

At Home with ROSSS

WWW.ROSSS.CA

FALL 2024



ROSSS
Rural Ottawa South Support Services



Dear Friends of ROSSS,

As fall arrives in rural Ottawa South, we're reminded of the vibrant colours and renewal the season brings. It's the perfect time to reconnect and enjoy the wonderful programs and services ROSSS offers.

I warmly invite you to our social drop-ins, breakfasts, and lunches—moments to share laughter, stories, and companionship. Staying connected is important, especially as the days grow cooler.

Fall is also ideal for our Home Maintenance Program. Let us handle your seasonal chores like leaf raking and garden prep, so you can fully enjoy the season.

Don't forget to try our Meals on Wheels service. We offer both fresh and frozen meals, delivered right to your door. These meals are not only convenient and cost-effective but also a delicious way to ensure you're eating healthy and maintaining your well-being, a crucial part of aging well.

We're here to support you this fall. We look forward to seeing you!

Warm regards,
Kelly Dumas
Executive Director, ROSSS

Kelly Dumas

STAFF DIRECTORY

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Executive Director
Ext. 225

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

Jeanne Pronovost
Senior Manager, Client and
Caregivers Services
Ext. 223

Della Hart
Senior Manager,
Community Support Services
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Jennifer Baxter
Manager,
Transportation
Ext. 230

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Engagement
Ext. 236

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Reception and Program
Administrator
Ext. 226

ROSSS Office Phone: 613-692-4697

Fall Program Calendar

Monday

Connections Lunches, 12pm (Occasional)
Manotick, North Gower, Metcalfe and Richmond

Manotick Breakfast, 9am-10:30am
Second Monday of the month
Manotick Legion, 5550 Ann Street
NOTE: Registration is required for each session.

Pickleball, 12:30pm-3pm
Greely Community Centre, 1448 Meadow Drive
NOTE: Registration is required for each session.

Tuesday

Osgoode Drop-in, 10am-12pm
Run by Osgoode Outreach
Osgoode Legion, 3284 Sunstrum Street

Adult Day Program, 10am-2pm - Manotick
Call for details on registration and location.

Hyfield Fitness, 10am-11am
Hyfield Apartments Common Room
5581 Dr. Leach Drive, Manotick

Caregiver Support Group, 10am-12pm - Manotick
Call for details on registration and location.

Counselling + New Grief and Loss Groups
Call for details on registration and location

Wednesday

ROSSS Fun Bunch (Drop In)
Program runs from 10am-12pm (see program calendar for dates)
St John's Hall, 67 Fowler St

Richmond Diners, 12pm-2pm
First Wednesday of the month
St. John's Hall, 67 Fowler Street
Note: Registration is required to reserve a seat.

Thursday

Adult Day Program, 10am-3pm - Kenmore
Note: Registration is required

Pickleball, 1:30pm-4pm
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

Ladies Tea Talk, 1:30pm-3:30pm
First Friday of the month
Hyfield Apartments Common Room
5581 Dr. Leach Drive, Manotick

Pickleball, 12:30pm-3pm
Greely Community Centre, 1448 Meadow Drive
NOTE: Registration is required for each session.

Metcalfe Breakfast, 9am-10:30am
3rd Friday of the month
Metcalfe Lion's Den, Lion's Den, 2821 8th Line Rd
NOTE: Registration is required for each session.

Osgoode Diners, 12pm-2pm
4th Friday of the month
Osgoode Legion, 3284 Sunstrum Street
NOTE: Registration is required to reserve a seat.

Lunch and Learns

Lunch and Learn events will be held on various dates throughout the year. See program calendar for more information and descriptions.
NOTE: Registration is required to reserve a seat

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

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

Program Descriptions

Manotick and New Metcalfe Legion Breakfast

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

Richmond and New Osgoode Diners

Held once a month, this luncheon provides a hot meal, dessert, entertainment and raffle.

Connections Lunches

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

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. Activities, presenters and crafts with snacks and lunch provided. Referral by the Ontario Health At Home required.

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 support.

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!

Lunch and Learn

This could be a fun outing such as a boat ride, a trip to a ball game, a presentation, a visit to a craft venue or one of many other activities to look forward to. Check the monthly calendar for all current and upcoming programs.

Ladies Tea Talk

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

ROSSS Presents: AFTERNOON TEA

Support Rural Seniors

Sunday, September 22nd, 2024

1:00 PM - 3:00 PM

Orchard View Wedding & Event Centre
6346 Deermeadow Dr, Greely, ON

TICKETS CAN BE PURCHASED AT
WWW.ROSSS.CA OR AT OUR OFFICE

\$35
per person
Tickets
Required

Enjoy a traditional afternoon tea with:

Live music

A selection of delicately filled sandwiches,
scones with homemade jam, clotted cream,
decadent desserts 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!



ROSSS
Rural Ottawa South Support Services

DENTISTRY @ MANOTICK

Spectrum


NEW DOOR
REAL ESTATE TEAM


**Seniors
for Seniors**
A Division of Spectrum


**THE
Teacup
ATTIC**



Local Fall Fairs

September marks the beginning of many things in our rural communities: back-to-school, harvest season, colder weather approaching and of course, FAIR SEASON!

ROSSS is so proud to be part of such active, vibrant communities. We always look forward to participating in the local fairs, where we offer information to the community about the work we do and how they can get involved! At each fair we will have information and goodies to take home.

These fairs are truly fun for the whole family, and we hope to see you there!

Fair Schedule 2024



Richmond Fair
September 20-22



Metcalfe Fair
October 3-6



Ride for ROSSS: A heartfelt success!

This year's Ride for ROSSS was nothing short of spectacular! With 22 enthusiastic riders hitting the road, the event drew a fantastic crowd who enjoyed a delicious BBQ feast provided by Smokin R&R's BBQ truck. Under stunning blue skies and with incredible music provided by Gabrielle Brie, the day was a resounding success, raising nearly \$5,000 to support rural seniors. We extend our heartfelt thanks to our generous sponsors, W.O. Stinsons and Lagois, for their invaluable support. With such an amazing turnout and community spirit, we're excited for an even bigger and better event next year. Stay tuned and ride with us again as we continue to make a difference together!



ROSSS IN THE COMMUNITY

June was an exceptionally busy month for ROSSS, filled with gratitude for the incredible support and engagement from the communities we serve. We were delighted by the enthusiastic participation in our events, from successful fundraisers to vibrant community gatherings.

SHROOMFEST



The month started with a record-breaking Shroomfest check presentation, and ROSSS once again benefited generously, receiving an impressive \$12,500!

CANADA DAY



It was a festive Canada Day, where we had the pleasure of joining the Osgoode parade and the Greely Community Associations Canada Day Celebrations.

DICKINSON DAYS



ROSSS had the chance to participate in the Dickinson Day Parade and set up an information booth in Manotick. The weekend was absolutely beautiful! Well done Kiwanis Club of Manotick!



COUNCILOR BROWN'S SENIORS TEA



In our ongoing collaboration, we co-hosted Councilor Brown's Seniors Tea. The event was a great opportunity to engage with both new and familiar faces and to spotlight ROSSS' services.



ANNUAL GENERAL MEETING

We concluded the month with our Annual General Meeting, during which we reviewed and summarized our efforts over the past year to enhance our service to the community and to acknowledge the invaluable contributions of our ROSSS team members.

Thank you!

As we look back on the summer, we are deeply grateful for the chance to be involved with such dynamic, active, and supportive communities. The success of our events and the steadfast support we've received reinforce our dedication to enhancing the lives of those we serve. We eagerly anticipate continuing our journey with these incredible communities, building connections, and making a positive difference wherever we can.



National Day for Truth and Reconciliation observed on September 30, 2024

National Day for Truth and Reconciliation



The National Day for Truth and Reconciliation is observed in Canada to honour the survivors of residential schools and recognize the painful legacy of these institutions. It serves as a day of remembrance, education, and healing, promoting awareness about the impact of residential schools on Indigenous communities.

Through events, ceremonies, and wearing orange shirts, we remember the children who never returned home and work toward reconciliation.

The colour orange is associated with the National Day for Truth and Reconciliation as a symbol of solidarity and remembrance. It represents the thousands of Indigenous children who attended residential schools and the painful legacy of these institutions.

Wearing orange on this day serves as a visible tribute to honour their experiences and promote awareness about the history of residential schools in Canada.



INDIGENOUS EXPERIENCES EXPÉRIENCES AUTOCHTONES

Tagwagi (Autumn) Indigenous Festival

Are you an Indigenous senior in rural Ottawa South community or a senior looking to reconnect with the land while learning about Indigenous traditions during the autumn season?

The 3rd annual Autumn Festival will take place at Madahoki farm on October 14 and 15. There are interactive workshops, Indigenous harvest meals and you can meet the rare Ojibwe Spirit Ponies.

Location: 4420 West Hunt Club Road, Nepean (613) 838-5558
Website: Tagwàgi [Autumn] Festival - Mādahòki Farm (madahoki.ca)

October 1st is National Seniors Day!

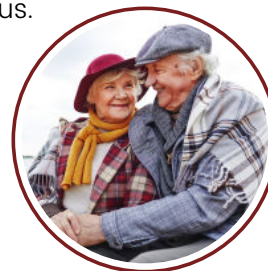
As we celebrate National Seniors Day, it's crucial to reflect on the significance of community support. Our seasonal fundraising campaigns play a pivotal role in sustaining the vital work we do in the community.

ROSSS is an integral part in supporting vulnerable members of our community, offering affordable, quality health and social programs tailored to the needs of older adults, individuals with disabilities, and their caregivers in our rural communities. Everything we do, is done with the goal of fostering independence, enhancing quality of life, and ensuring a safe environment for those who wish to continue living in their homes.

Fundraising campaigns enable us to adapt to the evolving needs of our community. As the population ages, the demand for ROSSS services continues to surge. Without adequate support, meeting these growing needs would be a challenge.

Every donation, no matter how big or small, directly contributes to sustaining and expanding our programs. Your support ensures that we can continue providing essential services and facilitating access to additional supports and social programs for our clients. We invite you to join us in making a difference. If you'd like to celebrate or recognize Seniors' Day by supporting ROSSS, there are several ways to contribute:

- Fill out the donation form included in this newsletter and send it to us.
- Visit our website at www.rosss.ca to donate online.
- Drop by our office at 1096 Bridge Street.
- Call us at 613-692-4697 to make a donation over the phone.



Your generosity empowers us to make a meaningful impact on the lives of seniors and individuals with disabilities in our community. We extend our heartfelt gratitude for your continued support. Together, we can create a brighter and more inclusive future for all.

Honouring Our Hero's this Remembrance Day

On this Remembrance Day, we extend our deepest gratitude to our esteemed seniors who have served with unwavering courage and dedication. Your sacrifices and commitment have shaped the freedoms and values we hold dear today. As we honour the memory of those who have gone before us, we also celebrate the living legacy of your service and resilience. Your contributions are an enduring inspiration, and we are profoundly thankful for the sacrifices you have made. May we always remember and appreciate the profound impact of your bravery.



Are you a veteran looking for assistance? For information on how a Legion Command Service Officer can help, including Veterans Affairs Canada (VAC) disability applications and other benefits, appeals to the Veterans Review and Appeal Board, benevolent assistance through the Poppy Fund, and assisting homeless and at-risk Veterans, please contact a Legion Provincial Command Service Officer in your province or Dominion Command.

Ontario Command

Patricia Royle
 86 Aird Place, Suite 222
 Ottawa, ON K2L 0A1
 Phone: 613-591-0144
 Toll-free: 888-207-3703
 Fax: 613-591-0148
proyle@on.legion.ca



LGBTQ+

Programs and Services

OUT AND ABOUT



SATURDAY'S 55+

Out and About Saturdays

Recreational, educational and social activities for members of The 50+ 2SLGBTQIA+ community. The Good Companions is open the 2nd and 4th Saturday of every month specifically for The 50+ 2SLGBTQIA+ community.

Rainbow Coffee Club

The Good Companions runs the Rainbow Coffee Club the first Wednesday of each month from 10:00-11:30 am. The Rainbow Coffee Club is open to any of The 50+ 2SLGBTQIA+ or adult with disabilities living in the Champlain Region.



Wellbeing Check-in Program

The Wellbeing Check-in Program offers 2SLGBTQIA+ seniors regular check-ins from 2SLGBTQIA+ volunteers via phone or social media. If there's no response, volunteers follow a set protocol. The program is available to 50+ 2SLGBTQIA+ individuals or adults with disabilities in the Champlain Region.



2SLGBTQIA+ Adult Day Program

Tuesday, Friday and every 2nd and 4th Saturday of each month from 9:30 am to 2:30 pm



Manotick Library

Did you know that the Manotick Library offers many free presentations, hobbies and crafts?

Come on out for the following activities!

The Great Yarn of Manotick – This drop-in program will meet on Thursdays starting April 25, 2024, to December 19, 2024

Adult Crafternoon – Contact the library for upcoming dates. You will need to register for this activity. Spots tend to fill up quickly.



Fall ROSSS Office Closures
September 2nd -Labour Day
October 14th - Thanksgiving

Volunteer Corner

Fall gives us so much to be thankful for and presents the perfect time to bestow our sincere gratitude to our amazing volunteers. A time to let them know how important their work with ROSSS is and the deep respect they deserve for their commitment and dedication to our clients and the staff. ROSSS volunteers go above and beyond their duties and responsibilities which is why they are priceless! It is always a pleasure to honour these selfless individuals, three of which are mentioned here.

Andrew

Andrew began volunteering with Meals on Wheels during the chilly month of January this year and has added assisting in Transportation, driving clients to medical appointments.

He is happy to step in when needed, which is an awesome trait for a ROSSS volunteer.

We are so fortunate to have this kind gentleman on our Team and we hope you'll stick around, Andrew!



From Andrew

"After retiring several years ago and having more free time and flexibility with my schedule, I decided it was time to give back to the community. Having had a flavor for volunteering from my early years, I decided to combine my passion for volunteering with my love of driving. After volunteer driving for several other organizations in the city, I moved out to the Richmond area last year and started to look for volunteer organizations in the area. ROSSS was the perfect fit where I started with Meals on Wheels and now combine that with driving individuals in need to appointments and love hearing their stories."



Alison



Alison joined ROSSS in May and is assisting at the Adult Day Program as well as being a great help at the Metcalfe Breakfast each month. Her fun nature and willingness to 'jump right in' is just the kind of volunteer we love!

It is a joy having you on the team, Alison.

From Alison

"After retiring from a long and fulfilling career as primary teacher, I have been looking for opportunities to 'give back.' My quest to volunteer led me to ROSSS where there are a variety of jobs I'd like to explore! I appreciate the flexibility ROSSS offers so that I can continue to fit in my travel plans. So far, I am enjoying meeting new people and helping in my own community."

Shawn



From last fall to now, Shawn has been assisting with delivering meals to our grateful clients. This cheerful, busy guy is a pleasure to have around and it's obvious he enjoys helping wherever and whenever he can.

Thanks for your commitment, Shawn!

From Shawn

"I started volunteering with ROSSS in October of last year, primarily with the Meals on Wheels program. Being a shift worker, I was looking for a way to give back to the community during my days off. I've found the experience to be extremely fulfilling and look forward to meeting and chatting with all the clients of the program!"

October 22nd is Home Maintenance Day!

Did you know ROSSS has a Home Maintenance Program?

The ROSSS Home Maintenance Program is designed to lend a helping hand to our senior community. Whether it's fixing a leaky faucet, changing a light bulb, or simply providing friendly assistance around the house, our team of skilled handy workers are here to make life a little easier. With a focus on reliability, affordability, and personalized care, our Home Maintenance Program ensures that seniors can continue to live comfortably and independently in their homes. Let us take care of the odd jobs, so you can focus on what matters most!



ROSSS
Rural Ottawa South Support Services

HOME MAINTENANCE PROGRAM

EXAMPLES OF WHAT WE OFFER

- ✓ Gardening and lawn care
- ✓ Window cleaning
- ✓ Removing storm windows
- ✓ Patio and outdoor setup
- ✓ Painting
- ✓ Pool cleaning
- ✓ Storage cleanout
- ✓ Small interior and exterior home repairs and maintenance

Let us take care of the odd jobs, so you can focus on what matters most!



**\$32/hr with a
2h minimum
(no maximum)**

Have Questions?



Cindy Powell | 613-692-4697
Ext. 240
cindy.powell@rosss.ca



1096 Bridge St Manotick
ON K4M 1J2



Meals On Wheels

As the air turns crisp and the leaves begin to change, ROSSS Meals on Wheels enjoys celebrating the rich harvest of nutritious produce that is incorporated into our meals to bring warmth and comfort to all who partake.

Our wonderful relationship with Manotick Place Retirement Community for our fresh meal program promises to surprise us with some wonderful flavours of Fall with their hearty vegetables and stews, as well as maple squash, roasted root vegetables, and spiced carrot cake as examples of some of the delicious items you will discover as we enjoy our Fall Bounty.

Our frozen meal program is based on our great partnership with TimeSaver Foods, a local, family owned/operated company that provides delicious, home-cooked, low sodium, nutritious meals and soups for seniors. Some Fall favourites are the Roast Beef Dinner, Turkey Dinner, Chicken Pot Pie, Beef or Chicken Stew, Maple Ham, Beef Barley Soup, Minestrone Soup, to name just a few...delicious and wholesome meals, ready in minutes for you to enjoy.

If you would like information on our Meals on Wheels programs for yourself, a loved one, a neighbour, or friend, please contact Cathy Beckwith at 613-692-4697 ext 241, or email at cathy.beckwith@rosss.ca.

Happy Fall!

The HISH Fairy

ROSSS, in partnership with Ontario Health at Home, supports three High Intensity Seniors at Home (HISH) programs, aiding vulnerable patients as they await long-term care. We frequently receive expressions of gratitude for the compassionate care provided by our staff who support the program. Here's a recent note of thanks from a grateful caregiver.

"The HISH team members that come to our homes each day do so much more than personal care.....other tasks which are done, often unseen, but discovered later in the day. I call it the "HISH Fairy" effect....."

- I need to empty the dishwasher...oh its done.....the HISH Fairy was here...
- I forgot to put the laundry in....oh its done....the HISH Fairy was here.....
- I need to vacuum that dog hair from the front hallway.....oh its done.....the HISH Fairy was here.....

The cumulative effect of these small tasks can't be understated. They make a caregiver's day easier.....and they always give you a lift and a smile when you discover them....

Here is the latest from our house.....I had intended to reorganize our linen closet(it was a nightmare!).....but the HISH Fairy had already visited it! It wasn't just "reorganized "it is a work of art!

My entire family is visiting this week.....they are ALL envious of our linen closet. I have issued each one with a towel that they must use for the entire week.....NOBODY is allowed to disturb or otherwise mess with the HISH Fairy's gift!

We are so very grateful for each and every gift from the HISH team!

By Steve. H.

JOIN OUR TEAM

PERSONAL SUPPORT WORKERS

Kemptville, North Gower, Manotick, Richmond, Metcalfe and surrounding area

APPLY NOW
cindy.powell@rosss.ca

Make the difference in a senior's day!



ROSSS
Rural Ottawa South Support Services



We're Hiring



ROSSS
Rural Ottawa South Support Services

Snow Go Assist

A PROGRAM PROVIDED BY THE CITY OF OTTAWA

APPLICATIONS CAN BE SUBMITTED UNTIL NOVEMBER 22ND 2024

XXXXXXXXXX
XXXXXXXXXX
XXXXXXXXXX
XXXXXXXXXX

- Are you a senior living on limited income or an adult with a disability?
- Is it difficult for you to have your driveway cleared?
- You may qualify for financial assistance with snow removal.



New to the Snow Go Assist Program? Contact us for more information

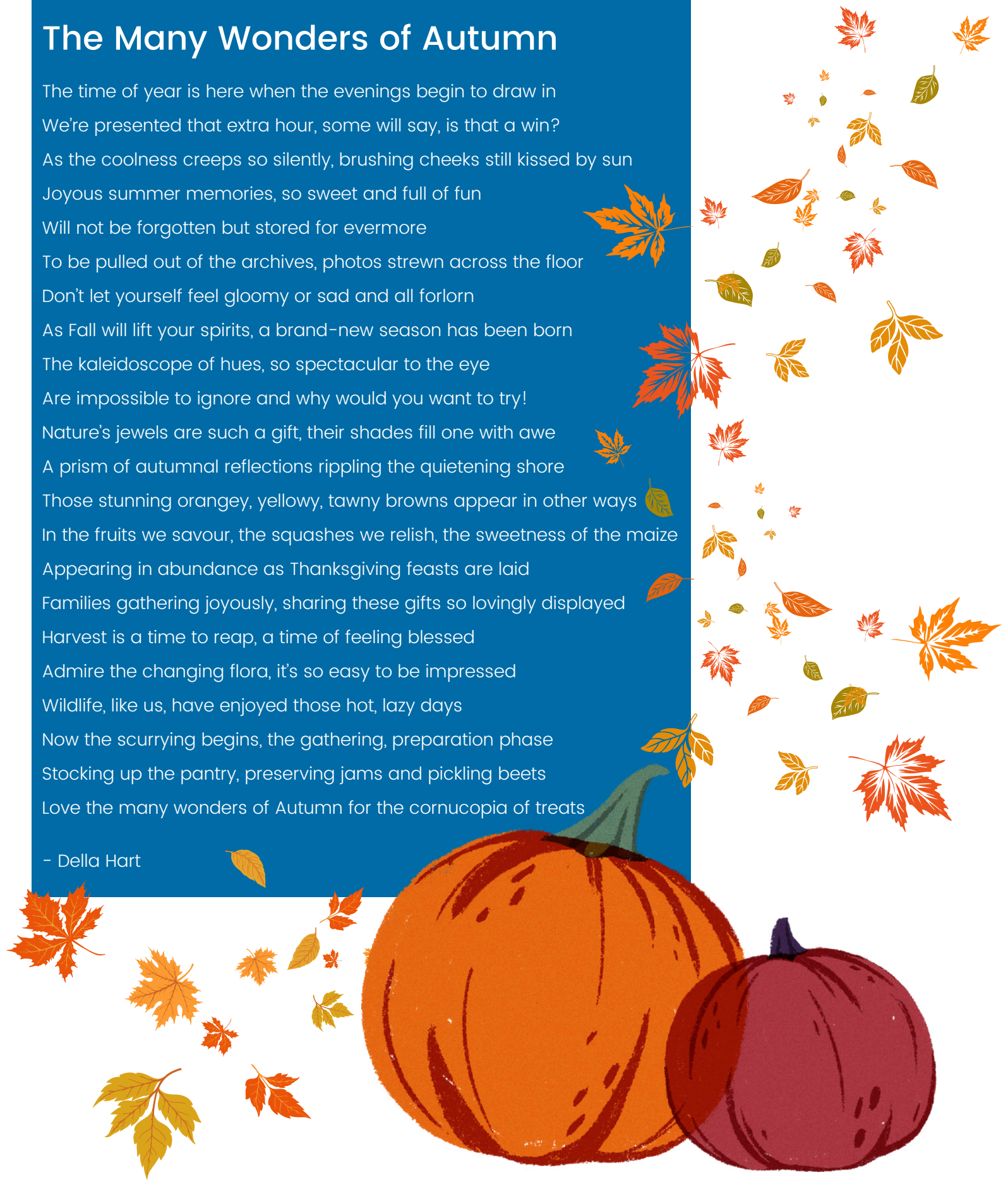
lyn.rorke@rosss.ca

613-692-4697 x224

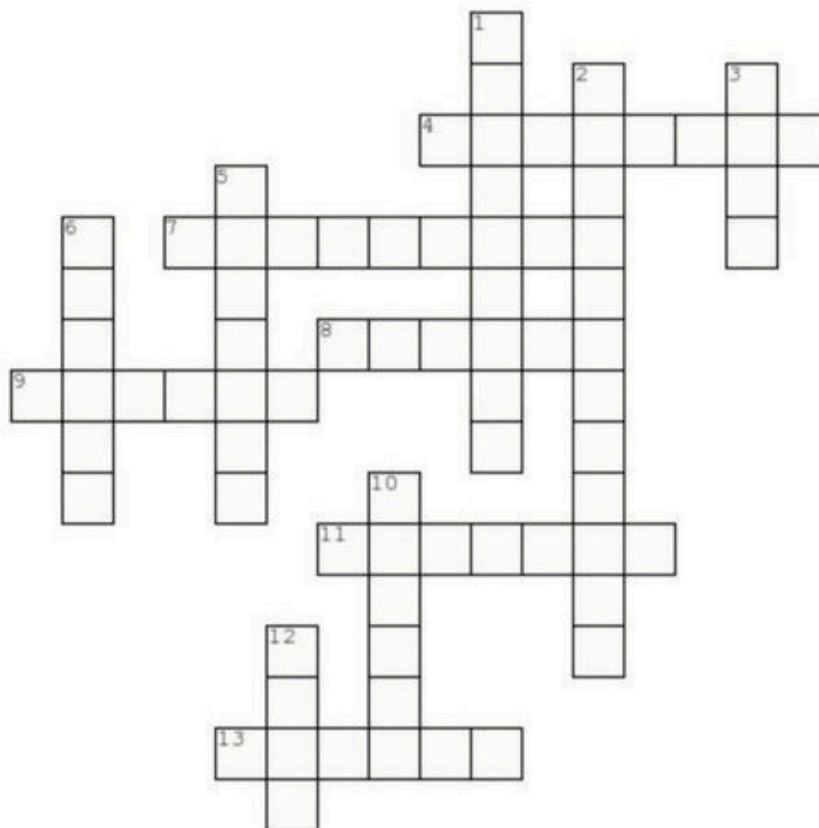
The Many Wonders of Autumn

The time of year is here when the evenings begin to draw in
We're presented that extra hour, some will say, is that a win?
As the coolness creeps so silently, brushing cheeks still kissed by sun
Joyous summer memories, so sweet and full of fun
Will not be forgotten but stored for evermore
To be pulled out of the archives, photos strewn across the floor
Don't let yourself feel gloomy or sad and all forlorn
As Fall will lift your spirits, a brand-new season has been born
The kaleidoscope of hues, so spectacular to the eye
Are impossible to ignore and why would you want to try!
Nature's jewels are such a gift, their shades fill one with awe
A prism of autumnal reflections rippling the quietening shore
Those stunning orangey, yellowy, tawny browns appear in other ways
In the fruits we savour, the squashes we relish, the sweetness of the maize
Appearing in abundance as Thanksgiving feasts are laid
Families gathering joyously, sharing these gifts so lovingly displayed
Harvest is a time to reap, a time of feeling blessed
Admire the changing flora, it's so easy to be impressed
Wildlife, like us, have enjoyed those hot, lazy days
Now the scurrying begins, the gathering, preparation phase
Stocking up the pantry, preserving jams and pickling beets
Love the many wonders of Autumn for the cornucopia of treats

- Della Hart



Fall Crossword



Across

- 4. Jewish Holiday, Rosh _____
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. Change colors
- 11. For carving and pie
- 13. Color

Down

- 1. Used to frighten birds
- 2. Feast Holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks



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