



At Home with ROSSS



Dear Friends of ROSSS,

We are pleased to share with you the summer edition of At Home with ROSSS. As you will read inside, we have many exciting announcements and upcoming events to tell you about!

We are especially pleased to announce the great news that ROSSS has started a Home Maintenance Program. Many of our clients have expressed to us that they need help with small home maintenance needs from a trusted agency to age well at home. Through our Home Maintenance Program, we can provide assistance both inside and outside your home. Please call us at 613-692-4697 for more information.

The summer months also mean that it is time for our Annual General Meeting. We will be hosting our AGM on Monday, June 26, 7:00pm at the Manotick Legion, and we hope that you can attend. As always, it will be an informative night and look forward to celebrating all of ROSSS' many accomplishments with you.

I wish you a very happy summer, filled with many memories!

Warm regards,

Kelly Dumas

Staff Directory

Kelly Dumas
Executive Director
Ext. 225

Jeanne Martel
Senior Manager
Community Programs
and Operations
Ext. 232

Melissa MacIsaac
Manager
Funding and Outreach
Ext. 236

Joanne Williams
Operations Administrator
Ext. 243

Firoozeh Ghobadi
Finance and
Administration Officer
Ext. 240

Julie Wilson
Finance Assistant
Ext. 221

Jeanne Pronovost
Manager
In-Home Services
Ext. 223

Della Hart
Manager
Volunteers and Community Services
Ext. 228

Mackenzie Ellis
Coordinator
Scheduling Services
Ext. 238

Lyn Rorke
Coordinator
Community Programs
Ext. 224

Jennifer Baxter
Team Lead
Transportation and Operations Support
Ext. 230

Casey Guest
Coordinator
Transportation Program
Ext. 237

Cathy Beckwith
Coordinator
Food Security Programs
Ext. 241

France Connor
Program Manager, A Friendly Voice
Ext. 235

Spring Program Calendar

Monday

Connections Lunches, 12pm

Manotick, North Gower, Metcalfe, Osgoode and Richmond

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

Pickleball, 12pm-2pm

Greely Community Centre, 1448 Meadow Drive

NOTE: There is currently a waitlist for this program. This is a drop-in program. The cost is \$4 per session. Bring your running shoes!

Tuesday

Osgoode Drop-in, 10am-12pm

Osgoode Legion, 3284 Sunstrum Street

Hyfield Fitness, 10am-11am

Hyfield Apartments Common Room
5581 Dr. Leach Drive, Manotick

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.

Wednesday

Manotick Drop-in, 10am-12pm

Manotick United Church, 5567 Manotick Main Street

Connections Lunch, 12:30pm 2nd Wednesday of the month

Richmond

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

Richmond Drop-in, 1pm-2:30pm 3rd Wednesday of the month

Goodwood Apartments Common Room
126 Christopher Hamilton Street

Thursday

Adult Day Program, 10am-3pm

Osgoode Legion
3284 Sunstrum Street

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

Caregiver Support Group, 10am-12pm Every 2nd Thursday

Osgoode Youth Association (O-YA)
5479 Osgoode Main Street

Registration is required.

Friday

Cultured Purls, 10am-12pm

Hyfield Apartments Common Room
5581 Dr. Leach Drive, Manotick

Pickleball, 12pm-2pm

Greely Community Centre, 1448 Meadow Drive

NOTE: There is currently a waitlist for this program. This is a drop-in program. The cost is \$4 per session. Bring your running shoes!

Ladies Tea Talk, 1:30pm-3:30pm June 2nd, July 7th, August 4th

Hyfield Apartments Common Room,
5581 Dr. Leach Drive, Manotick

Join us for a warm drink and good conversation!

Manotick Breakfast, 9am-10:30am June 9th, July 14th, August 11th

Manotick Legion, 5550 Ann Street

Full breakfast, entertainment, and a raffle!

For questions or to register for any of these programs, contact Lyn Rorke at 613-692-4697 x 224.

Program Descriptions

Manotick Legion Breakfast

A fun morning once a month! Enjoy a good breakfast, great company, entertainment and raffle prizes!

Connections Lunches

Enjoy good food and even better company at our favourite restaurants in Manotick, Richmond, Metcalfe, Osgoode and North Gower! Connections lunches provide an opportunity to connect with friends and meet new people in the community. Groups will be notified a week in advance to register for lunches.

Pickleball

Join us for a fun and active drop-in program playing pickleball! Bring your running shoes! Please note this program currently has a waitlist.

Drop-In

Drop-in for a sociable chat, game of bingo and various fun topics and presenters. This program runs throughout the month in the community.

Caregiver Support Group

This program provides a chance to meet and connect with other caregivers, as well as provide support, resources and companionship.

Adult Day Program

A social day, full of fun, in a safe and caring environment.
*There is currently a waitlist for the Adult Day Program.

Ladies Tea Talk

A chance to meet, once a month, for a social get-together to enjoy a cuppa, snack and good company.

Cultured Purls

Calling all knitters! Join us for good conversation while you finish your latest projects.

Hyfield Fitness

A gentle and fun exercise program that includes chair and standing exercises, with instruction from a qualified fitness instructor. Whatever your ability level, the routines are suitable for all!



Metcalfe Meet & Greet

The Metcalfe Meet and Greet on Victoria Street was held on May 13th, 2023. Hosted by the Metcalfe Community Association, the event is aimed at highlighting local businesses and service clubs and bringing the community together. Activities, a BBQ by Councillor George Darouze, a car show at Clarmo Auto Repair, and more were enjoyed by patrons of the event, and the park on Victoria Street was filled with families and children playing and laughing. ROSSS provided a shuttle service for attendees to get from the park to the car show, and this year also provided the shuttle to the grand opening of B.A. Machine Performance Cycles - a new motorcycle shop.

We are once again grateful for the opportunity to serve and participate in such amazing communities. Thank you to the Metcalfe Community Association for another successful event, and for allowing ROSSS to participate.

Manotick Spring Fling

The Manotick BIA hosted a brand-new Spring Fling event on April 29th, 2023. The event was a fun-filled, family-friendly day to bring people together and promote local businesses. ROSSS participated by selling Manotick Musicale tickets at the Legion, and by hosting a small artwork sale in our office.

It was a lovely day, and we were happy to see so many wonderful people. Thank you to the Manotick BIA for another successful event!



March for Meals

Each year during the month of March, we celebrate March for Meals, an opportunity to recognize the importance of the program to the residents in our community.

On Monday, March 20th, we celebrated Champions Day, recognizing the partners that make this program a success in bringing food to seniors and adults with disabilities every week. Our first stop was to drop in at Miller's Oven, our fresh meal partners in Manotick. We had some special visitors that day!

Our next stop was to visit a client in our community to deliver her meal, and we appreciate and thank her for giving us this opportunity to chat with her that day.

To our clients, our volunteers, and our partners, "Thank You!" to everyone who makes our Meals on Wheels program such a success!



L-R: Jeanne Martel (ROSSS), Jerry Mask (Miller's Oven), Cathy Beckwith (ROSSS), Councillor David Brown (Ward 21), Freda Dupuis (ROSSS Volunteer), Kerry Crosby (Miller's Oven), Duncan Chamberlain (ROSSS Volunteer), Mary Newman (Miller's Oven), Councillor George Darouze (Ward 20) and Kelly Dumas (ROSSS Executive Director).



L-R: Cathy Beckwith (ROSSS), Councillor George Darouze, Councillor David Brown, Donna Rogers (ROSSS client), Duncan Chamberlain (ROSSS Volunteer - in back), Kelly Dumas (ROSSS Executive Director) and Jeanne Martel (ROSSS).

Did you know that for \$55 a year you can become a member of the Osgoode Legion? You don't have to be an active service member or a veteran. Memberships help the legion continue the great work they do for their communities. You can also help by making a donation directly to the Legion or by volunteering at Legion events. ROSSS currently holds a weekly Adult Day Program at the Osgoode Legion, as well as attending the Osgoode Community Outreach Tuesday Drop-In.

If you would like any information about memberships, donating or volunteering, please call Ronnie at 613-894-5575



Community Donations

Gloucester Lions Club

Melissa MacIsaac, ROSSS' Manager of Funding and Outreach, was invited to speak with the Gloucester Lions Club in March. After sharing about ROSSS programs and services, and the vital importance of community-based service agencies like ROSSS, the Lions Club surprised us with a \$500 cheque to support our work. One member even stood up and shared how much he appreciated ROSSS' services when he came out of the hospital. We always love hearing client feedback!

Thank you to the Gloucester Lions Club for your generous support!



Manotick Home Hardware

We are always so grateful for the generosity of the communities we serve, and by the creative ways the community supports us. In March, Manotick Home Hardware held a bake sale and donated the proceeds to Rural Ottawa South Support Services.

Thank you to Adam McCosham and the whole team at Manotick Home Hardware for your generosity!



Manotick Kiwanis

ROSSS would like to extend a very heartfelt thank you to the Kiwanis Club of Manotick for the generous donation of \$5,000 to support our Grocery Delivery program.

We are so very grateful!





Shroomfest

The 16th annual Men's Night fundraiser, Shroomfest, held on Friday, May 5th, 2023 was a huge success. The event was a sell out again, with incredible sponsors, prizes, live and silent auctions, and entertainment... lots of fun was had by all. This iconic fundraising event has funneled over \$1 million into the community in it's 16 years, from local charities to families in need. The event was conceptualized by Al Graham back in 2007 and has significantly grown year after year, now with approximately 10 dedicated board members and countless volunteers working together to make the event the incredible success it is!

ROSSS is grateful to have been selected to be a beneficiary of this event for several years and always enjoys the opportunity to volunteer at the event, serving food to the patrons and helping with clean up.

A BIG THANK YOU to Al and Judy Graham, and the whole Shroomfest team for giving us the opportunity to participate.

Congratulations Ms. Canada!

On Saturday, April 22nd, 2023, Ms. Manotick-Greely, Josée Bastien, hosted a lovely dinner at Orchard View Wedding and Event Centre in Greely. The event was well attended, the food was lovely, and the entertainment was fantastic.

Josée surprised attendees by announcing her new title, Ms. Canada! She will be off to Hawaii in June to compete at the international level at the World Universal beauty pageant. Ever the champion for seniors, and the work of Rural Ottawa South Support Services, Josée also gathered amazing prizes from local businesses, sold raffle tickets and held a 50/50 draw, raising nearly \$600 for ROSSS!

We are grateful to Ms. Canada for her ongoing support of ROSSS and wish to extend a huge CONGRATULATIONS from the whole ROSSS team on your new title, MS. CANADA!





Manotick Musicale 2023

On Saturday, May 6th, 2023, the annual Manotick Musicale was held with two showtimes this year.

The Village Singers and the Manotick Brass Ensemble put on yet another outstanding performance with the theme of Fabulous Fifties!, a collection of iconic 1950's music. This year we had a special guest performance by Piqué Dance Studio's students which was a perfect fit!

Both shows were well attended with 330 people in attendance between the two shows, raising a record of over \$9,700 for Rural Ottawa South Support Services. A reception was held after each show where attendees enjoyed snacks and refreshments and participated in raffles with prizes donated by Manotick Natural Market and Wellness Hub, Piqué Dance Studio, Councillor David Brown, Ms. Manotick-Greely Josée Bastien, MPP Goldie Ghamari, and local residents.

ROSSS wishes to extend the BIGGEST THANK YOU to all the performers, attendees, and supporters for making this year's Musicale event such an outstanding success.

Foot Care Clinics

Did you know that ROSSS offers Foot Care Clinics? The clinics are staffed by Registered Nurses who have specialized certification in Advanced, Basic and Diabetic Foot Care. The goal is preventative care, essential to monitor and reduce the high risk of foot related complications. Through the nurse's professional assessment, the pain of corns, calluses, hammertoe, ingrown toenails, and other foot related issues, can be alleviated. We have clinics in Manotick, Metcalfe and Osgoode. Come and put your feet up!

Please call 613-692-4697 to book your appointment today!



NEW Home Maintenance Program

Do you need help with changing the light bulb? Do you need help with your flower beds? Or do you need help assembling a shelf? ROSSS is pleased to announce our NEW Home Maintenance Program!

Our handy worker can assist with smaller jobs around your home, inside or outside. A minimum of 2 hours is required. If you would like further information or to schedule an appointment, contact Jeanne Pronovost at 613-692-4697 ext. 223.



Annual
RIDE FOR ROSSS
SATURDAY, JUNE 17TH, 2023

START:
4728 Bank St Ottawa, ON
8AM Coffee and refreshments, Registration
9AM Ride Begins
FINISH:
5921 Prince of Wales Dr, North Gower
12:30PM Lunch and Entertainment

SPONSOR A SENIOR!
\$50/Rider
\$25/Additional Rider
Raise \$200 or more and ride for free!
Register at: **WWW.ROSSS.CA**
Charity motorcycle ride
supporting rural seniors

Volunteer Corner

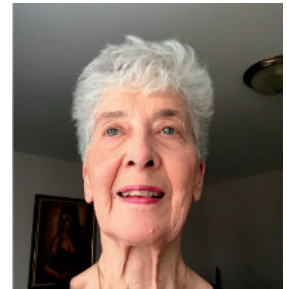
Mother Nature, during the summer, showers us with so many wonderful marvels, so it seems fitting, at this lovely time of the year, to honour and welcome some of our most recent volunteers to ROSSS.

Michele is assisting at our Adult Day Program, Duncan has been helping out delivering Meals on Wheels and welcoming clients, at reception, to the ROSSS office and Brenda has attended some social drop-ins and is assisting with some admin work, also at reception.

Their warm smiles and helpful hands are a huge asset, and we thank them... A LOT! Thank you, Michele, Duncan, and Brenda!

Michele

In 2018, my husband was discharged from the hospital to our home, and I benefited from the Going Home Program, post discharge, from the hospital offered by ROSSS (Rural Ottawa South Support Services). Being a retired nurse after 43 years of practice, I decided it was time to give back to my community. The Adult Day Program is well run and gives me the opportunity to express warmth and kindness to the clients, their loved ones and caretakers.



Duncan

I began volunteering for ROSSS to fulfil volunteer hours required for school, then chose to stay due to the good work that ROSSS provides within the community. Volunteering kind of serves a higher purpose and makes me feel like I'm contributing to society.



Brenda

I recently started volunteering with ROSSS after I found out about it from my Aunt that uses the services. I decided to volunteer there because I liked the fact that it supports our seniors in our community. The staff are friendly and I enjoy meeting clients also.



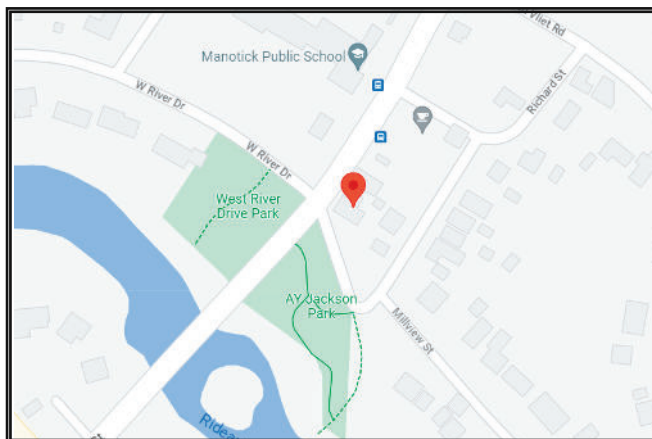
ROSSS is Moving!

As most of you know, the beautiful heritage building at 1128 Mill St in Manotick has been home to ROSSS for 12 years. We were a smaller organization, and the building suited us very well. Over the past 12 years, we have added many new programs and services to our repertoire, and our staff has expanded substantially. As a result of our amazing growth, we have now outgrown our building on Mill Street and must say goodbye.

After a fairly extensive search, we finally found a new home that is perfect for us! As of July 1, 2023, we will be located at 1096 Bridge Street in Manotick. Our new location provides ample office space for the administrative staff, a separate area for the foot care clinic, parking for our fleet of ROSSS vans, and even parking for our clients and staff! With a few minor updates, the building will be completely accessible to all.

Although our move will be bittersweet (we will miss our heritage building and all its character), we are VERY excited to move into our new home. We can't wait to invite you in!

*****Please note that our office will be closed July 3-7 while we get settled into our new home*****



ROSSS Annual General Meeting

We'd like to invite you to our

Annual General Meeting

Monday, June 26, 2023 - 7:00 p.m.

Manotick Legion

5550 Ann St, Manotick

Our AGM will feature light refreshments, a special presentation of our strategic plan, followed by the approval of Financial Statements and appointment of our new Board Members

Please RSVP to executive.director@rosss.ca



Seeking Board Members

Rural Ottawa South Support Services (ROSSS) is currently seeking individuals with experience in **delivery of social services, fundraising, or accounting** to fill vacant positions on our Board of Directors.

ROSSS is committed to and embraces a culture of diversity and inclusion. We encourage members of all equity seeking groups to apply.

Deadline for expressions of interest is May 26, 2023.

Expressions of interest can be sent to kelly.dumas@rosss.ca and will be forwarded to the Governance Committee of the Board of Directors.



LGBTQ2S+ Safe Spaces

The Good Companions

Are you an LGBTQ2+ senior or adult with a disability living alone? Healthy and active or feeling isolated and at risk? The Good Companions offers three programs specifically for LGBTQ2+ Seniors. Rainbow coffee club, Out and About Saturdays, and Wellbeing Check-ins.

The Good Companions LGBTQ2+ Wellbeing Check-in program is aimed at people living alone who would appreciate a check-in to remain connected and safe.

The program provides LGBTQ2+ seniors with regular check-ins from LGBTQ2+ volunteers. The Wellbeing Check-in is open to any LGBTQ2+ senior (55) or adult with disabilities living in the Champlain Region.

For more information on the programs or to sign-up, please contact The Good Companions at 613-236-0428 ext. 2353 or sgauthier@thegoodcompanions.ca



ADULT DAY PROGRAM

Tuesdays, Fridays and the Second and Fourth Saturday of Every Month
9:30 am—2:30 pm



For more information please contact:
Penny Bodnoff, Adult Day Program Coordinator
(613) 236-0428 ext.2200
pbodnoff@thegoodcompanions.ca

Ottawa Senior Pride Network

The Ottawa Senior Pride Network (OSPN) is a volunteer-run network of two spirit, lesbian, gay, bisexual, transgender, queer, plus (LGBTQ2+ senior adults over 50 years of age. Established in 2010, OSPN has worked to advance positive change related to safer and affirming health care and social services, social engagement, and community building. Since its inception, OSPN has grown into a network of over 850 members, many of which engage on Facebook, receive newsletters, participate in face-to-face or online activities to remain informed and socially active within the community.

OSPN credits both The Good Companions (TGC) and Centretown Community Health Centre (CCHC) for their advocacy and continued support as community allies to help our Network to meet the evolving needs of Ottawa's growing seniors' queer community. OSPN invites allies and members of TGC to follow OSPN on Facebook and to sign up for our newsletter via the OSPN website: ospn-rfao.ca

If you wish to connect with OSPN's Coordinating Committee to share ideas or concerns related to LGBTQ2+ seniors' issues, please connect via email at ospn.rfao@gmail.com.

CCHC

Centretown Community Health Centre offers free programs and services developed for the community, by the community. Programs and services are offered by 2SLGBTQIA+ staff and community partners. For more information contact info@centretownchc.org or call 613-233-4443.

Ottawa Public Library

The Ottawa Public Library has more than 1.8 million items that you can access at your local library branch! OPL's collection contains items in English, French, Cree, Ojibwe, and other world languages. Our collection includes:

- Books, magazines, and newspapers
- DVDs, music CDs, and video games
- Accessible and digital formats
- Access passes to provincial parks and museums
- Thermal cameras, CO2 monitors, & Wattmeters
- Telescopes & musical instruments

Richmond Branch

6240 Perth St, Richmond

Manotick Branch

5499 South River Drive, Manotick

North Gower Branch

6579 Fourth Line, North Gower

To learn more about the services and special programs offered at the North Gower library branch, please visit: Ottawa Public Library (bibliooottawalibrary.ca) 613-580-2940

Services Offered

Battery recycling | Well water testing drop off | Book return open 24 hrs | Computers & Chromebooks | Free parking | Printing, photocopying & scanning | Wheelchair accessibility | Second-hand book sales
All-gender washrooms | Computer & eBook tutorials



Summer Days

Summer arrives, what joys and delights
Await one and all, bringing warmth and sunlight
The cold and the snow, memories gone past
Are replaced by the sun's rays and long may they last

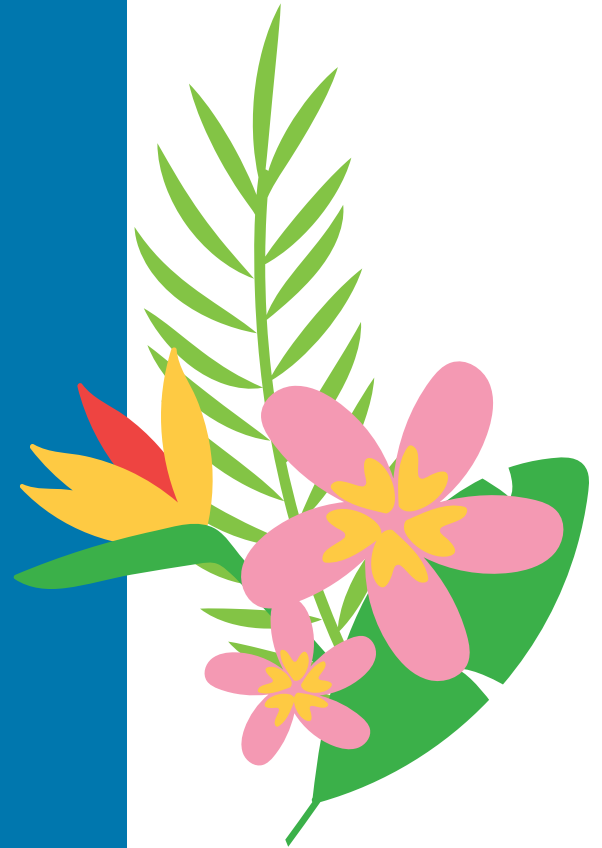
Green grass, so soft, the smell so fresh
Fill the senses with an abundance of pure happiness
Buds become flowers, showcasing blooms of beauty
Blossom, producing berries, so delicious and fruity

Chirping chicks, ribbiting frogs, the buzzing of honeybees
Fill the air with sweet sounds wafting on a sultry breeze
Wildlife scuttling, through forests whilst hiking
Or peeking from bushes at those who are biking

Pastimes are many, be it boating, flying a kite
Vacations abroad or beside a river campsite
Patio lunches, a family barbecue
Fill that summer calendar, so much to do!

Relax by the pool, see family and friends
Take pictures, make memories, through the camera lens
Read books in the shade, tend the garden, just laze
Soak up the copious treasures of beautiful summer days

- Della Hart



Norwex Fundraiser

One of ROSSS' volunteers, Grace Edwards, has graciously offered to do a fundraiser for ROSSS. She has offered to donate 20% of all sales through her Norwex party, back to ROSSS! From cleaning and window cloths that only require hot water, to laundry and dish soap, personal care items... They've got it all!

It's all antimicrobial and eco friendly.
You can view and order the products
through this [link](#).

If you have questions or would like to
pay cash, you can contact Grace at
jjmedwards@rogers.com or
613-882-7991



Happy shopping!

ROSSS Presents:
AFTERNOON TEA

Support rural seniors

Saturday, June 10th, 2023

1 PM - 3 PM

Parkway Church
7275 Parkway Rd, Greely, ON

FOR TICKETS PLEASE VISIT

www.rosss.ca

Enjoy a traditional afternoon tea with live music
and a selection of Delicately filled sandwiches

Tea Biscuits with homemade jam cream

Macarons and petit fours

Tea, coffee

All in support of Rural Ottawa South Support
Services' work for rural seniors.

*Raffles, silent
auction, door
prizes and more!*

\$30
per person

TICKETS
REQUIRED



ROSSS
Rural Ottawa South Support Services



ASTORIA



All donations can be made online through our secure portal at www.rosss.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.rosss.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