

At Home with ROSSS



Dear Friends of ROSSS,

I am very pleased to share our redesigned newsletter – At Home with ROSSS. Our newly named newsletter reflects our core mission to provide essential services that help our clients live independently at home. We hope our new format will connect you to more of ROSSS' programs and services and keep you informed of upcoming events and issues that impact seniors and adults with disabilities in our rural communities. We welcome your feedback on the newsletter. Your thoughts are always important to us, and we hope to hear from you!

This edition of At Home with ROSSS covers the summer months. Please take a moment to look through the programs taking place throughout the summer. With so many events taking place, we encourage you to come out and join us! You can also contact ROSSS at 613-692-4697 if you would like more information on any of the programs and services that we offer.

I hope you take pleasure in the beautiful months ahead and spend time enjoying summer activities you love!

All the best,

Kelly Dumas

Staff Directory

Kelly Dumas
 Executive Director
 Ext. 225

Cindy Powell
 Senior Manager,
 Community Programs and Home
 Care
 Ext. 229

Jeanne Martel
 Senior Manager,
 Community Programs and
 Operations
 Ext. 232

Melissa MacIsaac
 Manager,
 Community and Corporate
 Partnerships
 Ext. 236

Joanne Williams
 Operations Administrator
 Ext. 243

Jeanne Pronovost
 Manager, Client Care
 Ext. 223

Firoozeh Ghobadi
 Finance and Payroll Officer
 Ext. 240

Julie Wilson
 Finance Assistant
 Ext. 221

France Connor
 Program Manager,
 A Friendly Voice
 Ext. 235

Natalie Miller
 Coordinator,
 Social and Recreation Programs
 Ext. 226

Della Hart
 Coordinator,
 Volunteers and Community Services
 Ext. 228

Cathy Beckwith
 Coordinator,
 Food Security Programs
 Ext. 241

Casey Guest
 Coordinator,
 Transportation Program
 Ext. 237

Jennifer Baxter
 Team Lead, Transportation and
 Scheduling
 Ext. 230

Summer Program Calendar

Mondays

Connections Lunches, 12pm

Manotick, North Gower, Metcalfe, and Richmond
Groups will be notified one week in advance to register for lunches.

Music Mondays, 1pm-2pm

Zoom

Join us for live music over Zoom!

Wednesdays

Manotick Drop-in, 10am-12pm

Manotick United Church
5567 Manotick Main Street

Connections Lunch, 12:30pm Richmond – 1st and 3rd Wednesday of the month

Groups will be notified one week in advance to register for lunches.

Fridays

Cultured Purls, 10am-12pm

Manotick, Hyfield Apartments Common Room
5581 Dr Leach Drive

Tuesdays

Osgoode Drop-in, 10am-12pm

Until June 28th

Osgoode Legion, 3284 Sunstrum Street

Stanley Apartments Drop-in, 1pm-2:30pm 2nd and 4th Tuesday of the month

Stanley Apartments Common Room

This program is open to residents of the Stanley Apartments only

Thursdays

Adult Day Program, 10am-3pm

Osgoode Youth Association
5479 Osgoode Main Street

*There is currently a waitlist for the ROSSS Adult Day Program.

*On July 7th, August 4th, and August 25th, ADP will be held at the Osgoode Legion (3284 Sunstrum Street) due to summer camps at OYA.

To register for any of these programs, contact Natalie Miller at (613) 692-4697 extension 226.

"The ROSSS drivers are wonderful, thoughtful, and pleasant. It is a real stress reliever to know we don't need to worry about getting to appointments now. My husband is very comfortable in the wheelchair accessible vehicle because of the care and concern shown by the driver. We are so thankful to have such a service available."

Mary, ROSSS client

A Menu for Food Security

If you're looking for comfort meals at their finest, we invite you to try our fresh meals, delivered Mondays through Fridays and supplied by [Miller's Oven](#), a quaint tea room and café in Manotick. Operated by a group of senior volunteers as a non-profit restaurant, this wonderful business is a ROSSS partner in the fresh meal program. Fresh meals are \$8.75 each.

If you're looking for a simple answer to eating nutritious and delicious meals with little fuss, try our frozen dinners prepared by [TimeSaver Foods](#), a locally owned/operated business. TimeSaver Foods' mission is to create a more convenient and tasty lifestyle for our clients. Frozen meals are \$7.75

ROSSS also offers grocery delivery services. We are fortunate to partner with McDonough's Independent Grocery in Manotick and Greely Foodland, Greely. We are also partnered with the Richmond Food Bank to assist in the delivery of much-needed food items to clients who are unable to pick up their own.

For more information on our food security program, contact Cathy Beckwith at 613-692-4697. ext. 241.

Fresh Meal Sample Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| Garden Salad Tomato & Spinach Quiche Carrots Dinner Roll Spanish Cream Fruit | Vegetable Soup Pork Chop Mashed Potatoes & Gravy Carrots Chocolate Chip Cookie Fruit | Lentil Soup Meatloaf Broccoli Mashed Potatoes Date Square Fruit | Bean & Bacon Soup Chicken a la King White Rice Green Peas Spice Cake Fruit | Beef Barley Soup Salmon Loaf Green Peas Mashed Potatoes Chocolate Chip Cookie Fruit |
| Carrot & Raisin Salad Macaroni & Cheese Green Beans Dinner Roll Raspberry Jam Squares Fruit | Cream of Potato Soup Ham & Scalloped Potatoes Mixed Vegetables Morning Glory Muffin Fruit | Tomato Macaroni Soup Beef Stroganoff Dinner Roll Corn Lemon Cupcake Fruit | Garden Salad Cranberry Chicken Flavoured Rice Green Peas Banana Bread Fruit | Pea Soup Chicken Divan Yellow & Green Beans Dinner Roll Rice Pudding Fruit |
| Cole Slaw Vegetarian Chili Dinner Roll Corn Pumpkin Bar Fruit | Beef Barley Soup Bangers & Mashed Potatoes Corn Lemon Tart Fruit | Chicken Soup Grilled Hamburger Home Fries Baked Beans Oatmeal Cookie Fruit | Carrot & Raisin Salad Chicken Noodle Casserole Broccoli Dinner Roll Carrot Cake Fruit | Lentil Soup Haddock Fillet Roasted Potatoes Green Peas Lemon Cupcake Fruit |
| Caesar Salad Fettucini Alfredo Garlic Bread Green Peas Lemon Square Fruit | Cream of Carrot Soup Pork Tenderloin Mashed Potatoes & Gravy Mixed Vegetables Date Square Fruit | Cream of Mushroom Soup Shepherd's Pie Dinner Roll Green Peas Apple Crisp Fruit | Cheesy Ham Chowder Chicken & Gravy Mashed Potatoes Green Beans Blueberry Tart Fruit | Tomato Macaroni Soup Hamburger Supreme Mixed Vegetables Dinner Roll Oatmeal Muffin Fruit |



Proud Food Partners: McDonough's Independent

Rural Ottawa South Support Services is grateful to be part of so many vibrant and supportive communities across rural Ottawa South, and Manotick is no exception. The residents and businesses of the Manotick community are a constant support. Early in the pandemic, food security was becoming a serious issue for rural seniors and adults with disabilities. Many were afraid to leave their homes for groceries, while others no longer had access to the transportation options they had used before the pandemic.

ROSSS recognized this very real concern and contacted the local grocery stores to develop a program to alleviate this growing crisis. When we approached Frank and Andrea at McDonough's Independent about this issue and our proposed program, they became one of our grocery store partners without hesitation and have remained so as the program continued to grow over the past two and a half years. Their kind staff calls clients to take their grocery orders while others shop and package. ROSSS drivers then pick up the orders and deliver them to clients.

As the program was a 'first of its kind' for both ROSSS and Independent, Frank and Andrea's expertise and collaboration in navigating the endless supply issues and changing regulations was vital to the success of the program. The kindness, care and compassion of Frank and Andrea, as well as their staff, has been a true gift. Thanks and gratitude has flooded in from clients for over 2,000 grocery deliveries that have taken place since the beginning of the program. The program has been so successful, and the need so evident that it has now become one of ROSSS' core services.

On behalf of everyone at ROSSS and the clients that use the service, THANK YOU to McDonough's Independent for all you do to support our grocery delivery clients!



Metcalfe Meet and Greet

The Metcalfe Meet and Greet event began several years ago, inspired by the idea of bringing the Metcalfe community together and raising awareness about local businesses and their services. This incredible community event began as 5 businesses setting up tables on Victoria Street in Metcalfe and has now grown to host over 50 businesses and community groups/service clubs, a BBQ, and live entertainment.

This year, ROSSS was the beneficiary of funds raised through businesses registering to participate. In May, we were honoured to accept a donation of \$1,250 from the Metcalfe Meet and Greet group.

Thank you to the members of the Metcalfe business community who make this event happen, and thank you to the Metcalfe community members for continuing to support ROSSS and the work we do for rural seniors and adults with disabilities.

Kiwanis Manotick

ROSSS is so grateful for the incredible support of the communities we serve. The generous donation of \$5,000 from the Kiwanis Club of Manotick towards our grocery delivery program is another incredible example of how much this community cares. At the beginning of the pandemic, ROSSS started this program in partnership with local grocery stores to meet the growing issue of food security in our rural communities. Kiwanis Club of Manotick recognized the food security struggles in rural communities and stepped up to ensure that rural seniors and adults with disabilities can continue to access this vital program. THANK YOU to Manotick Kiwanis for all your fundraising efforts year after year, and for choosing to support ROSSS' grocery delivery program.





Shroomfest

ROSSS was once again honoured to participate in and subsequently be beneficiaries of Metcalfe's iconic Shroomfest event on April 29th, 2022. Shroomfest is an annual men's night fundraiser where food, drinks, silent and live auctions, and music are enjoyed by the patrons who purchased tickets. This past year, Shroomfest celebrated its 15th year and sold over 600 tickets resulting in unprecedented fundraising allowing them to give over \$90,000 in donations to 32 local programs and organizations! This event is 100% volunteer planned, organized, and run.

Donation cheques were presented on June 9th at the Metcalfe Curling Club where several of the beneficiaries and the Shroomfest Executive Committee and Osgoode Ward City Councillor George Darouze were in attendance. George Darouze presented the Shroomfest Executive Committee with a letter of recognition from Mayor Jim Watson, a testament to the incredible impact this event has had on the Metcalfe community over the past 15 years. It truly was a magical evening.

ROSSS is eternally grateful to all the volunteers and businesses who make Shroomfest a huge success and for being chosen to be a beneficiary of its success.



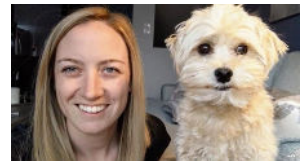
Volunteer Corner

The individuals who donate their priceless time and energy to ROSSS provide a wonderful combination of kindness, generosity, selflessness and a caring nature. Volunteers are a joy and a necessity. They work tirelessly to ensure that our clients receive the services we provide and they do so with a heart full of warmth and a friendly smile. It is a pleasure to welcome these new volunteers and to acknowledge them for the great work they have been doing. They have jumped into their chosen roles with eagerness and are the latest recruits to an ever-growing, indispensable team.

Thank you, Ashleigh, Jeff and Erik!

Ashleigh Perry, ROSSS Office Administrator

"I have been working in Manotick for 15 years and have seen firsthand the positive impact ROSSS has on the community. I was inspired to get involved any way I could during the pandemic lockdowns when those most at risk were more isolated than ever. It is rewarding to be part of such a great organization and work with both the community and its team of caring staff and volunteers."



Jeff Doll, ROSSS Volunteer Driver

"I have offered my time to be of service to others through ROSSS. I have done this firstly for the comfort and assistance that I can provide for those in need. Secondly, I love to see the joy and happiness in my passengers when they "get out" and, finally, it makes one feel good to help others."



"The service to others is the rent you pay for your room here on earth" - Mohammad Ali.

Erik Pohanka, ROSSS Snow Removal

I love spending time outdoors and learning about the natural world. I try my best to help the environment, which includes helping other people in my community. When my mother, Alenka, began volunteering for ROSSS, she mentioned they were looking for volunteers to clear snow in the winter for those that needed help. Once I became a volunteer, I was able to help shovel the pathways of a house in Greely throughout the winter. It felt great to be able to give back to a community that has provided me with an amazing place to live. Although the winter was long, I was able to meet new people, keep getting outdoors, and help the community simultaneously.



Volunteer Greeters Needed

We are currently looking for volunteers to welcome clients and visitors to the ROSSS office. Candidates will be required to have a friendly and helpful manner and be willing to donate a few hours per week. Hours and preferred days can be discussed. If this position is of interest, please contact:

Della Hart 613-692-4697 ext 228



Our Thanks to Dr. John Collins

Dr. John Collins retired from the ROSSS Board of Directors at our June 27 Annual General Meeting. Dr. Collins joined the ROSSS Board of Directors in 2015 as a retired urologist with a wealth of knowledge and experience and a passion for helping seniors age in their homes. Dr. Collins served two terms as Chair of the Board of Directors from 2017-2019 and past chair from 2019 to 2022. Dr. Collins' contributions to ROSSS are many and we are incredibly grateful for all his leadership over the years. Dr. Collins was integral in the transition of our new Executive Director in 2018, his guidance helped ROSSS become an anchor partner in the Ottawa West Four Rivers Ontario Health Team, and he played a vital role in ensuring that ROSSS provided exceptional services during the pandemic. As champions of ROSSS, Dr. Collins and his wife Judy Collins never missed a ROSSS event and were instrumental in developing community support for our agency.

Thank you, Dr. Collins, for all you've done with ROSSS over the years. Your leadership and passion will be missed!



Resources and Events

Discover the Healing Power of Journal Writing, July 21st

Journal writing can be a form of self-care for caregivers at any stage of their caregiving journey.

Donna Fitzgerald, a former caregiver, learned the value of writing and journaling to develop self-awareness. She will explain how journaling can enlighten and enrich our purpose and meaning. In this webinar, Donna will also share how journaling can be a path to healing and rediscovering oneself. You will have a chance to practice journaling during this session, so have your pen and paper ready! Two winners will be chosen from a random draw of entries to win Donna's journaling workbook. Details of the draw will be provided during the webinar.



After Stroke Support for Caregivers: Finding a Path Forward, July 21st

Life after a stroke brings many challenges, as needs and circumstances are unique and personal to each stroke survivor and their caregivers. June is Stroke Awareness Month, and in collaboration with March of Dimes Canada,

we will share information about the After Stroke program and available supports and services for caregivers. In addition, we will hear from caregivers with lived experience on how they navigated the post-stroke journey and highlights of the After Stroke program that helped them find a path forward.



For information on these and other webinars, visit <https://ontariocaregiver.ca/>

Why Donate?

June was Seniors' Month, and we were reminded of the incredible need for accessible supports for seniors in our communities. The importance of services like our safe, reliable, and affordable transportation services became especially evident over the past 2 years. We have been able to ensure that rural seniors and adults with disabilities have been able to continue to get to vital dialysis, cancer treatments and other medical appointments during scary and uncertain times over the course of the pandemic and this is all because of generous donations made by community members like you.

ROSSS programs and services are especially unique in the rural context. We are the only non-profit across our rural catchment offering services such as affordable transportation, Meals on Wheels, social programming to reduce isolation, and caregiver support programs. These programs and services help those in need remain safely in their homes for as long as possible while maintaining independence and dignity.

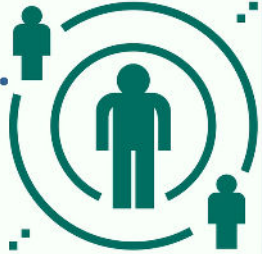
As we navigate a new normal with 2 years of restrictions and mandates beginning to lift, vulnerable individuals are faced with new challenges. Increased costs of everyday necessities is one of the biggest challenges we now face. These increases make many necessities inaccessible for vulnerable seniors and adults with disabilities. With the increased cost of gas, we have had to increase our transportation rates. Knowing many of our clients are vulnerable and living on fixed incomes, we know there is a real possibility that an increase may make transportation services cost prohibitive for many.








This is where you come in! ROSSS is lucky to be the recipient of funding through various grants and municipal funding but the bulk of our programs rely on donations from the community. Every single dollar raised through our fundraising campaigns is put to good use in ensuring our programs and services remain accessible for rural seniors and adults with disabilities.

Donations to ROSSS can be made through our website at www.rosss.ca, or by mailing the donation card included in this newsletter to our Manotick office at 1128 Mill St. Manotick ON, K4M 1A4.

Our Impact.

TAKE A LOOK AT OUR
INCREDIBLE IMPACT
IN THE MONTH OF
APRIL!



| | |
|--|---|
|  | <p style="margin: 0;">Transportation</p> <p style="margin: 0; font-weight: bold;">668</p> <p style="margin: 0;">One-Way Drives</p> |
|  | <p style="margin: 0;">Meals on Wheels</p> <p style="margin: 0; font-weight: bold;">791</p> <p style="margin: 0;">Meals Delivered</p> |
|  | <p style="margin: 0;">Adult Day Program</p> <p style="margin: 0; font-weight: bold;">49</p> <p style="margin: 0;">Attendance</p> |
|  | <p style="margin: 0;">Respite</p> <p style="margin: 0; font-weight: bold;">85 Hours</p> |
|  | <p style="margin: 0;">Connections</p> <p style="margin: 0; font-weight: bold;">178</p> <p style="margin: 0;">Face to Face Visits</p> |
|  | <p style="margin: 0;">Friendly Visiting</p> <p style="margin: 0; font-weight: bold;">750</p> <p style="margin: 0;">Visits</p> |
|  | <p style="margin: 0;">Foot Care</p> <p style="margin: 0; font-weight: bold;">40</p> <p style="margin: 0;">Visits</p> |

Our Gateway to Care program is growing!

We provided 1383 hours of services to over 80 clients!

In Case You Missed It: The ROSSS Annual General Meeting

On June 27th, 2022, ROSSS held another successful Annual General Meeting virtually. Guest speakers included MPP Carleton Goldie Ghamari, Osgoode Ward City Councillor George Darouze, and Robert Wein. We said goodbye to our Past Chair, John Collins, and thanked him for his dedicated service to ROSSS, wishing him well in his retirement.

We also welcomed two new members to our Board of Directors. WELCOME Gay Pratt and Marc Sauve!

Along with highlighting our achievements and impact, ROSSS was thrilled to share our 3-year strategic plan. ROSSS embarked on a four-month strategic planning process in December 2021. Working with a strategic planner, several focus groups and individual interviews and planning sessions were held with clients, volunteers, staff, members of the Board of Directors, partners, and stakeholders. At the end of the process ROSSS' Board of Directors approved the strategic priorities that will guide ROSSS for the next three years.

As we look ahead, we will focus on enhancing our core services, influencing system level decision-making, and building capacity by strengthening organizational infrastructure. Principals of equity, diversity, and inclusion as well as enhanced communications and community awareness will enable us to advance our strategic goals. We look forward to sharing with you our progress over the next three years as we action our strategic plan.

Our annual report is now available on our website. www.rosss.ca



1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1950's song.

R A V E O N I A R T Y R E T S Y M L I
 D Y T S I M H O N K Y T O N K L E O L
 O G N A J D A N I H C R A E S T N N E
 N V L O N E L Y T E A R D R O P S L Y
 N B E E Y R M M B T L S Q H G E H Y E
 A L T F O A O D A E M B K E J U O Y L
 S U O T I V D K N R L A M A I I U O D
 N E O N E N E Y A E E L I U T Z T U D
 O B Y I G F K Y R R S L E T R M U K I
 T E T A I T Z E B E H U U N E A A S D
 N R T V K A A T H O V R O U E N S H O
 E R E E R E R L U T F E S Y S N I O B
 E Y E C Q A T S L I K Y F A O I L U A
 T H F D E U E Y T S G C S T D S A N B
 X I H H H R I T Y G A C A I E H N D M
 I L S W O O U L E A I L O M E B O D A
 S L R C L T T P A T K D L A P O M O B
 L I K E V O L E Y B E Y B Y S Y V G A
 R I P I T U P E N I G H T T R A I N L

| | | | |
|------------------|------------------|---------------|--------------|
| BLUEBERRY HILL | HOUND DOG | MONA LISA | SEARCHIN' |
| BO DIDDLEY | JAILHOUSE ROCK | MOVE IT | SHOUT |
| BYE BYE LOVE | KANSAS CITY | MYSTERY TRAIN | SIXTEEN TONS |
| CRAZY ARMS | LA BAMBA | NIGHT TRAIN | SPEEDO |
| DJANGO | LONELY TEARDROPS | ONLY YOU | SUZIE Q |
| DONNA | LONG TALL SALLY | PEGGY SUE | TAKE FIVE |
| EVERYDAY | MACK THE KNIFE | RAVE ON | TEQUILA |
| FEVER | MANNISH BOY | RED HOT | TUTTI FRUTTI |
| HEARTBREAK HOTEL | MAYBELLENE | RIP IT UP | YAKETY YAK |
| HONKY TONK | MISTY | RUMBLE | YOU SEND ME |

Summer is Here

The trees have changed from brown to green,
Always a wonderful sight to be seen
Their branches reach to catch the sun
Their contrast to the sky, a beautiful one
Summer is here

A myriad of colours, the flora in bloom
Dissipating the wintry greys and gloom
Tulips, daffodils and snowdrops appear
Their sleepy heads heralding warmth and cheer
Summer is here

Butterflies emerge from their cocoons
To flit amongst nature's garden room
Along with the bees, busy making honey
The days so long and beautifully sunny
Summer is here

Lazy days with family and friends
Barbecues, picnics, what a happy blend
Swimming, cycling, vacations to enjoy
Parks with the dog, fetch the toy
Summer is here

- Della Hart

"Thank you ROSSS once again for your on going super service. Today we were lucky to have Louis as our driver. We got to our appointment right on time and he waited for us as the appointment was going to be quick but necessary. We really appreciate your services and will refer your service where we can. You are much appreciated, thank you!"

Trish, POA for ROSSS client

All donations can be made online through our secure portal at www.ross.ca or by mail to Rural Ottawa South Support Services, 1128 Mill St. Manotick ON, K4M 1A4

\$25 \$50 \$75 \$100 \$250 \$500 Other amount _____

I will donate online at www.ross.ca I have left a legacy by including a donation in my will

One-Time OR Monthly Pledge (Post dated cheques or credit card, paid 1st day of each month)

Cash Cheque (Payable to Rural Ottawa South Support Services)

Card Number: _____ Expiry Date (MM/YY): _____ CVC: _____

Signature: _____ Name: _____

Address: _____ City: _____

Postal Code: _____ Telephone: _____

Email: _____ Please sign me up for the email newsletter



1128 Mill St.
Manotick ON,
K4M 1A4