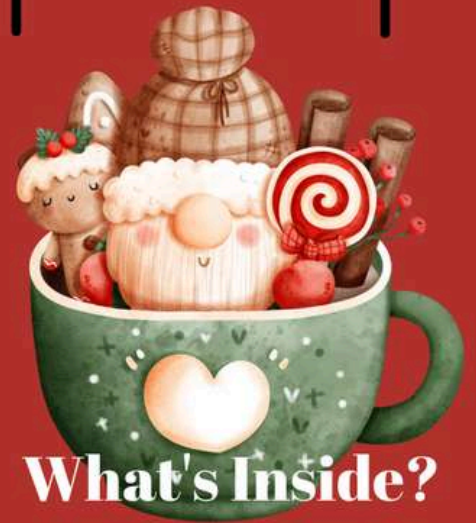


# HOLIDAY JINGLE



  
DECEMBER 2024



## What's Inside?

Home for the  
Holidays

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The Art  
of Togetherness

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Volunteer Fun  
at the Farm

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Did you know?  
SCS Trivia

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Muscle Memory:  
Let's Get Active!

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

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

Dear Supporters of SCS,

Loneliness is not just a personal issue—it's a public health and societal concern that requires collective action. In our diverse and vibrant community, there are many who, despite their wealth of lived experiences may find themselves socially isolated and alone. At Seniors' Community Services, we recognize the need to create and sustain the dignity that comes with the power of choice to age at home.

Aging can bring complexities that impact both mental and physical health. The loss of a beloved partner, siblings and friends changes lives. The foundation of support is weakened, and Seniors living alone or in rural areas may have fewer opportunities to connect with others. While loneliness differs from social isolation—it's a subjective feeling of being alone—it often arises when seniors lack meaningful relationships or social engagement.

At 94, Hilda was facing loneliness. Although she lives with her son, and receives daily phone calls and weekend visits with her second son, they were seeing a deterioration in her desire to socialize, and she was becoming more isolated. With more questions than answers, her family reached out to SCS for support. Steps were taken to understand Hilda's unique situation and needs, and an action plan was put in place. A match was made with one of our Friendly Visiting volunteers.

Now Hilda can rely on a visit every Friday afternoon with Cheryl, one of our long time friendly visiting volunteers. It is a chance to play cards, sip tea, go for a walk and connect. Her family has seen a marked improvement in her zest for life and they love that she has something to look forward to every Friday. Her son benefits from these visits too. He is able to receive some caregiver respite, and he can plan his Fridays to include something for himself.

*Volunteering with Seniors Community Services is an opportunity to bring companionship to people who find themselves with time on their hands and no purpose to the day ahead. Conversation and laughter brings satisfaction and emotional well-being. I can attest to that, as a senior living alone. The outcome is beneficial to both the visiting volunteer and the client. - Cheryl, SCS Friendly Visiting Volunteer*

Connecting with SCS not only gave Hilda something to brighten her week, it also offered the family services they did not even think they needed; referrals to partner agencies, and access to the Meals on Wheels program. Hilda now has more independence with easy to prepare meals she can enjoy on her own or with her son. Aging at home can be complex, but reaching out to SCS and designing a plan of action benefits everyone. 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)



# 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.



“  
The laughter from euchre lasts me all week - Ann

”  
Yoga, exercise classes, Yak & Yarn, Diners' Club, Scribbling Seniors, and Seniors Centre Without Walls. We are involved in everything! - Ruth-Anne and Stella, SCS clients (and Besties!)



”  
I was very lonely and did not leave my home. A friend introduced me to SCS and it has changed everything. I have 10 more friends than I did last year!  
- Jeanne, Yak & Yarn client



”  
Wonderful to work in an organization with such dedicated, cheerful, friendly and kind individuals. I could not have chosen a better organization to assist - Robert, Meals on Wheels Volunteer

## Fa la la Lawn Party!

The Annual Seniors BBQ could not have been more perfect. Sun, laughter and connection. 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. And those brownies from Bubba and Bugs! Oooh la la!



*Get social with us!*

# A Claus for Celebration!

## Seniors Active Living Centre Designation (SALC)

The new Seniors Community Services SALC Program in the Municipality of North Grenville will serve over 750 older adults providing social and recreational activities, from cards to choir, to keeping seniors fit, active, healthy and socially connected, close to their homes across the region.



“  
*This SALC designation reinforces Seniors' Community Services' dedication to enhancing seniors' well-being by enabling us to offer more opportunities for physical fitness, mental wellness, exploration and, best of all, adventure! - Dawn Rodger, Executive Director*  
”



## Who won a Volunteer Civic Award this year? You Guess it!

SCS nominated volunteer Sandy Guest for the esteemed Municipality of North Grenville Civic Award in 2024. Her passion for supporting older adults to achieve wellness through yoga is inspiring and we are so grateful for her boundless energy and generosity. Fees from the yoga program are donated back to SCS and are critical in supporting our programs and services. Since starting in 2021, Sandy has donated 740 hours teaching yoga. Thank you Sandy!



### SCS Board of Directors

- Bill Forbes, President
- Ross Hebert, VP
- Lorrie Brown, Treasurer
- Rick Baker, Secretary
- Jennifer Ketchum, Director
- Terrance Patterson, Director
- Luisa Russo-Lemay, Director
- Cathy Sheppard, Director

## Meals on Wheels Special Delivery

The elves from Community Living joined us in March for some very special deliveries. Teamwork!



*If not for your generosity, the stories of seniors who are living with dignity and independence would not be as abundant.  
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 Volunteer Team - Empowering a Community

Since our last holiday newsletter we have welcomed 26 new volunteers to our team. SCS now has **114 volunteers** whose contribution to our community is immeasurable.

## Cowboy Hats and Hay Rides - Celebrating our Volunteers



On May 24th, Heritage Stables welcomed a record number of SCS volunteers - 72!! - for an afternoon lunch to celebrate and recognize their extraordinary efforts. They were treated to lunch, horse shows, hay rides and horse meet and greets. It was a perfect day! Yeee Haw!



*Thank You*

## Did you know?

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



**8222** volunteer hours were gifted



**7264** meals were delivered from the SCS kitchen to your door



**2799** Client drives and **131,953** km driven



**928** Footcare appointments

## Congratulations to our 2024 milestone year volunteers!

15 Years

Brian Larmour  
Heather Murphy

10 Years

Ramona Dunahee  
Joanne Lincoln

5 years

Wendy Bray  
Elizabeth McNally

5 years

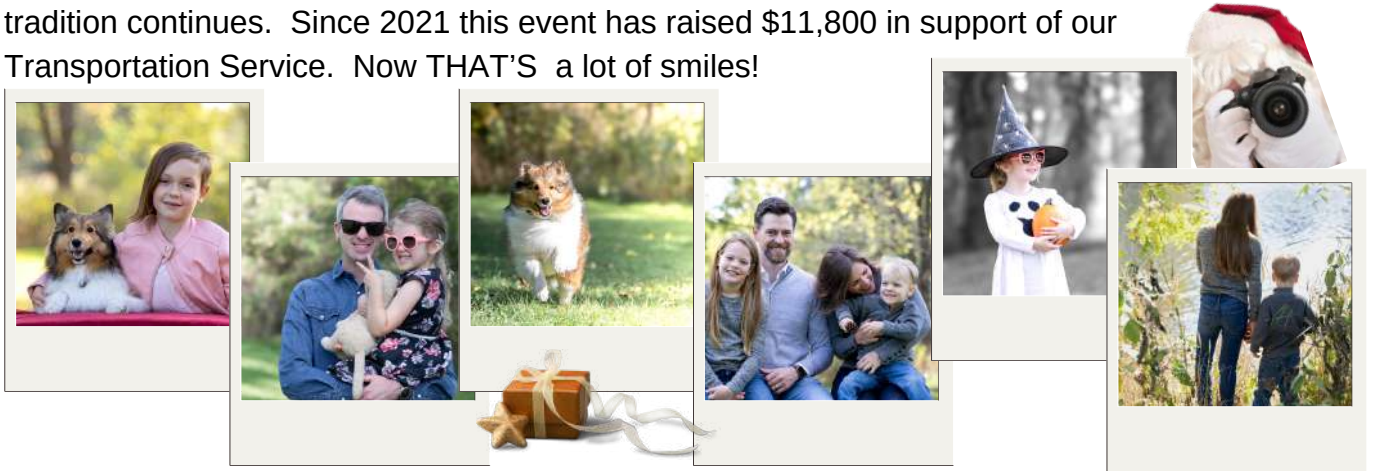
Pauline Field  
Sherry Potter



*In memory of **Helen Phillips** who gifted 38 years of service and **Aurele Labonte** who gifted 15 years of service. Their legacy in our community will not be forgotten.*

## Making Memories at Curry Park - The 4th Annual Photos in the Park

Over the last four years we have welcomed so many smiling faces to this event. At a time when we were struggling to find innovative ways to connect with the community, this outdoor event offered the opportunity to create memories for a lifetime. Fast forward to 2024 and the tradition continues. Since 2021 this event has raised \$11,800 in support of our Transportation Service. Now THAT'S a lot of smiles!



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

## Special Times on Candy Cane Lane - The 4th Annual Wreath and Planter Fundraiser


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.



## The Secret Recipe = A Sell-Out Event

The famous Morris Family Tourtière is the most anticipated fundraiser during the holidays. Byron's legacy lives on with every delicious pie. Thank you to Val and her co-chefs for helping to raise important funds and creating a legacy for SCS.



 The SCS office is closed from  
December 24th to January 1st.  
See you in 2025!

# Holiday Recipes

A Diners' Club favourite!



## Chicken Enchiladas

### Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- ½ pint sour cream
- ½ teaspoon ground blk pepper
- ⅓ cup chopped green pepper
- 1 tablespoon chili powder
- ½ cup water (Optional)
- 1 (12 ounce) jar taco sauce
- 4 skinless, boneless chicken breast halves
- 1 ¾ cups shredded Cheddar cheese divided
- 1 tablespoon dried parsley ½ teaspoon dried oregano
- 1 (15 ounce) can tomato sauce
- 1 clove garlic, minced
- ½ teaspoon salt (Optional)
- 8 (10 inch) flour tortillas

### Directions

- Cook the chicken, slice it into cubes, then return it to the skillet.
- Add the onion, a cup of cheese, sour cream, and dried herbs.
- Melt the cheese. Stir in tomato sauce, green pepper, garlic, chili powder, and salt.
- Fill the enchiladas and roll them up. Arrange them in a baking dish.
- Top with taco sauce and remaining cheese. Bake until the cheese is melted.

## No-Bake Lemon Cheesecake Mousse Cups

### Ingredients

- 1 cup heavy whipping cream or non-dairy whip topping
- 1 cup lemon pie filling
- 12 ounces unwhipped cream cheese (or tofutti cream cheese)
- 1 teaspoon vanilla extract
- a few drops yellow food coloring, optional
- 1 cup powdered sugar

### For graham cracker crumbs

- ½ cup graham cracker crumbs
- 2 Tablespoons sugar
- 2 Tablespoons melted butter or margarine

### Instructions

- In the bowl of an electric mixer, whip the cream until stiff.
- Remove from the mixer and set aside. (No need to wash the bowl before continuing.) Add the lemon pie filling and cream cheese to the mixer and beat until smooth. Add the vanilla extract, food coloring (if using) and powdered sugar and beat until combined.
- Using a rubber spatula, add the whipped cream into the cream cheese mixture, slowly (do it in batches), until its fully incorporated. Set aside.
- To make the crumbs, combine the graham cracker crumbs, sugar and melted butter or margarine.

### To assemble the cups:

- Place a small amount of the crumbs on the bottom of a cup. Pipe the mousse over the crumbs to fill the cup, then add more crumbs on top.
- Serve chilled.



# A Holiday Message

Wishing everyone a joyous and peaceful holiday season! As we gather with loved ones, let's take a moment to reflect on the warmth, care, and community that define our organization. We are grateful for your continued support and the spirit of generosity that makes our work possible.

May the New Year bring health, happiness, and new opportunities for everyone.

Merry Christmas from your Board of Directors.

Bill Forbes, President



Christmas can be a time for joy, reflection, and togetherness for some, but for others, it brings feelings of grief and loneliness. Whatever way you choose to spend the holiday season, make sure to do things that bring you comfort and joy. Take time to celebrate cherished family traditions and create new memories. Thank you for your continued support; we wouldn't be here without you.

Wishing you all the best for 2025, with new joys ahead. Don't let your age stop you from enjoying this beautiful season.

Sincerely,

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.