

# RURAL FRONTENAC COMMUNITY SERVICES

*Since 1975, Rural Frontenac Community Services has embraced the meaning of community with a team of compassionate and dedicated individuals connecting people of all ages.*

We provide a wide range of services enabling residents to live rural life to its fullest.



## Annual Report 2023/2024

*Celebrating 49 years of serving our community.*

# OUR MISSION

*To provide opportunities that will enhance the well-being and self-sufficiency of all community members.*

## *RURAL YOUTH OUR FUTURE*

As we approach our 50<sup>th</sup> year, we have begun to reflect on where we are and what is needed in our rural communities. The Board of Directors have updated our Strategic Plan and provided direction for the next three years. Our staffs' dedication to our vision to ensure that our community members live rural life to its fullest is heartfelt and embedded in the work we do everyday.

The lifestyle we enjoy in rural Frontenac has been a tonic to many seeking a more balanced way to live. We have seen new families and retiring seniors relocate and settle in rural Frontenac. We have also said goodbye to some of our older clients and dear friends who have been active community members for many years.

Research has demonstrated that connection and belonging are essential for peoples' well-being. Feeling isolated and disconnected is a significant health risk, much like smoking and heart disease. **What can we do to create connection and foster resilience in our communities?**

Our youth program is a beacon of light and hope for many young people growing up in rural Frontenac. Our Kids Club, March Break and Summer Camp and Youth Hub have exceeded expectations. The amazing staff team, led by Sarah McCullough, is passionate about giving our youth opportunities to grow, learn and belong in our community. **Youth are our future.** We need to give them opportunities to play, join and lead so they will create their future in Frontenac County. Ten years ago, today's youth were in our daycare and attending Early Years Programs. They are now attending camp and Kids Club. The older ones have been hired to work with the younger youth.

Our children and youth grow up in our programs. The experiences and connections they develop, will be sustained and keep them connected to our communities. Their future will include living rural life to its fullest.

As the year comes to a close, we want to thank our dedicated staff and volunteers, they are the heart of our services and allow us to respond to the needs of our clients, their families and our communities. A special thank you to Kathi Zarfes and John Purdon committed board members who are leaving the board this year. They will be missed.

**Susan Irwin, Chairperson and Louise Moody, Executive Director**

# Our Youth Program



"The Youth Program is very important because it's where I can go and not have to worry about anything and I can be myself without any concerns."

## Program Highlights

- Our "little rural daycare" served 42 children from 40 families. We had 25 full time children and 17 attending part time.
- We had over 4,600 child visits to our 900 EarlyOn programs, offered in Arden, Harrowsmith, Mountain Grove, Perth Road, Sharbot Lake, Verona and Sydenham locations.
- Our Youth Program offered 13 programs to 239 youth, expanding our programs to include junior camper days for children ages 4-6.
- Frontenac Transportation Service volunteers drove 185 clients. They gave 8,558 rides travelling over 520,000 kilometers. Our thirty-six dedicated volunteers drove nearly 12,000 hours.
- Our seniors' services supported 347 seniors.
  - Our Meals on Wheels program served 116 clients and delivered 23,970 hot and frozen meals.
  - Foot Care served 80 individuals over the year.
  - Our Home Help and Respite workers served 117 seniors with household tasks and respite/personal care, delivering over 9,000 hours of care in their homes.
  - Transportation has helped 74 seniors to arrive safely to appointments, grocery stores and other destinations.
- Our Community Volunteer Income Tax Program completed 274 tax returns.
- In 2023 the Christmas Assistance Program assisted 151 families in our community.
- Our family counsellor supported 87 individuals. He provided 481 counselling sessions, 60% in the office, 28% in the community and 12% on the phone and virtually.



# FINANCIAL REPORT

Our financial statements as of March 31, 2024 can be summarized as follows.

Total revenue increased by 9.2 % (\$213,874). Provincial/Municipal funding increased by 16% (\$233,741) and Client service fees decreased by 0.9% (\$5,247). Federal funding, United Way funding, Donations and Fundraising decreased slightly in 2023-24.

The result for expenditures was an increase of \$217,055 (9.2%). Non-salary direct program expenses increased by 11.2% (\$64,259) and all other expenses (Salaries, Benefits, Premises and Administration) increased by a total of \$152,796 (8.6%).

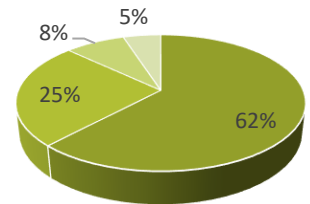
The Statement of Operations shows a surplus of \$61,968 but after adjustments for deferred revenue and amortization, the Net Surplus was \$23,007. This marks two years of operating surplus in a row to supporting future growth of the organization.

Our Statement of Financial Position continues to be positive. Assets slightly decreased by \$12,190 (0.9%) and Liabilities also decreased by \$35,197 so that our Fund Balances have increased by \$23,007, the net surplus.

Geoff Michie, Treasurer

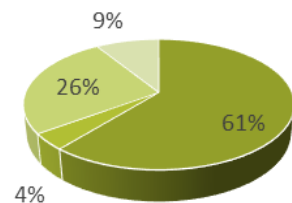


## Expenses



- 62% Salaries & Benefits
- 25% Other Program Costs
- 8% Occupancy
- 5% Administrative & Governance

## Income



- 61% Government Funding
- 4% United Way, Fundraising & Donations
- 26% Client Services
- 9% Other Revenue & Recoveries

## Thank you to our funders

- City of Kingston
- County of Frontenac
- Ministry of Community and Social Services
- Ontario Health
- Township of Central Frontenac
- Township of North Frontenac
- United Way of KFLA
- Community Donors

**Your funding makes a difference  
in our community.**