

# HOLIDAY JINGLE

DECEMBER 2023



## What's Inside?

A Claus for  
Celebration!

---

The Best Party  
in Town

---

The Gift of Time  
Celebrating Volunteers

---

Did you know?  
SCS Trivia

---

What does it mean to age  
in place?

---

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

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





## A Claus for Celebration!

The last year had us celebrating so many special awards and milestones. The incredible efforts of our volunteers were highlighted by our province, our municipality, and our community. Jean Hartjes, who has been volunteering with our Meals on Wheels service for 27 years started off the awards as the first recipient of the inaugural My Community Heroes award from the Kemptville District Community Association. Congratulations, Jean!



In June our very own Transportation Service volunteers received the Seniors (group) civic award for their impactful work providing drives to hundreds of seniors and adults living with physical disabilities. Such deserved recognition for our volunteers and our organization.

June was also the month our own Bill Forbes, President of SCS was recognized for his tireless leadership with a 2023 Ontario Senior of the Year Award on behalf of the Municipality of North Grenville.



## Deck the (Maplewood) Halls with the best BBQ in town!

The Annual Seniors BBQ could not have been more perfect. The sun was shining, the burgers were hot and the drinks were ice cold. The day could not have happened without the team of volunteers and the Kemptville Lions Club who set up, decorated, served food, and made it all look so easy. And of course, the entertainment of Chris and Jean-Jacques was the icing on the cake with their comedic wit and beautiful music.

The laughter, the singing, and the connection of people gathering to have some fun.



Dear Supporters of SCS,

In our diverse and vibrant community, there are many who, despite their wealth of lived experiences may find themselves marginalized and overlooked. Many seniors face challenges related to social isolation, economic hardship, and limited access to essential services. At Seniors' Community Services, we recognize the need to create and sustain a support system dedicated to seniors and adults with physical disabilities.

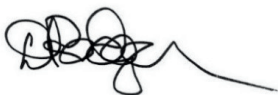
In 2020 Ron enjoyed a good life as a man in his early 60's. He was dedicated to a healthy lifestyle, was very social, and shared his life with a loving partner. A stroke changed his life in January 2021, and tragically and unexpectedly, he lost his partner three months later. Ron was left to pick up the pieces and navigate living on his own with the effects of aphasia, loneliness, and the weight of his grief. It was a difficult and emotionally complex time. Ron's daughter found SCS, and we worked together to support his needs. Five days a week a hot lunch is delivered to his home by Meals on Wheels volunteers. Access to healthy meals and a friendly visit from a volunteer to connect him to his community. This was the stepping stone to creating a support system to help Ron age well in his own home.

In the words of Ron's daughter, "SCS is our lifeline. We simply could not have faced this uncertain time without their caring and support. A healthy meal, a check-in, and a smile. With aphasia comes a communication deficit, and SCS has helped to build my Dad's life back. There is no instruction manual when you are faced with overwhelming personal challenges. The staff and volunteers continue to help guide us with encouragement and a human connection that is so important to my Dad's overall health."

Ron and his daughter are just two of the hundreds of people in our community who rely on our programs and services to continue to live safely and independently at home. Your financial support will have a direct impact on your community and those who share it with you. Thank you for helping us help others.

To donate, please visit our website at [www.seniorscs.ca](http://www.seniorscs.ca) or contact our office at 613-258-3203.

Wishing you a Christmas filled with warmth, laughter,  
and all the joy the season brings.



Dawn Rodger, Executive Director  
Seniors' Community Services  
[dawn.rodger@seniorscs.ca](mailto:dawn.rodger@seniorscs.ca)



## The Best Presence Under our Tree

Our team of volunteers continue to impact our community and our organization with their tireless dedication and incomparable energy. Over the last year we have welcomed 14 new drivers, friendly visitors, Meals on Wheels prep and board members. Welcome one and all!

In May, we celebrated our volunteers with a fun party at the centre. It was an opportunity to gather and recognize their accomplishments.



Did you know that on average our volunteers remain at SCS for close to seven years? But for many their volunteerism has lasted decades!

**Congratulations to our 2023 volunteers!**

*Thank You*



35+ Years  
Helen Phillips



20 Years  
Heather Nesbitt



20 Years  
Bill Forbes



10 years  
Annette Larmour



10 Years  
Ron Flay

## Did you know?

This is what our volunteer elves have done since our last Holiday Jingle newsletter...



**2317** Client drives and  
**123,677** km driven

**14,044** volunteer hours  
were given



**5147** meals were  
delivered door to door.

SCS has **78 active** volunteers  
who are the **HEART** of  
everything we do.



### *SCS Board of Directors*

Bill Forbes, Chair  
Ross Hebert, VP  
Rick Baker, Secretary  
Jennifer Ketchum, Director  
Terrance Patterson, Director  
Luisa Ruffo-Lemay, Director  
Cathy Sheppard, Director

*I cannot say enough about the support we have received for my Dad. The daily smiles and check-ins have been our lifeline.*

# Home for the Holidays



At Seniors' Community Services, we recognize the need to create and sustain a support system dedicated to seniors and adults with physical disabilities. Aging at home can have challenges that many are not prepared for, and our services and programs are a proactive response to supporting independence.

Access to meals and transportation are vital, but so is connection to our community and each other. The Centre plays a huge role in connecting hearts and providing an inclusive and welcoming space to gather with old and new friends alike. For many it is like a second home.



*"It is a meeting place that makes sure no one is lonely, and so many friendships have been made there."*

*"The SCWW program has introduced me to so many new friends. It has saved me."*



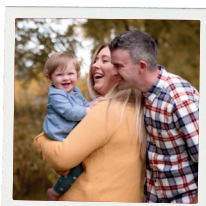
*Get social with us!*

# Raise the Roof! Your Community. Your Impact.

Thank you for supporting our events this year! Photos in the Park and the Holiday Wreath and Planter Fundraiser were back for year three, and the Morris Family Tourtière tradition returned too! We are so grateful for the excitement and generosity around these special events.

## Photos in the Park Fun Fact

We had many new faces this year at Curry Park, but did you know that one family returned for a third time, and two families for a second. What fun to see their families growing up!



*A special thanks to the Ralph and Maureen Phillips Family Foundation for their generous support of this event.*

## Community Friends volunteering in support of the Medical Transportation Service.

The most festive drive-through of the year, and Santa once again took time out of his very busy schedule to help out on Candy Cane Lane. Thank you to our wonderful volunteers who helped set up and deliver and that special elf who brought the hot chocolate.



*May happiness find you in every corner of your life. Thank you for a wonderful year. - Jill*



*Wishing you health, happiness and connection this Christmas Season. - Antonia*



*Warmest wishes for a holiday season filled with an abundance of magic, happiness and merriment. - Cheryl*

If not for your generosity, the stories of living successfully, and independently would not be a reality for many seniors aging in place. Thank you for helping to build a strong and caring community.

From our home to yours, we wish you the blessing of hope and happiness this holiday season.



*The SCS office is closed from December 25th to January 1st. See you in 2024!*

# Holiday Recipes

A Diners' Club favourite!

## Maple Cranberry Chicken

### Ingredients

- 1/2 cup maple syrup
- 1 can (14 ounces) whole-berry cranberry sauce, divided
- 6 boneless skinless chicken breast halves (4 ounces each)
- 1/2 teaspoon salt

### Directions

1. In a small bowl, combine syrup and 3/4 cup cranberry sauce; set aside. Sprinkle chicken with salt.
2. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 6-8 minutes on each side or until a thermometer reads 165°, basting frequently with syrup mixture.
3. Warm the remaining cranberry sauce; serve with chicken.



## Chocolate Raspberry Bars

### Ingredients

- 2 cups all-purpose flour
- 1/2 cup packed brown sugar
- 1/4 teaspoon salt
- 1 cup cold butter
- 1 14 oz. can sweetened condensed milk
- 2 cups semi-sweet chocolate chips, divided
- 2/3 cup seedless raspberry jam



### Instructions

1. Preheat oven to 350 degrees. Spray a 9x13x2 inch pan with non-stick cooking spray.
2. Add the flour, sugar, salt and the cold butter into a food processor. Process until coarse crumbs are formed. Set aside 1 1/2 cups of the mixture for the topping. I kept it in the refrigerator until ready to use. Press the remaining crumbs into the bottom of the prepared pan. Bake for 12 minutes or until light golden brown.
3. Add the condensed milk and 1 cup of the chocolate chips to a small sauce pan. Over low heat stir constantly until chips are completely melted. Pour the chocolate mixture over the baked crust and spread evenly. Sprinkle the remaining crumb mixture evenly over the top of the chocolate.
4. Drop the raspberry jam by the teaspoonful evenly over the top of the crumb mixture. Sprinkle with the remaining 1 cup of chips.
5. Bake for 30 to 35 minutes until filling is set. Completely cool on a wire rack.

# A Holiday Message

*On behalf of your Board of Directors we wish all of you a joyful Christmas filled with warmth and gratitude. As we reflect on the spirit of giving, I extend my heartfelt thanks to our volunteers for your unwavering commitment to making a positive impact in our community. Your dedication and compassion inspire us all.*



*May the holiday season bring you the same joy you bring to others throughout the year. Together, let's continue spreading hope, kindness, and the true meaning of Christmas.*

*Bill Forbes, President*



*Wishing you a Christmas filled with warmth, laughter, and all the joy the season brings. We're grateful for the memorable moments we've shared with you throughout the year.*

*May your holidays be filled with companionship, delicious goodies, and the simple pleasures that make this time of year special. Here's to celebrating and the happiness you bring to all of us.*

*Merry Christmas and Happy Holidays!*

*Dawn Rodger, Executive Director*



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



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

☐ Cash ☐ Cheque ☐ Etransfer to [finance@seniorscs.ca](mailto:finance@seniorscs.ca)

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

Name: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

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

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

**P.O. Box 1192, 215 Sanders Street, Suite 101,  
Kemptville, ON, K0G 1J0, 613-258-3203**

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.