



**Report 2018-136**

## **Committee Report**

**To:** Chair and Members of the Frontenac Accessibility Advisory Committee

**From:** Jannette Amini, Manager of Legislative Services/Clerk

**Date of meeting:** November 27, 2018

**Re: Frontenac Accessibility Advisory Committee – Quarterly Update Report**

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### **Recommendation**

This report is for information purposes only.

### **Background**

The Accessibility Advisory Committee is mandated to assist County and Township Councils in the County of Frontenac in enabling persons with disabilities to have equal access to all opportunities within the County as well as work with Council and the community at large to identify and address the needs of persons with disabilities within the community.

### **Comment**

The follow is a list of accessibility updates and activities that have occurred during Q3 of 2018:

#### **1. County Administrative Building Upgrades**

##### **Fairmount Home – Sidewalk and Patio Replacement**

Work began on the sidewalk and patio replacement of the County Administrative Building and along Fairmount Home earlier this month. The removal and disposal of all excavated materials 3 cement flower planters and a small section of paving stones has been complete.

Due to extenuating weather conditions, the second and final pour of concrete took place on November 21 and should be complete; however landscaping around the new sidewalk will be dependent on weather conditions over the next few weeks.

As noted in the previous report to the Staff can confirm that the work will meet or exceed the specifications laid out in the Design of Public Spaces Standard for exterior paths of travel and ramps. The requirement of accessible upgrades to the outdoor public use eating area located outside of the Frontenac Boardroom and staff lunchroom will be included in the 2019 budget.

## **2. Community Accessibility Upgrades**

### **Accessible Transportation Pilot Program Survey – Frontenac Transportation Services**

As a follow up to the September 11, 2018 meeting where Frontenac Transportation Services provided the Committee with an update on its Accessible Transportation Pilot Program, FTS, with input from staff and Kurt Halliday, issued an accessible transportation survey. The survey was posted to its facebook page and was advertised in the paper, with paper copies available if required.

FTS also circulated the information about the survey to the three townships (North, Central and South) for posting on their respective websites as well as ran two ads in the Frontenac News, a copy of which is attached to this report. FTS will continue to run the ads about the service but not about the survey.

To date, 11 surveys have been completed, with the survey still available on survey monkey. A copy of the survey may be viewed through the following link <https://www.surveymonkey.com/r/FKL9K2P>

FTS has only had one call regarding accessible transportation; however the person currently does not require assistance but may in the future.

FTS will provide the County with a report on the survey results once the survey closes, a copy of which will also be provided to the AAC.

## **3. K&P Trail Updates**

Additional work has taken place in October on the K&P Trail between Bradshaw Road and Vinkle Road. This opens a key segment between Tichborne and Sharbot Lake. Approximately 1.5 km remains to develop from Crow Lake Road to Shibley Road.

On December 1, in accordance with the license agreement with the Ontario Federation of Snowmobile Clubs, K&P Trail will be maintained and used by local Snowmobile Clubs from Orser Rd to Tichborne.

## **4. Accessibility Training**

Under the AODA, all employees and volunteers of the County of Frontenac and the Townships must be trained on the Customer Service Standard, the Information and Communications Standard, the Employment Standard, the Transportation Standard and the Design of Public Spaces Standard as well as the Human Rights Code. This training includes members of Council.

The Joint training session for Councillors was held on Thursday, November 22<sup>nd</sup> at the Fairmount Home Auditorium.

## **Sustainability Implications**

Creating barrier-free communities through accessibility planning will enhance the County's goal of sustainability in both the social and economic pillars of the County's sustainability plan. As stated in *Directions for Our Future*, social sustainability is based

on equity, diversity, connectivity, democracy and a good quality of life. It further states that economic development takes health, community, education, and environmental and social objectives into account.

### **Financial Implications**

There are no direct financial implications associated with this report.

### **Organizations, Departments and Individuals Consulted and/or Affected**

Richard Allen, Manager of Economic Development  
Tom Mercer, Manager of Environmental Services  
Eric Korhonen, Township of North Frontenac  
Donna Longmire, Township of Central Frontenac  
Sherry Corneil, Township of South Frontenac  
Darlene Plumley, Township of Frontenac Islands



# Rural Frontenac Community Services

613 279 3151 or 1-855-279-2052

Newsletter: Fall 2018

rfcs.ca

# EarlyON

## Child and Family Centre

Raising a child is a wonderful journey full of love, hope, dreams, fear, anxiety and joy. At our new EarlyON playgroups parents, caregivers and children can find programs and services that build on their strengths and help them navigate this journey. A place where parents and caregivers can start making connections and building relationships that are essential to realizing a child's full potential. Where they can learn, grow and connect together.

At our playgroups children can learn, play, laugh, be curious, make friends and engage with others. They can build their sense of belonging and capacity for expression, enhance their own well-being and explore and engage with the world around them.

We have eight sites open to all families with children birth to 6 in Frontenac County, with qualified professionals and quality programs. Families and caregivers can find support, advice, personal



EarlyON Staff.

connections and a network of resources. Where questions get answers, anxiety turns into peace of mind and a sense of solitude turns into a spirit of community.

We are delighted to have been able to expand our EarlyON staff team this fall. All early years program staff were hired full time for the new EarlyON team. Melissa Elliot is

our new EarlyON Supervisor. She has worked with families in a variety of childcare settings and brings a passion and vision for EarlyON in the County. Penny Cota, Marcie Asselstine and Jan MacPherson bring years of experience to the EarlyON programs and working with the new staff to assist families with the transition to EarlyON.

We welcomed Maggie Asselstine and Brittany Cowdy who have been working with the infants and toddlers in the daycare for several years. Shania Watson is our newest full time team member.

We will also be hiring several part time and supply staff to complete our EarlyON staff team. ■

## Do You Need A Wheelchair Accessible Ride?

Frontenac Transportation Services (FTS) has received funding to assist individuals who require wheelchair transportation in Frontenac County to medical appointments. If you or someone you know needs a ride, please call our office and talk to Nicki or Gail. We can schedule a ride with wheelchair accessible service and subsidize the ride if needed. Call 613-279-3151 or 1-855-279-2052 ext 2.

To better understand the transportation needs of residents in Frontenac County, we have two surveys for you to respond to.

- The Rural Frontenac Transportation Survey will help us understand who needs rides in the county so we can better serve you. If you complete the survey you will be entered into a draw for a \$50 gift card. You can complete the survey on-line: [https://www.surveymonkey.com/r/Rural\\_Frontenac\\_Transportation\\_Survey](https://www.surveymonkey.com/r/Rural_Frontenac_Transportation_Survey), or call us and complete the survey by phone, or we can deliver or email a hard copy to you.
- The Accessible Transportation in Frontenac County survey is specific to individuals who require a wheelchair accessible ride. If you or someone you know requires an accessible ride, you can complete the survey on-line, or call to complete the survey by phone with a staff member or we can deliver or email a hard copy to you. ■

# Youth Homelessness

Rural Frontenac Community Services was granted funding from the United Way to hire a Youth Outreach Worker to assist with understanding, supporting and addressing the unique needs of rural youth who live in Central and North Frontenac Townships. The focus is on youth who are experiencing homelessness, or are at risk of becoming homeless.

Homelessness doesn't always look the way you might think. Young people who find themselves

homeless may spend nights couch-surfing at friends' homes, staying at a campground, or pitching a tent in the woods. They may live in a house without hydro, heat or running water, or sleep in abandoned buildings or their vehicles.

If you or someone you know do not have safe and stable housing, or are at risk of becoming homeless, please contact Martha Johnston at (613) 279-3151 ext. 305 or [marthaj@rfcs.ca](mailto:marthaj@rfcs.ca) ■

## Wooden Sign Making Fundraiser Workshop

with

Backwoods Country Creations

Friday, November 9th  
Oso Hall

(1107 Garrett St., Sharbot Lake)

Cost: \$50 - \$65 depending on design

\$15 from each sign will be donated to the United Way

Payment is due by October 26th

For more details and to register call 613 279 3151 ext. 305

Thank You to our funders!



Community Foundation for Kingston & Area



Ontario



United Way Kingston, Frontenac Lennox and Addington



FRONTENAC



# Adult Services

1020 Elizabeth Street, Sharbot Lake, ON 613-279-3151

## Community Drop in

The weekly community drop in is a meeting place for people of all walks of life in the area. The doors open every Wednesday at 9 am at St. Andrew's Anglican Church Hall, Sharbot Lake when participants begin to prepare the noon time meal. The cost of the meal is \$5. The drop in is a collaboration between Rural Frontenac Community Services and Community Living North Frontenac.

## Developmental Services (APSW)

Mike, our Adult Protective Services Worker, works with developmentally disabled adults to help them live independently, as contributing, responsible members of their community. He works directly with individuals in the community and refers them to appropriate services when needed. Mike can help with coordinating medical appointments, financial management, counselling, completing forms and community referrals. The program is free and voluntary.

## Christmas Hamper Program

In a cooperative effort between the Salvation Army Mississippi-Rideau Lakes Corps and other social agencies, Christmas Food hampers will be made available to individuals and families in need. The distribution effort in Central, North and parts of South Frontenac is

coordinated by staff and volunteers of Rural Frontenac Community Services. Every attempt is made to make a hamper available to those who need one.

We will begin taking applications on **November 12, 2018**. If you feel you need a hamper, please call 279-3151 between 8:30 a.m. and 4:00 p.m. Monday to Friday.

**The deadline for referral is December 7, 2018.**

Anyone wishing to make a donation to the Christmas Hamper Program may contact Joyce at 613-279-3151.



Let's talk.

For free counselling & support, call 279-3151x206  
1020 Elizabeth St. Sharbot Lake, ON.  
Email: counselling@rfcs.ca  
Home visits available on request!

# 'The Centre' gets a Face-Lift



Ten years ago we opened 'The Seniors' Centre in the manse of the United Church - the big white house across from the grocery store in Sharbot Lake. At the time we purposed the building as a place where community services could provide programming for area residents, namely, day programs, foot care, meals-on-wheels and caregiver support groups. Now, ten years later, we are ready to expand the programming at 'The Centre'. Last year we began brainstorming with community members about what more could be offered at 'The Centre'. Ideas like craft/hobby groups, book clubs, interest workshops, cooking classes, informational sessions, travel presentations, and coffee mornings were suggested. What would you like to see happen at 'The Centre'? Is there an interest you would like to pursue? Would you be interested in having a place to connect with others? Would you be interested in volunteering at 'The Centre'? Let us know your thoughts. Call Catherine Tysick at 613 279-3151, ext. 201. ■



# Seniors' Services

Call 613-279-3151 or 1-855-279-2052

Serving seniors in North and Central Frontenac and the Bedford District of South Frontenac Township

## We Are Here For You

**Have you ever wondered who to call when you need assistance at home?** Our Community Support Services are available to provide a range of supports to assist seniors in their home. We work closely with Home and Community Care, the SMILE program, other support agencies and veteran's affairs. **Call us if you need help to navigate the system.**

**Providing services in our own communities can make all the difference to a senior.**

## Meals-On-Wheels

Our hot, nutritious meals are available to be delivered to your door on Tuesdays and Thursdays at a cost of \$6.50 per meal. Each meal includes a soup or salad, main entrée and a scrumptious dessert. Take a look at the November menu and feel free to call if you would like to be placed on a route near you - 613 279-3151. The December/January menu will be available soon. We also have a frozen meal menu as well. Call for more information.

## Meals-On-Wheels Menu

**Thursday, Nov. 1** - Spiced Pork Chop, Home Fries, Rice Pudding; **Tuesday, Nov. 6** - Shepherd's Pie, Mashed Potato, Lemon Pound Cake; **Thursday, Nov. 8** - Chick-

en Cacciatore, Buttered Noodles, Frosted Banana Bar; **Tuesday, Nov. 13** - Oven Baked Fish, Lemon Roasted Potato, Crustless Blueberry Pie; **Thursday, Nov. 15** - Roast Pork, Mashed Potato, Strawberry Glazed Tart; **Tuesday, Nov. 20** - Pot Roast, Boiled Potato/Carrots, Chocolate Zucchini Cake; **Thursday, Nov. 22** - BBQ Chicken Breast, Roasted Potato, Apple Crumb Pie; **Tuesday, Nov. 27** - Salisbury Steak, Mashed Potato, Nanaimo Bar; **Thursday, Nov. 29** - Beef Stew, Assorted Root Veggies, Tea Biscuit, Ginger Jam Cookies.

## Personal Support

Are you caring for a loved one at home? There are lots of joys and benefits of being a caregiver but sometimes you need a break. Give us a call and we can tell you about our Respite and Day Programs. Personal Support Workers (PSW's) can come into your home to care for and interact with your family member. We also have Day Program PSW's who plan a day of social interaction and activities in a group setting. They meet weekly in three locations: Parham, Plevna and Sharbot Lake. Transportation can be arranged.

## A New Season For Diners

Join us for a noon-time meal at the locations and dates below. If you have never come before, we welcome you.

## New Caterer for Diners



Anne Howes, who owned and operated 'The Rising Bun Bakery and Tearoom' for 26 years, is now our Diners caterer. Anne has been our Food Services Coordinator for over a year now preparing healthy, delicious food for Meals-On-Wheels, Adult Day Programs, the Day Care and now Diners. This September Caylie Runciman, from Mountain Grove, was hired to assist Anne in the kitchen. The kitchen at the Day Care is sure a busy place!

The Diners dates and locations are below. At two locations, Northern '5' and Kennebec Diners, paramedics arrive at 11:45 a.m. to provide wellness checks to community members. These clinics have proven to be life-saving for several individuals. There is no obligation to stay for lunch after your wellness check, but the food is good.

In November we are serving a turkey dinner and in December roast beef. Each meal is served as a buffet beginning at 12:30 p.m., with a cost of \$12. Following the meal we enjoy interesting speakers or a good round of old TV game shows. Come and see for yourself; we don't think you will be disappointed. ■

## Diners Club

Join us for Good Food, Good Company and a Good Time. Meal is served at 12:30 p.m. Cost: \$12. Call 613 279-3151 to make your reservation.

### Sharbot Lake

United Church Hall  
1st Monday of the month

Nov. 5; Dec. 3;  
Jan. 7; Mar. 4  
Apr 1 May 6

### Northern '5'

Ompah/Plevna  
2nd Monday of the month

Nov. 12 (Ompah); Dec. 10  
(Plevna); Jan 14 (Ompah);  
Feb 11 (Plevna); Mar 11  
(Ompah); Apr 8 (Plevna);  
May 13 (Ompah);

### Kennebec

Arden Community Centre  
3rd Monday of the month  
with 2 exceptions

Mondays - Nov. 19; Dec. 17;  
Jan. 21; Mar. 18; Apr 15  
Wednesdays - Feb 20;  
May 22

### Parham

United Church Hall  
4th Monday of the month,  
with 1 exception

Mondays - Nov. 26; Jan. 28;  
Feb 25; Mar. 25; May 27  
Wednesdays - Apr 24

Menu: **November** - Roast Turkey Dinner; **December** - Roast Beef Dinner. All meals come with salad, bread, pickles, dessert, tea/coffee, and juice. Next years menu will be posted on website



## Community Drop In

St. Andrew's Anglican Church Hall,  
Sharbot Lake

Every Wednesday starting at 9am

This is a not-for-profit initiative reaching out to the community, providing healthy home-made meals in a non-threatening social environment.



# Children's Services

1004 Art Duffy Road, Sharbot Lake, ON 613-279-3151

## Licensed Childcare

We offer licensed full day childcare for infants, toddlers and preschoolers. The daycare is open from 7am to 6 pm Monday to Friday. There is a fee based on the child's age. Subsidy is available through the City of Kingston for those who qualify. There is currently no wait list for subsidy.

## Welcome to Newborn

Each baby born in the county, newborn to 6 months can receive a welcome to newborn package.



2017 Daycare graduating class

## EarlyON Playgroups

EarlyON Child and Family Centres offer free drop-in programs for parents and caregivers with children from birth to 6 years old. You can learn and play with your child, meet people and get advice. Please come and visit us at one of our locations to learn about our new EarlyON services for you and your family. Like us on Facebook to receive updates and changes to our programming.

EarlyON Playgroup	LOCATION	M	T	W	T	F	S
	<b>Bedford Hall</b> 1381 Westport Rd					9:00-12:00	
	<b>Clarendon Public School</b> 7536 Highway 506, Plevna	9:30-2:00					
	<b>EarlyON Sydenham Centre</b> 4365 Mill St., Sydenham	9:00-3:00	9:00-3:00	9:00-12:00	1:00-7:00	9:00-3:00	10:00-1:00
	<b>Harrowsmith Free Methodist Church</b> 3876 Harrowsmith Road			9:30-12:00			
	<b>Mountain Grove Community Hall (Olden)</b> 1522 Mountain Grove Road				9:30-3:00		
	<b>Storrington Fire Hall</b> 3887 Battersea Road	9:30-3:00					
	<b>The Child Centre</b> 1004 Art Duffy Road, Sharbot Lake	8:30-2:30		8:30-12:00		8:30-2:30	10:00-1:00
	<b>Trinity United Church</b> 6689 Highway 38, Verona		9:00-3:30		9:00-3:30		
	<b>Harrowsmith Free Methodist Church</b> 3876 Harrowsmith Road			9:30-12:00			



Welcome New Daycare Staff: Sara Hueston - RECE with Toddlers with Marjory Hanna - Preschool Assistant. Absent is Anne Hammond-Cape - RECE with Infants.



# Youth Services

1004 Art Duffy Road, Sharbot Lake, ON 613-279-3151

## New Youth Program Staff

Martha Johnston is our new Youth Program Coordinator and Outreach Worker. Martha joined RFCS in June 2018 and has been busy connecting with the community, learning about existing programs and developing new ones. Martha will also be working with young people who are at risk of homelessness through the United Way pilot project. She is looking forward to meeting you at one of the many upcoming programs and events.

Deanna Lind is our new Youth Program Assistant. Deanna began working for Rural Frontenac Community Services in September 2017 in the daycare, and joined the Youth Program in April 2018. Deanna con-

tinues to provide enhanced support and supply services in the daycare, while running youth programs. Deanna is enthusiastic, caring and full of fun ideas to implement into our programs! You will see Deanna at all of our after school Kids Club locations, as well as other youth events.

Kevin Gowdy, Dylan Walker and Keeley Cox are the most recent additions to the Youth Program team. Kevin, Dylan and Keeley are high school students that will be working with Deanna to implement the after school Kids Club program.

## After School Kids Club

Now that school is back in session, our after school Kids Club is in full swing. Kids Club takes place at 5 different locations, each once a week. We even provide a nutritious after school snack. We ask for a one-time supply fee of \$20.00; however, subsidy is available. Come and participate in our games, activities, crafts, sports or just hang out!

Kids Club	Day	Location	Ages
	Monday 3:00pm - 5:00pm	St. James Catholic Church	Grades: 5 - 8
	Tuesday 3:00pm - 5:00pm	Clarendon Public School	Grades: 1 - 6
	Wednesday 3:30pm - 5:30pm	Prince Charles Public School	Grades: 5 - 8
	Thursday 3:00pm - 5:00pm	Land O'Lakes Public School	Grades: 5 - 8
	Friday 3:00pm - 5:00pm	The Child Centre	Grades: 2 - 4

# Arden Youth Group

A new successful RFCS Youth Program has begun in Arden! This group meets bi-weekly on Wednesdays at Kennebec Hall from 3:30-6:00 pm for youth in grade 7 and up. This is a safe space where young people can connect with one another outside of a school setting, express themselves through arts and activities, and be able to talk openly with peers and caring adults. Most importantly, this group is youth-led; which means we shape our themes from week-to-week based on what the group wants to do and learn! Our first youth-led event will take place on Halloween. After the shell-out at Kennebec Hall, head over to the park for a "spook-tacular" time!

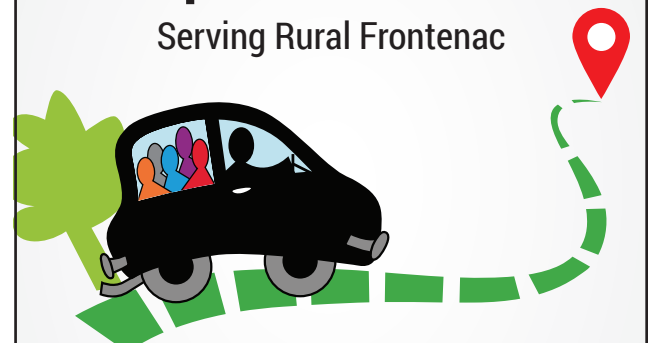
Upcoming dates: October 31, November 14, November 18, and December 12. ■

## Need A Ride?

### Frontenac

## Transportation Services

Serving Rural Frontenac



We provide rides for medical appointments, visiting, shopping etc.

We require a minimum of **72 hours notice**, call us at **613-279-3151 ext 2 or 1-855-279-2052**.

Transportation provided by volunteer drivers using their own vehicles. Ask about financial assistance to help cover the costs.

# Summer Camp

Our Summer Camp was extremely successful this year! Attendance was high; several days we reached our maximum number of campers. The campers especially enjoyed spending their afternoons at the beach. Some highlights from camp were: traveling to the Perth Splash pad, tie dyeing, trea-

sure hunts, crafts, playing on the structure at the beach, and finishing off the summer at the O'Reilly Lake water park. Thank you to the Sharbot Lake Family Medical team for allowing us to use the Community Room on Wednesday; the campers loved playing on the play structure! Thank you to Cox

Bus Lines for the use of the school bus, Nicki Gowdy for being our reliable bus driver; Darragh Hayes for lifeguarding and keeping us all safe; and to our campers who made each day fun and exciting! Have a great year at school, and we hope to see you again in summer 2019. ■

# 43rd Annual General Meeting



Dr. Meredith MacKenzie spoke at the Rural Frontenac Community Services AGM.

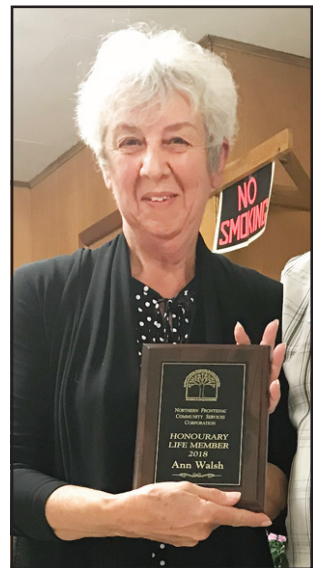
The Guest Speaker, Dr. Meredith MacKenzie, a Family Physician who has been providing primary care and addiction treatment at Street Health Centre (part of Kingston Community Health Centres) gave a presentation at the AGM on how childhood adversity predicts future medical and mental health outcomes. For example, she outlined how four Adverse Childhood Experiences (ACE) can increase heart disease by 220% and depression by 460%, and even three can put children at risk for academic failure and behavioural concerns. She explained if we can provide support to these children and their families these risk factors can be mitigated improving the long term outcomes for the children.

The Honourary Life Membership award was presented to Ann Walsh.

Ann was born and raised in Sharbot Lake. After Teachers College Ann returned to Sharbot Lake where she met and married Martin Walsh, the Anglican Church Minister. Ann & Martin worked together renovating the Sharbot Lake Rectory which is the present Rural Frontenac Community Services building, and in fact lived there shortly after they were married in 1970.

Ann returned to Sharbot Lake in the nineties and completed her teaching career and became involved with the community once again. She was a member of the Central Frontenac Railway Historical Society, helped to develop and maintain the Herb Garden, helped with Villages Beautiful projects and worked with seniors to help them remain in their homes. Ann volunteered for Rural Frontenac Community

Services for the Income Tax Program and for the past two years has been a volunteer receptionist at Adult Services. Ann has always been a great supporter of Rural Frontenac Community Services and throughout the year she makes treats for the Community Drop In. ■



Ann Walsh received the Honourary Life Membership award.

## Rural Frontenac Community Services Board of Directors

Linda Chappel, Keith Conboy, Bob Webster, Susan Irwin, Steve Magee, Kathi Zarfes

## Welcome to new Board Members

Ken Fisher, John Purdon, Jacqui Salmond



Staff at Rural Frontenac Community Services BBQ



**Do you know a Personal Support Worker looking for employment?**

We are looking to hire Personal Support Workers to care for seniors

A casual position with flexible hours

Call 613 279-3151 for more info

Rural Frontenac Community Services graciously thanks all of those who have made donations.

I Support Rural Frontenac Community Services!

Name: \_\_\_\_\_ Email: \_\_\_\_\_

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

Town: \_\_\_\_\_ Phone: \_\_\_\_\_

Charitable Donation:  \$25  \$50  \$100  
 \$500  Other

(receipts for tax purposes will be issued)

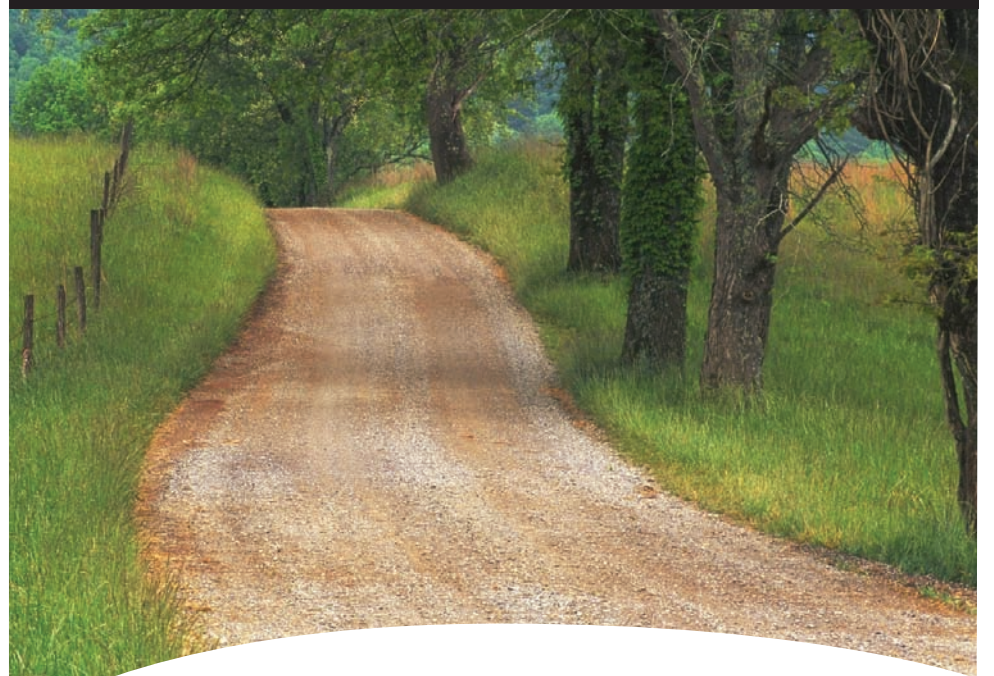
Please donate online at [www.rfcs.ca](http://www.rfcs.ca) or make cheques payable to:



Rural Frontenac Community Services  
1020 Elizabeth St. P.O. Box 250,  
Sharbot Lake, ON K0H 2P0  
[www.rfcs.ca](http://www.rfcs.ca)

Thank You! (Reg. Charity #107782369RR001)

**Enjoy Driving? You can make a difference.**  
Come drive with us & help your local community.



The simple act of driving can change someone's day

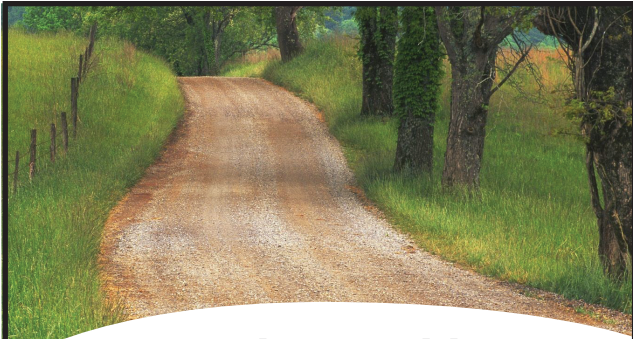
**Volunteer Drivers Needed  
Mileage Compensation**

**Frontenac Transportation Services**

613-279-3151 or 1-855-279-2052 ext 2

Why not call and find out more details. We need you!





## **Need Help With Accessible Transportation?**

Frontenac Transportation Services  
is doing a survey!

Please call 613-279-3151 ext 303.  
Your information will be kept confidential.

RURAL FRONTENAC  
COMMUNITY SERVICES

 FRONTENAC

southern frontenac  
community services