of August, they prepared 20 complimentary meals every Tuesday for each Diners' Club member. Chef Lucky developed a new meal each week and 20 very appreciative seniors enjoyed their home-delivered meals from Shoeless Joe's. These weekly lunches were not only delicious, they provided a connection to both the community and to the Centre.

***My mother-in-law thanks you all so much, as she lives alone and was one of the lucky seniors. She so appreciated receiving each meal. Thank you again! – Christine W***



Kate Duggan was another community member whose generosity gave our clients farm fresh organic vegetables every week during the harvest season. Kate heard about SCS and knew it was the partnership she was looking for. Not only does Kate grow and donate, but every week she personally came to the SCS office with baskets full of vegetables that were delivered right to our clients' doors by our remarkable volunteers.



In our community we are so fortunate to have strong community leaders and advocates. 100 Women Who Care North Grenville and 100 Men Who Care North Grenville are two such groups. Spearheaded by volunteers, these groups donate 100% of their funds to local non-profit organizations. In 2021 Seniors' Community Services was chosen as a recipient by both groups. These funds were critical in ensuring a continued source of funding for Meals on Wheels. Our volunteers worked the front lines throughout the pandemic, delivering a friendly knock on the door and a hot meal to enjoy for lunch or frozen meals to enjoy later. SCS volunteers provided a quick check-in and were often the only point of contact during the day for a senior.



**The Christmas Lunch is postponed to December 2022.**

On September 26th, Curry Park—usually the location for relaxed yoga—was a hub of activity. From ages three weeks to 80 years, Jill Woodley Photography welcomed families, friends, and dogs for a day of joyful photoshoots. This was our Photos in the Park fundraiser that was a complete sell-out with 19 shoots that lasted from morning to evening. The photographer donated her time, and each guest of the event was treated to a personal photo session and edited photographs.

Funds raised went directly to the Medical Transportation Service that provides rides for clients to access vital medical appointments. Putting the funds over the \$1500 mark was a donation from 10-year-old Cam, who took it upon himself to put all the money in his pocket in the donation jar. “That’s for the seniors,” he said, “I hope it helps.” He’s definitely a philanthropist in the making, with a very big heart!



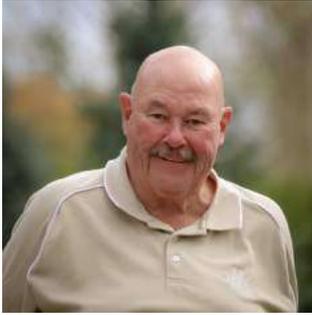
**A Snapshot of Thanks**

The spirit of generosity was alive and well over Thanksgiving weekend. Deb Driscoll and Jaime Peca, two local realtors, reached out wanting to surprise clients with baskets of gifts and treats. Beautifully prepared, these baskets were delivered by our volunteers to twenty Meals on Wheels clients. Holidays can be a challenging time for many, and these surprises were a wonderful boost.



In hindsight, 2021 was a year full to the brim with so much goodness. Even when faced with challenges we saw your community come together. We have been encouraged by the success and positive results of our new program initiatives that had to be reimaged during a most difficult time. Our programs and fundraisers are spearheaded by the boundless energy of our volunteers and front-line staff, and we continue to create new ideas for our clients and the community. We remain dedicated to the overall vision of Seniors' Community Services to provide a foundation of support to promote health and confidence, making life that much easier for our aging family, friends, and neighbours not only to live well at home, but to be part of the vitality and history that makes North Grenville so strong. We encourage you to learn more about Seniors' Community Services and to be an advocate for seniors in your community. We are all aging together and your support means the world to so many who continue to live at home with wellness, confidence, and independence.

# The Faces of Seniors' Community Services



The first thing Keith did when we sat down to speak about his experiences with Seniors' Community Services was to express his thanks. "I have nothing but praise for you guys," he said. When Keith lost his wife Judy in 2018, he had an active life, but with her loss there was dramatic change. Thanks to his curling friend (and former SCS Board member) Bill White, Keith was introduced to the weekly Diners' Club, and from there his calendar of activities grew and grew.

A typical week for Keith and his SCS activities is full to the brim: Euchre, Cardio Drumming, Mary's Mind Connection, Skip-Bo, Diners' Club, and Seniors' Centre Without Walls. Pre-Covid, Keith was at exercise class three times a week to complement an active lifestyle that includes golf and curling. He is also part of the Singing Seniors group at SCS and has welcomed sing-a-longs in his back yard.

"Seniors' Community Services is a meeting place, a social hub that makes sure no one is lonely, and so many friendships have been made there."

Marina, a volunteer and client with SCS, spoke to the importance of her involvement with this community organization. Sitting on her shaded balcony in the 30-degree heat, Marina said before the pandemic hit she was at the Centre five days a week volunteering or participating in activities as a client. When her husband became ill, she relied on the transportation services with drivers "so courteous and well trained."



Marina is a shining example of the extraordinary contributions older adults bring to our community and to SCS.

Aging is the natural order of life, but she is quick to add, "Don't let your physical immobility interfere with your sociability. Engage in your community, and make sure to have friends of all ages and a wide range of interests."

Wise words, indeed.

 A peek at the last six months at Seniors' Community Services 

 Transportation	918 trips for 111 clients
 Meals on Wheels	3550 meals delivered
 Friendly Phone Visits & check-ins	312 calls for 193 clients
 Foot Care	484 appointments for 198 clients
 Social/Recreational	1116 sessions of attendance /51 clients

## Seniors' Community Services Board of Directors

Bill Forbes, Chair  
 Ross Hebert, Vice President  
 Joanne Lincoln, Secretary  
 Aaron Nichols, Treasurer  
 Kim Perrier, Director  
 Rick Baker, Director

# The Heartbeat of SCS – Thank You Staff and Volunteers

One activity that was stopped by Covid was the opportunity to gather our remarkable volunteers and celebrate them in person. The stream of light that has always shined brightly is because of the positivity and determination of our volunteers. Through it all they continued to deliver meals, offer rides, and provide reassuring friendly telephone chats. Volunteers manned the phones at the office, coordinated and led virtual programs, and helped to lead SCWW (Seniors' Centre Without Walls) programs. **Since April 2021, SCS volunteers have given 2522 hours of commitment!**



It is the voice of Chris Morgan who calls clients on their birthday with a strum of his guitar and a robust happy birthday tune. It is our Meals on Wheels volunteers who never missed a beat to deliver nutritious meals and do a check-in with seniors who were facing isolation and loneliness. It is our volunteers who provide access to a ride to medical appointments and grocery store visits. It is our volunteers who sit on the Board of Directors with leadership and expertise. It is ALL the volunteers who keep the heart beating with vigor. After such a difficult year, we cannot thank them enough for their support, their compassion, and their commitment to helping seniors and this community.



Wishing all of our clients and their families a very Merry Christmas and the best wishes for the New Year to come! ~ Jennifer



Wishing you peace, love, joy, and hope during this holiday season and always. ~ Carol



Wishing you and your family a happy and healthy holiday season. ~ Tracy



Sending warmth and peace, and an abundance of joy. ~ Jill



# A Holiday Message from the Chair and the Executive Director

The past year has had a disruptive impact on all our lives with endless repercussions. I am very proud of our Executive Director, her staff, and our most valuable volunteers as they continued to offer needed services to our senior community.

At this time, on behalf of our Board of Directors, we sincerely hope that your Christmas is filled with joy, love, family, and happiness.



*Bill Forbes, Chair of the Board*



As we prepare to close out another challenging pandemic year, we look back with wonder and appreciation for all the miracles that are so easy to take for granted. Every day, Seniors' Community Services is graced with donations of time and money, large and small, and each one comes with a message that our community joins us in our mission. Because of the scores of volunteers and our staff who work tirelessly and without complaint, we transform these donations for the many clients who we are so privileged to help. Wishing you peace and hope throughout this upcoming holiday season.

*Dawn Rodger, Executive Director*



**Thank you for supporting seniors in your community!**



\$25    \$50    \$75    \$100   Other  \$ \_\_\_\_\_

Cash    Cheque (Seniors' Community Services)

To donate online, please visit our website at [www.seniorscs.ca](http://www.seniorscs.ca)

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Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

**P.O. Box 1192, 215 Sanders Street, Suite 101,  
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Registered Charity BN 118979111RR0001

Seniors' Community Services, like all other registered charities, must adhere to the Canada Revenue Agency (CRA) Income Tax Act when issuing charitable tax receipts. Tax receipts will be issued for donations \$10.00 or more, or upon request.