

At Home with ROSSS

www.rosss.com

Winter 2023



ROSSS
Rural Ottawa South Support Services



Dear Friends of ROSSS,

Welcome to the winter edition of "At Home with ROSSS." This season, our theme is "Winter Warmth: Finding Joy in Connection."

The winter months can sometimes bring a sense of solitude and isolation. However, we firmly believe that even in the coldest of days, we can discover warmth in the connections we make and the joy in the community we build.

In this edition, we are excited to share the many ways ROSSS is dedicated to fostering connection and bringing warmth to our community. We want to express our heartfelt gratitude to you for being a part of our ROSSS family and for embarking on this journey of "Winter Warmth" with us. Let's work together to make this season one filled not only with the comfort of blankets and hot cocoa but also with the warmth of companionship and shared experiences.

So stay cozy, stay connected, and let the winter joy commence!

Best regards,

Kelly Dumas

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Volunteers and Community Programs
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Transportation and Operations Support
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Ext. 237

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ROSSS Office Phone: 613-692-4697

Winter Program Calendar

Monday

Connections Lunches, 12pm

Manotick, North Gower, Metcalfe and Richmond

Pickleball, 12:30pm–2:30pm

Greely Community Centre, 1448 Meadow Drive

NOTE: Registration is required for each session.

Tuesday

Osgoode Drop-in, 10am–12pm

Osgoode Legion, 3284 Sunstrum Street

Hyfield Fitness, 10am–11am

Hyfield Apartments Common Room

5581 Dr. Leach Drive, Manotick

Adult Day Program, 10am–2pm

Program runs every second Tuesday.

Call for details on registration and location.

Caregiver Support Group, 10am–12pm

Program runs every second Tuesday.

Call for details on registration and location.

Counselling

ROSSS office, 1096 Bridge St, Manotick

Call for an appointment.

Wednesday

Manotick Drop-in, 10am–12pm

No program on the first Wednesday of the month.

Manotick United Church, 5567 Manotick Main Street

Richmond Drop-in, 1:30pm–3pm

St. John's Hall, 67 Fowler Street

Richmond Diners, 12pm–2pm

First Wednesday of the month only

St. John's Hall, 67 Fowler Street

Note: Registration is required to reserve a seat.

Thursday

Adult Day Program, 10am–3pm

Osgoode Legion, 3284 Sunstrum Street

Registration is required.

Pickleball, 1:30pm–3:30pm

Greely Community Centre, 1448 Meadow Drive

NOTE: Registration is required for each session.

Friday

Cultured Purls, 10am–12pm

Hyfield Apartments Kiwanis Room

5581 Dr. Leach Drive, Manotick

Pickleball, 12:30pm–2:30pm

Greely Community Centre, 1448 Meadow Drive

NOTE: Registration is required for each session.

Ladies Tea Talk, 1:30pm–3:30pm

First Friday of the month only

Hyfield Apartments Common Room

5581 Dr. Leach Drive, Manotick

Manotick Breakfast, 9am–10:30am

Second Friday of the month only

Manotick Legion, 5550 Ann Street

Connections Lunches (Occasional), 12pm

Second Friday of the month only

Manotick, North Gower, Metcalfe and Richmond

For questions and/or to register for any of the Adult Day, social and activity programs, contact Lyn Rorke at 613-692-4697 ext. 224

For the Caregiver Support Group and Counselling programs, contact Jeanne Pronovost at 613-692-4697 ext. 223

Program Descriptions

Manotick Legion Breakfast

Once a month, enjoy a good breakfast, great company, entertainment and raffle prizes! A fun morning!

Richmond Diners

Held once a month, this luncheon provides a hot meal, dessert, entertainment and raffle. What better way to join and gather the community together? Come on out!

Connections Lunches

Enjoy good food and even better company at our favourite restaurants in Manotick, Richmond, Metcalfe and North Gower! Lunches provide an opportunity to connect with friends and meet new people in the community.

Drop-Ins

Drop-in for a sociable chat, game of bingo, various fun topics, crafts and presenters. These programs run throughout the month in the community.

Pickleball

Join us for a fun and active drop-in program playing pickleball. Bring your running shoes!

Adult Day Programs

A social day, full of fun, in a safe and caring environment.

Caregiver Support Group

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

Counselling

One-on-one counselling service for those seeking professional assistance.

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!

Office Closures

Christmas Day – December 25, 2023

Boxing Day – December 26, 2023

New Year's Day – January 1, 2024

Family Day – February 19, 2024

INCLEMENT WEATHER

With winter just around the corner, we would like to remind everyone about our Inclement Weather Policy.

Transportation and Food Deliveries

ROSSS provides door-to-door service, therefore your driveway and steps to the house must allow clear and safe passage for you and the ROSSS staff (for transportation and meal deliveries). Driveways and walkways must be cleared of snow. If the driveway and/or walkway and steps do not allow for safe access to the house at the time of service, the service may be cancelled and a fee may be charged.

Program Cancellation

The office will cancel programs and transportation services in the event of weather that results in unsafe road conditions. This usually corresponds with the publicly advertised cancellation of Ottawa-Carleton District School Board (OCDSB) school buses. When the OCDSB cancels its buses, ROSSS programs such as transportation, meal deliveries, the Adult Day Program, luncheons, and other social programs will usually be cancelled as well. ROSSS reserves the right to cancel if it feels the safety of clients and staff could be compromised.

The safety of our clients and our staff is of the utmost importance to us. Thank you in advance for your cooperation and understanding.



Supportive Community: A Pillar of Strength

At ROSSS, we consider ourselves truly fortunate to be embraced by an incredible community. This unwavering support is received from various corners of rural Ottawa South and beyond, and we are honoured to share the many ways this community rallies behind us.

From the benevolent contributions of churches, family foundations, and local community groups to their dedicated fundraising endeavors, the outpouring of support is consistently nothing short of remarkable. We'd like to take a moment to acknowledge the exceptional generosity we've encountered recently from St. James Church in Manotick, the Vernon Women's Institute, and the Harvest House Christian Fellowship Church, as well as a few family foundations, who have extended generous donations and, in some cases, even invited us to share the story of ROSSS and our mission.

In addition to financial support, we've experienced the profound impact of community members who give their time and resources. King's Independent in Richmond, for instance, has graciously donated food items to bolster our Richmond Diners program, making it more budget friendly for ROSSS and enabling us to keep our services accessible to those with limited means.

Paul's Pharmacy in Manotick recently provided us with several boxes of masks for our dedicated PSWs, proving that even small gestures can have a significant impact on our budget. In the spring, we had our ROSSS vehicles detailed, and Patrick Leduc of Barrhaven Car Detailing offered us special pricing as he felt moved when he learned about what we do at ROSSS and the importance of our transportation service.

These gestures of goodwill resonate deeply with ROSSS, reminding us of the genuine spirit that our community embodies. It's both heartwarming and encouraging to witness organizations thinking of us and contributing to our cause, reinforcing the invaluable connection we share with our supportive community.



Congratulations, A Friendly Voice!

The Ontario Society of Senior Citizens Organizations (OSSCO©) announced that A Friendly Voice is being recognized as a recipient of the prestigious Dan Benedict Award 2022-2023 for Innovation. The Board of Director's Communications & Membership Committee expressed that A Friendly Voice is a transformative solution to remove barriers for social isolation. This approach connects people 55+ in ways that encourages the full engagement of senior citizens across Ontario and removes barriers for full inclusion.



Congratulations to A Friendly Voice for demonstrating this initiative to tackle one of the causes that affects an aging population through innovative engagement.

(This distinguished award celebrates the contributions of an individual or organization that benefits the senior's community. The Award honors the legacy of former board member Dan Benedict, who was known for social justice and his fight against ageism.)



WEAR RED CANADA

JOIN US! | FEBRUARY 13

WEARREDCANADA.CA
#WearRedCanada
#HerHeartMatters
@CWHHAlliance

Heart Health Month

Wear Red Canada is celebrated annually across Canada on February 13th to raise awareness about women's heart health. Events are held across the country to serve as a reminder for all people in Canada, but especially women, to be mindful, curious, and proactive in the management of our heart health and wellness.

January is Alzheimer's Awareness Month

What is Alzheimer's disease?

Alzheimer's disease is a chronic neurodegenerative disease that destroys brain cells, causing thinking ability and memory to deteriorate over time. Alzheimer's disease is not a normal part of aging and is irreversible.

Alzheimer's has always been with us, but attempts to understand and identify the disease and its impact didn't come about until very recently in human history. In the last 50 years, there have been serious advances in recognizing the impact of Alzheimer's, and a commitment to finding treatments and cure. In the last 20 years, more steps have been taken to fight the stigma against the disease and support the voices of people living with Alzheimer's, families, and caregivers.



How does Alzheimer's disease change the brain?

Each person is affected differently, but there are warning signs you can look out for. These signs are usually described in terms of stages, along with the severity of the symptoms.

Early Stage– Symptoms are mild. A person at this stage is fully aware of their condition and requires minimal assistance.

Middle Stage– Symptoms start to become more noticeable. More assistance will be needed to help the person living with Alzheimer's accomplish daily tasks.

Late Stage– Once an individual reaches this stage, they will eventually become unable to communicate verbally or look after themselves. Quality of care is important to ensure that the person has quality of life.

End of Life– Cognitive decline has progressed to the point where the person needs 24-hour care. The focus shifts to palliative care and comfort to ensure quality of death.

Note, the earlier in the disease that a person is diagnosed, the higher the chances are for a better quality of life!

Is there a difference between Alzheimer's disease and other dementia?

Alzheimer's disease and dementia do not mean the same thing. Dementia is a term for a set of symptoms caused by physical disorders affecting the brain. Alzheimer's disease is the most common cause for dementia, accounting for 60% to 80% of all diagnoses.

Know that Alzheimer's disease is a specific disease, while dementia is a general term for a group of similar diseases, of which Alzheimer's is one. Every case of Alzheimer's disease is an example of dementia, but not every type of dementia is Alzheimer's.

For more information regarding Alzheimer's disease, here are some helpful links:

<https://ilivewithdementia.ca/locations/ontario/>

<https://alzheimer.ca/en/take-action/change-minds/alzheimers-awareness-month>

ROSSS in the Community: Your Voice Matters!

As part of our commitment to serving the community, ROSSS is delighted to announce two upcoming community consultations scheduled for the winter months. Your input is of utmost importance to us, and we welcome your participation in shaping our services.

Osgoode Community Consultation

Date: Tuesday, February 20, 2024

Time: 10:00 a.m.

Location: Osgoode Legion

Metcalf Community Consultation

We are in the process of finalizing the details for the Metcalfe consultation.

To stay informed, please watch for updates on our social media channels and the ROSSS website.

These community consultations are a unique opportunity for us to hear your thoughts and needs concerning aging comfortably at home. We value your insights and encourage you to attend one of these sessions. Your feedback will help us tailor our services to better assist you in your journey.

Your voice makes a difference, and we look forward to engaging with you during these consultations. Thank you for being a part of the ROSSS community.

Stay tuned for more updates, and don't miss your chance to make an impact!



Madahoki Farm

Did you know that you can appreciate land-based cultural and culinary programming on an Indigenously-run farm right in Ottawa?



MĀDAHÒKÌ
(share the land)

Madahoki Farm is a year-round Indigenous cultural agritourism destination located at 4420 West Hunt Club Road, Nepean. The farm houses a herd of endangered Ojibwe spirit horses and offers a variety of events and opportunities for visitors to appreciate Indigenous culture, stories and food, thanks to a talented team of Indigenous cultural and culinary ambassadors. Madahoki is also home to an Indigenous marketplace from Thursday to Sunday, 11:00 am to 4:00 pm.

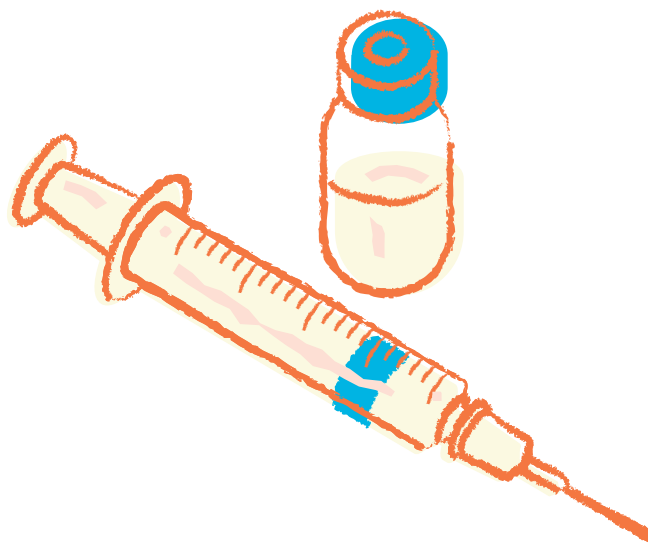
Many activities and events are held at Madahoki, including a series of Indigenous events celebrating the seasons; Sīgwan (Spring), Tagwāgi (Autumn) and Pibōn (Winter) and the annual Summer Solstice Indigenous Festival formerly held at Vincent Massey Park.

For more information, please visit <https://madahoki.ca/> or call 613-838-5558.

Respiratory Illness Season Communications from Ottawa Public Health

Vaccines are the best way to protect yourself against severe illness, complications, and hospitalization.

- The annual flu vaccine is available at most local pharmacies and through some primary care providers.
- This year, Ottawa Public Health (OPH) is offering the flu vaccine for children 6 months to 5 years old, as well as their household members and other high-risk individuals, by appointment: www.OttawaPublicHealth.ca/Flu
- The flu vaccine and the updated COVID-19 vaccine can be given safely at the same time. Receiving both your annual flu vaccine and updated COVID-19 vaccine(s) is recommended.



Get your annual flu vaccine and updated COVID-19 vaccine as soon as possible this fall. All approved flu vaccines are safe and effective at helping reduce the risk of flu related complications, including hospitalization and death. If you have symptoms of respiratory illness and are at high risk for severe outcomes or complications from COVID-19, ROSSS has RAPID ANTIGEN TESTS! If needed, give us a call at 613-692-4697 x 223.

INCOME TAX PROGRAM

The free Income Tax Program service is available from March 11th – April 30th, 2024.

About Free Income Tax Assistance

Those who are eligible can have their tax returns processed for free. Income Tax returns are processed by experienced and knowledgeable ROSSS volunteers in affiliation with the CRA Community Volunteer Income Tax Program (CVITP). You may be eligible for free tax assistance if you have a modest income and a simple tax situation.

Collection and Delivery

If you are eligible for the free service, a ROSSS representative will arrange an appointment with you. You will then be notified when the return has been processed and when you can collect it. All information is confidential and will be filed securely.

If you would like a qualified tax preparation volunteer to prepare and file your income tax return, please contact ROSSS at 613-692-4697 x 224 for more information.



211 Day

On February 11th, 2024, we recognize 211 day. This day is dedicated to raising awareness about the valuable service of connecting people with critical community and social services they need in their community. Some of these services include:

- Multi-lingual and ethnocultural mental health supports such as helplines, counseling and support groups
- Essential needs like Food, Health and Housing
- Support for Youth, Seniors, Persons with Disabilities, LGBTQ+, Indigenous, Black and Newcomer communities

211 is free, confidential and available 24/7 (even on holidays) in 150+ languages and can be accessed through multiple channels:

- Phone – Call 2-1-1
- Online – Search 211Central.ca
- Text – Send an SMS to 2-1-1
- Live Chat – Visit 211Ontario.ca/chat
- E-mail – Send an Email to gethelp@211Ontario.ca

Over the years, the need for 211 has increased substantially, making it Canada's primary source of information on government and community-based, non-clinical health and social services. As one of the proud founding partners of 211, United Ways across the country are leading the charge in celebrating 211. If you're not familiar with 211 or what they offer, we encourage you to check it out!



Become a ROSSS Volunteer Driver!

Do you love to help others?
Do you have some time to spare?

ROSSS is in need of volunteer drivers to provide transportation to our clients requiring rides to various locations.

ROSSS' Transportation program provides our clients with the opportunity to not only attend social programs but also allow them to continue making those important trips to their medical appointments, collect their groceries, and more.

Training is provided!

If you own a reliable vehicle and would like more information on how you can assist, please contact Della Hart:

della.hart@rosss.ca
613-692-4697 ext. 228



A Gift of Hope: Celebrating the Season of Giving with ROSSS

As we embrace the warmth and joy of the holiday season, our hearts are filled with gratitude and reflection. The year is drawing to a close, and for many of us, our thoughts turn to how we can make an impact in the communities we love, especially for those who may be less fortunate.

Every year, Rural Ottawa South Support Services (ROSSS) relies on the unwavering support and generosity of individuals like you from our remarkable community. Your kindness and compassion are the bedrock upon which we build a better future for rural seniors and adults with disabilities.

Your donations, of both time and money, are a testament to how incredible this community really is. These contributions go beyond mere numbers on a balance sheet; they represent a tangible embodiment of love, care, and solidarity. Each contribution not only helps us

continue to meet the needs of this community, but also serves as a heartfelt reminder that our community recognizes, values, and stands beside us in our vital mission.

In the coming weeks, you may find a letter in your mailbox, extending an invitation to consider joining us on this journey. To those of you who answer this call, we wish to express our sincerest thank you. Your response means the world to us, and it strengthens our resolve to continue our mission of compassion and service.

If it is within your means, we kindly invite you to visit our website (www.rosss.ca) or complete the donation form on the back of this newsletter to make a contribution. Your generosity will mean the world to us and will also help us bring smiles to the faces of those we are dedicated to serving this holiday season.

In this season of giving, let us come together to make a profound difference in the lives of those we care for and cherish. Your support, no matter the form it takes, is a beacon of hope that lights the way for countless individuals in need. Thank you for being part of our community and for sharing in the spirit of giving that makes this season truly magical.

With heartfelt thanks and warm wishes to you and yours.



Volunteer Corner

With the coolness of winter knocking at the door, we have to say there is nothing but warmth exuding from these amazing volunteers. Their dedication, commitment, efficiency, and loyalty deserve, along with many accolades, the biggest pat on the back and more than a few thank yous!

Vince has been assisting with grocery and meal deliveries for over a year now and our clients couldn't be more thankful for the convenience and for preserving their backs! His friendly and courteous nature makes him a joy to have at ROSSS, and we hope he'll stick around for a long time to come.

"Service to others has always been part of who I am, from an early age. I chose to volunteer with ROSSS soon after retiring two years ago. I like the wide variety of services they offer and felt I could contribute by being a volunteer driver. In addition, I have found in ROSSS a great group of staff to work with, all driven by a strong sense for helping community members in need." – Vince



Lynn joined 'A Friendly Voice' back in 2019 and has since started assisting as an admin volunteer. Her work ethic and fun personality are just a couple of the many assets she brings to the office. If there are other prospective volunteers out there, similar to this lovely lady, we would like to meet them.

"I love volunteering with ROSSS. Amazing employees, amazing clients and the amazing services being offered all contribute to making volunteering with this organization a pleasure." – Lynn



Claire has been with ROSSS for many years, and we have been so fortunate to have her. Amazing to think how many hours she has donated, assisting at the Adult Day Program, preparing meals, making the clients feel at home and participating in activities galore. Claire's huge heart, along with her kindness, endear everyone she meets.

"I have enjoyed volunteering for ROSSS for the past 18 years, an organization meeting the needs of many in the rural area. It's a pleasure to work with the seniors in the ADP, who have life experiences and many stories to share." – Claire



Kim has been an invaluable, caring and kind volunteer, who has received calls from so many of our isolated clients who have benefitted immensely by having her calm and understanding voice when they need it to brighten their days. Kim, you simply radiate warmth!

"I started volunteering with A Friendly Voice in the first year of lockdown as a way to contribute to the community while staying safe from COVID. I fell in love with the work, and always look forward to speaking to the seniors that we serve. I feel like I am making a difference in the lives of some of our lonely and isolated clients, which is so very rewarding." – Kim



The Warmth of Winter

The coldest season of the year brings with it, emotions galore
 Immediate thoughts can be the snow, the ice, so many more
 But what if we focus on the brighter aspects of winter tide
 By bringing forth the feelings of happy moments it can provide

Watching children playing as they zoom down hills, on sleds
 Tossing snowballs at each other, laughing, ducking heads
 Skating on the frozen pond, racing on newly sharpened blades
 So much fun is had until the lightness slowly fades

The winter sport of skiing, be it cross country or downhill
 Can be exhilarating to partake, they bring a certain thrill
 Fun to spectate the art of slalom, full of speed and sharp turns
 As the skiers vie against the clock, the title they long to earn

Listen to the crunch, leaving footprints in the snow
 As a walk through the woods doth display a beautiful show
 Full of picturesque branches laden with ice
 If on an artist's canvas, would demand a hefty price

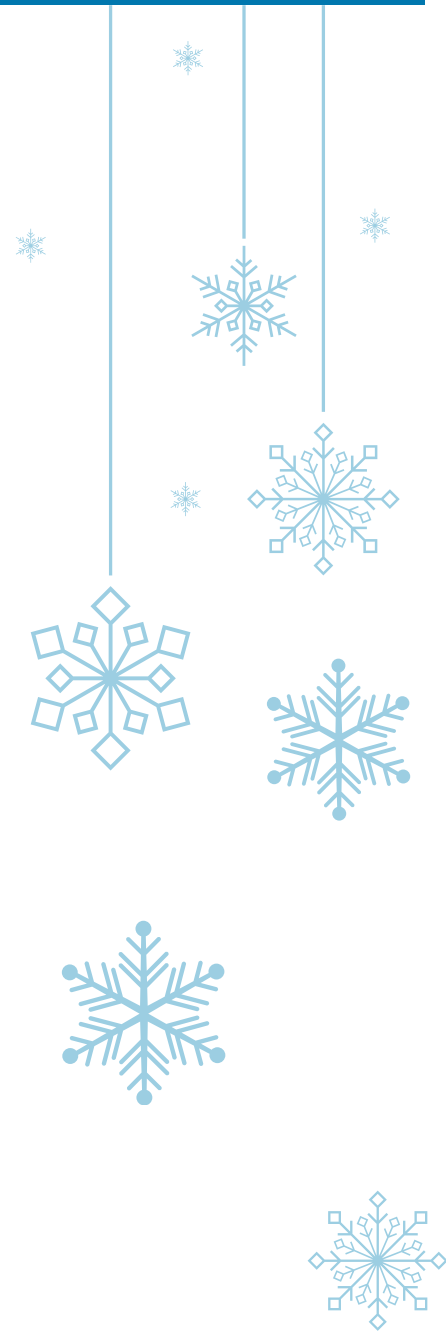
Scatter nuts and seeds to sustain wildlife, as food becomes hard to find
 The carpet of white has covered the paths, from which they often dined
 Hardly a sound trickles through the undergrowth, which suggests
 The birds and creatures are lining dens and intricate nests

Cozy up before the fire, after making that chocolate, hot
 Marshmallows bobbing on the frothy delight, the chill outside, forgot
 Toast your toes, revel in warmth, think of the holidays ahead
 The sense of joy is building, the anticipation starting to spread

Holiday time brings family and, friends you hold so close
 Sharing thoughtful gifts, a festive feast, love in the biggest dose
 Memories are made, which sustain through evenings, long
 A heartful of contentment, the bonds we enforce, stay strong

Whatever your feelings for the winter months, remember
 The pleasure in the days you spend in January or December
 Are ones to recall when the days are long and cold
 Recount the warmth of winter to generations, young and old.

- Della Hart



MERRY CHRISTMAS

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

BOW	FAMILY	NORTH POLE	SNOW
CANDY CANE	GIVING	PRESENTS	STAR
CAROLS	JINGLE	REINDEER	STOCKINGS
CHRISTMAS	JOY	SANTA	TREES
ELF	LIGHTS	SLEIGH	

save the date

**THE QUEER CHRISTMAS
CRAFT FAIR
AND EXPO SHOW!**

*November 25th 2023
670 Albert Street, Ottawa
10:00am-2:00pm*

 **The Good
Companions**

 **OTTAWA SENIOR PRIDE NETWORK**
RÉSEAU FIERTÉ DES AÎNÉ(E)S D'OTTAWA
Generations of Pride • Générations de fierté

All donations can be made online through our secure portal at www.rosss.ca or by mail to Rural Ottawa South Support Services, 1096 Bridge St. Manotick ON, K4M 1J2

☐ \$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



1096 Bridge St.
Manotick, ON
K4M 1J2