At Home with ROSSS

www.rosss.ca WINTER 2026

ROSSS
Rural Ottawa South Support Services



Winter Greetings from the Executive Director

As the winter season settles across our rural communities, the colder days and longer nights remind us of the importance of connection, kindness, and community. Winter is a time to come together, and find warmth in the friendships and relationships that make our communities so special.

At ROSSS, we're incredibly grateful for the donors, volunteers, and community partners who continue to support seniors and adults with disabilities throughout the year. Your generosity helps ensure that people remain connected, supported, and able to live well at home, no matter the season.

Throughout the winter months, our Great Social Luncheons and Breakfast Programs continue to bring people together for delicious meals, meaningful conversations, and lasting friendships. Our programs and services remain focused on helping individuals stay active, engaged, and connected, even when the weather makes getting out a little more challenging.

As we head into the holiday season, we're looking forward to bringing our community together through events and opportunities that celebrate the spirit of giving and togetherness. Our Holiday Trivia Night on November 19 was a wonderful opportunity to share laughter, friendly competition, and holiday cheer, while supporting the vital services ROSSS provides. We also look forward to our upcoming activities and programs that help make the winter months a little brighter.

Winter can be a particularly isolating time for some seniors and adults with disabilities. We encourage everyone to take a moment to check in on neighbours, friends, and loved ones. A simple phone call, a friendly visit, or an invitation to share a warm cup of coffee can make a meaningful difference.

Thank you for being an important part of the ROSSS community. Your continued support helps create opportunities for connection, independence, and belonging for the people we proudly serve. Together, we can help ensure no one feels alone this winter.

Warm regards,
Kelly Dumas
Executive Director, ROSSS

WINTER 2026

STAFF DIRECTORY

613-692-4697

OFFICE HOURS
MONDAY - FRIDAY, 8:00 AM - 4:00 PM

Executive Director	Kelly Dumas	kelly.dumas@rosss.ca	ext. 225
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Director, Operations and Administration	Jeanne Martel	jeanne.martel@rosss.ca	ext. 232
Operations Administrator	Joanne Williams	joanne.williams@rosss.ca	ext. 243
Finance Assistant	Julie Wilson	julie.wilson@rosss.ca	ext. 221
Client and Caregiver Services			
Director, Client and Caregiver Services	Jeanne Pronovost	jeanne.pronovost@rosss.ca	ext. 223
Client and Caregiver Liaison	Cindy Powell	cindy.powell@rosss.ca	ext. 240
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Coordinator, Home Care Services	Tina Brohart	tina.brohart@rosss.ca	ext. 238
Community Support Services			
Senior Manager, Community Support Services	Della Hart	della.hart@rosss.ca	ext. 228
Manager, Transportation Services	Jennifer Baxter	jennifer.baxter@rosss.ca	ext. 230
Coordinators, Community Support Services			
Adult Day Program	Ashley Bouwman	ashley.bouwman@rosss.ca	ext. 227
Connections, Service Arrangements and Income Tax	Lyn Rorke	lyn.rorke@rosss.ca	ext. 224
Food Security and Foot Care	Nell Bourgeacq	nell.bourgeacq@rosss.ca	ext. 226
Transportation Services	Jessica Hammill	jessica.hammill@rosss.ca	ext. 237
Fundraising, Volunteers and Community Engagement			
Coordinator, Fundraising, Volunteers and Community Engagement	Alicia Dorey	alicia.dorey@rosss.ca	ext. 236
Outreach			
Manager, Community Initiatives	France Connor	france.connor@rosss.ca	ext. 235

On Leave
Cathy Beckwith – Coordinator, Food Security Programs
Mackenzie Ellis – Coordinator, Home Care Services

Winter Program Calendar

WINTER 2026

Monday

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

Manotick Breakfast, 9am-10:30am
2nd Monday of the month
Manotick Legion, 5550 Ann St.
NOTE: Registration is required for each session

Big Bingo, 12:30pm-2:30pm
3rd Monday of the month
Location varies each month. Call to confirm.
NOTE: Registration is required for each session

Tuesday

Adult Day Program, 10am-3pm - Manotick
Call for details on registration and location

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

Line Dancing, 4:30pm-5:30pm - Greely
Note: Registration is required

Wednesday

The Great Social Luncheon, 12pm-2pm
1st Wednesday of the month
Note: Registration is required to reserve a seat

Osgoode Bingo, 10am-12pm
2nd Wednesday of the month
O-YA, 5479 Osgoode Main St.
Note: Registration is appreciated

Mix & Mingle 10am-12pm
3rd Wednesday of the month
O-YA, 5479 Osgoode Main St.
Note: Registration is appreciated

Coffee & Cards, 10am-12pm
4th Wednesday of the month
O-YA, 5479 Osgoode Main St.
Note: Registration is appreciated

Thursday

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

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

Line Dancing, 4:30pm-5:30pm - Osgoode
Note: Registration is required

Friday

Metcalfe Breakfast, 9am-10:30am
3rd Friday of the month
Kenmore Community Hall, 3242 Yorks Corners Rd.
NOTE: Registration is required for each session

Cultured Purls, 10am-12pm
Hyfield Apartments Kiwanis Room
5581 Dr. Leach Dr., Manotick

Music Cafe, 12pm-2pm (Once a month)
Light lunch followed by music
Osgoode Legion
3284 Sunstrum St, Osgoode, ON K0A 2W0

Lunch and Learns and Special Programs

These 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 contact:
Social Programs
Lyn Rorke 613-692-4697 ext. 224
Adult Day Programs
Ashley Bouwman 613-692-4697 ext. 227

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

Program Descriptions

Manotick and Metcalfe Legion Breakfast

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

The Great Social Luncheon

Held once a month, this luncheon provides a hot meal, dessert, entertainment, door prizes, raffle, and more!

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.

Mix & Mingle

Come meet with us once a month for coffee, chit chat, cards, presenters, music, etc.

Line Dancing

Join us for line dancing in Greely and Osgoode.

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 Ontario Health atHome required.

Caregiver Support Group

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

Cultured Purls

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

Bingo

Whether you're a seasoned player or a first-timer, it's the perfect way to enjoy some friendly competition and maybe even win a prize. Grab your card, mark your numbers, and let the good times roll!

Lunch and Learn

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.

Coffee & Cards

Do you like to play Euchre, Canasta, Sevens, or do you have a game you would like to teach us? Come join us for coffee, snacks, and card games!

Music Cafe

Homemade light lunch, followed by music. Each week join us to experience a new musician and/or style of music!

CATCHING UP WITH ROSSS

September, October, and November were a season of gratitude, and meaningful impact. From welcoming new volunteers to hosting community events and offering ongoing support services, this fall has shown just how strong and caring our community truly is. As we look ahead to the winter months, we're inspired by everything we've accomplished together and excited to continue supporting and uplifting those we serve.

AFTERNOON TEA



Our Afternoon Tea was a truly memorable success! With a sold-out crowd of 180 guests, together we raised almost $10,000 in support of our programs and services.

The room was filled with warm conversation, community spirit, and joyful moments shared over tea and treats.

A heartfelt thank you to our generous sponsors — Dentistry at Manotick, Team Wright Realty, and Italfoods whose support helped make this event possible.

We are so grateful to everyone who attended and contributed to such a special afternoon.





RICHMOND FAIR SENIORS BINGO



ROSSS was proud to host our third Annual Seniors' Bingo with the Richmond Agricultural Society, and it was a huge success! Thank you to everyone who joined us, and a special thank you to Councillor Brown for being part of the fun. We look forward to continuing this tradition!

TRUNK OR TREAT



We were so thrilled to be part of Councillor Skalski's Trunk or Treat event in Greely! 🎃👻 The afternoon was filled with spooky vibes, festive fun, creative trunks, and plenty of Halloween spirit. A huge thank you to Councillor Skalski for organizing such a wonderful community event. We had a spooktacular time! 🧡

WOMEN'S DAY



With an amazing turnout, we had the pleasure of connecting with both new and existing clients, answering your questions, and keeping you informed about all the latest updates with ROSSS.

As we head into the winter months, staying connected and caring for one another becomes more important than ever. Your support continues to make a real difference for those we serve.

Thank you for being part of our community! We look forward to continuing this meaningful work together.

Thank you

ROSSS
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Join Us For Our Music Café

Live Music
Light Lunch
Lots of Fun!

Dec 23
January 29
February 26
March 12

$10

at the Osgoode Legion
3284 Sunstrum St, Osgoode

Call Lyn to Register
613-692-4697 Ext 224

DON'T MISS OUT!

ROSSS
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The ROSSS BREAKFAST

★GOOD FOOD. GREAT PEOPLE. STRONGER COMMUNITY.★

ALL FOR $14!

MANOTICK LEGION 9AM

MONDAYS:

December 7th, January 11th,
February 8th, March 8th

KENMORE COMMUNITY HALL 9AM

FRIDAYS:

December 18th, January 22nd,
February 19th, March 19th

ENJOY:

- COFFEE / TEA
- JUICE
- FULL BREAKFAST
- DOOR PRIZES
- RAFFLE PRIZES
- GREAT CONVERSATION

For details and to register

CALL
LYN RORKE
613-692-4697 EXT 224

A GREAT VALUE FOR A GREAT CAUSE!

Volunteer Spotlight!

As winter settles into our rural communities, the volunteers at ROSSS continue to bring warmth, kindness, and connection to those we serve. Their generosity helps make our communities stronger and reminds us that no one should feel alone.

This winter, we are proud to recognize David and Philippa for their ongoing support and dedication to ROSSS. From helping with a variety of tasks behind the scenes to supporting our programs, they are always willing to lend a hand.

Philippa also volunteers with our Friendly Visiting program, sharing her time and companionship with clients and helping brighten their days.

Thank you, David and Philippa, for your generosity, kindness, and commitment to our community. We are grateful to have you as part of the ROSSS volunteer family!

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MEET DAVID AND PHILIPPA!



Caring for my 100-year-old father is a profound privilege, yet its daily demands can easily become overwhelming. Finding Rural Ottawa South Support Services (ROSSS) was a turning point for Philippa, and me. Their caregiver support program offered the practical guidance and reassurance we needed, making our caregiving journey much more manageable.

In retirement, we wanted to give back to the organization that has been such a lifeline for our family. Drawing on our careers, mine as an engineer and Philippa's as a laboratory technologist we found meaningful ways to support ROSSS' operations and community outreach.

Each week, Philippa serves as a friendly visitor to a 99-year-old neighbour, offering warmth, conversation, and companionship. Meanwhile, I put my home office setup to work every three months by printing return addresses onto high volumes of mailing envelopes. Once the letters are ready, Philippa and I team up to fold and stuff the donation-request envelopes that help keep these vital programs running.

Through ROSSS, we have discovered that caregiving and volunteering go hand in hand. The support we receive gives us the strength to care for my father, while giving back reminds us how lucky we are to belong to such a caring community.

Help Spread *Comfort and Cheer* in Our Community This Season

As we near the holiday season, many of us take the time to reflect on the year that's coming to an end, about the blessings we have in our lives, and about those who are less fortunate than ourselves.



At ROSSS, we are proud of the work we do. We are proud of the difference we are making in the community with your support. We work hard to ensure that seniors and adults living with disabilities remain connected to their communities with independence and dignity for as long as they are able to stay in their homes.

Canada Helps indicates that 39% of all donations are made in November/December and that the average gift grows by 80%. This holiday season, we are asking you to consider donating to ROSSS to support our vital work in rural communities. We are asking you to consider making a meaningful impact in the lives of some of the most vulnerable members of our communities. Any donation, no matter the size, makes a big impact.

Here's how you can help

- 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.

Your gift *makes a difference!*

Every dollar donated helps us to...

- Offer Caregiver Support to alleviate stress, provide guidance, and improve quality of life for everyone involved.
- Offer social programs that combat loneliness and enhance the mental health and well-being.
- Provide reliable transportation for medical appointments and essential errands.
- Deliver nutritious meals to seniors, ensuring they receive regular balanced nutrition.

Library Programs

Did you know that the library offers many free presentations, hobbies and crafts? Come on out for the following activities!



Metcalfe Library

Metcalfe Book Club - Meet your neighbours and discuss great books in a relaxed atmosphere. All are welcome! Drop-in every last Thursday of the month, rotating afternoons and evenings.
Call branch for more details.



Richmond Library

Cook and Tell Club –Meet with fellow food enthusiasts and put a cookbook to the test. A new cook book each month. Contact the branch for more details.
Mondays, Sept 28, 2026 - Nov 30, 2026 (6:30pm)



North Gower Library

North Gower Nifty Knitters - Join us for an informal gathering of knitting enthusiasts - from beginners to experts. Share your ideas and projects in a relaxed social atmosphere.
Wednesdays, Sept 9, 2026 - Dec 16, 2026 (1:00 pm)



Manotick Library

The Great Yarn of Manotick – Knitters, crocheters, needle workers, rug hookers – all are welcome to socialize with fellow yarn crafters and work on their latest project. This is a drop in program.
Thursdays, Aug 13, 2026 - Dec 15, 2026 (11:00 am)

French Conversation Group - Join our French conversation group to practice speaking in French in a relaxed and friendly environment.
Wednesdays, Aug 12, 2026 - Dec 16, 2026 (7:00 pm)

Mahjong - Join fellow mahjong players for a friendly game in a congenial environment. Program runs every second Thursday.
Thursdays, Aug 20, 2026 - Dec 10, 2026 (10:15 am)





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This service is available from March 15 - April 28, 2026.

INCOME TAX PROGRAM



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).

ARE YOU ELIGIBLE?

You may be eligible for assistance if you have a modest income and a simple tax situation.

COLLECTION & 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.

MORE INFO

Contact Us
613-692-4697 x 224

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CAREGIVER SUPPORT GROUP

You're not alone. We're here for you.

Our Caregivers Group meets every two weeks for two hours in a warm, welcoming space where support and understanding are always present. This free program offers a chance to connect with others who share similar experiences, and respite care can be arranged if needed to help make attendance possible.



OUR PROGRAM OFFERINGS INCLUDE:

- Educational guest speakers who provide valuable information on aging well at home.
- Resource sessions for caregivers to learn about support services available to them.
- Opportunities to connect with fellow caregivers and build supportive relationships.
- Interactive workshops focused on wellness, caregiving strategies, and self-care.

Support. Connection. Understanding.

Because caring for someone else shouldn't mean caring alone.

FOR MORE INFORMATION

Jeanne Pronovost
613-692-4697 ext. 223
jeanne.pronovost@rosss.ca

Here to help. Here for you.

DID YOU KNOW?

ROSSS
Rural Ottawa South Support Services

$36/hr

Want more information?
613-692-4697 ext. 240

HOME SUPPORT

What do we offer?

- ✔ Dusting & vacuuming
- ✔ Laundry & bed linen changes
- ✔ Bathroom cleaning & floor washing
- ✔ Dishwashing and dishwasher unloading
- ✔ Cleaning mirrors, counters & small appliances
- ✔ Wiping down kitchen surfaces
- ✔ Light meal preparation
- ✔ Cleaning the interior and exterior of the fridge
- ✔ Cleaning the exterior of the stove
- ✔ And more — services are tailored to each client's needs



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INCLEMENT WEATHER POLICY

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

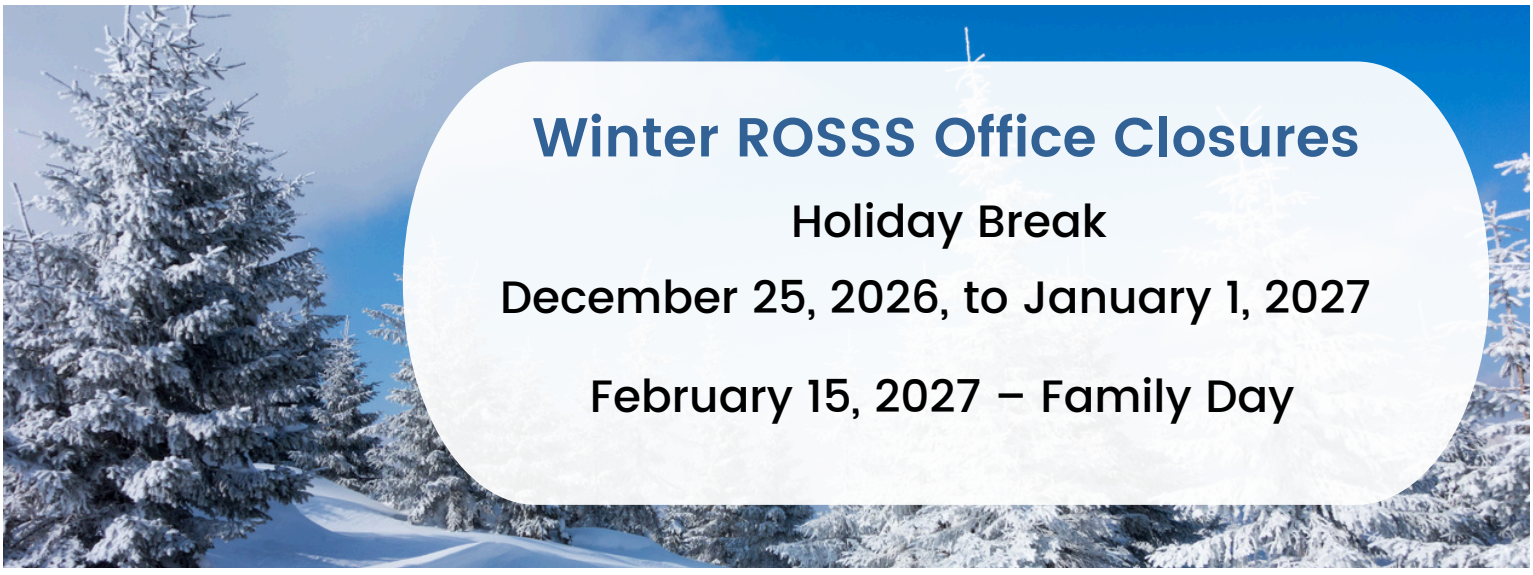
TRANSPORTATION AND FOOD DELIVERIES

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, but not always, 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, Adult Day Programs, 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 for your understanding!



Winter ROSSS Office Closures

Holiday Break

December 25, 2026, to January 1, 2027

February 15, 2027 – Family Day

Join the ROSSS Team!

JOIN OUR TEAM

ROSSS
Rural Ottawa South Support Services

PERSONAL SUPPORT WORKERS



We are currently recruiting for positions in Manotick, Richmond, Osgoode, Metcalfe, Russell, and surrounding area.

APPLY NOW
jeanne.pronovost@rosss.ca

Make the difference in a senior's day!

We're Hiring!

ROSSS
Rural Ottawa South Support Services

Join our Team!



Casual Home Support Worker



Make a difference in a senior's day!

We are currently recruiting for positions in Manotick, Richmond, Osgoode, Metcalfe, Russell, and surrounding area.



APPLY NOW
jeanne.pronovost@rosss.ca



Old Man Winter

Hello, Old Man Winter, how fast the time has fled
Since we last met, short months ago, your name has gone unsaid
What tricks will you play this season to keep us on our toes?
Sending Jack Frost's mischievous presence to nibble on whose nose?

Although the chill is expected, often to the extreme
The cooler season has wonderment, just close your eyes and dream
Of festive lights and merriment, just a blink away
The gatherings, the feasts, the ornaments on display

Without the falling snow, we'd miss the stunning scenes
Transforming the landscape to white from autumnal hues and greens
Snowmen popping up, icy beings populate the lawn
Did they materialize overnight to welcome us at dawn?

After a day of sledding or skiing on snowy hills
Filling the air with laughter and loving the thrills and spills
Cosy up by the fire, warming cold hands around a mug
Steaming to the brim, hot chocolate to sip and glug

Watch the snowflakes falling, each one a masterpiece
Created by nature, each one unique, wonders never cease
Embrace the months to come with family and friends, with cheer
Old Man Winter will never come between those we hold so dear.

– Della Hart



The Night Before Christmas

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

BEDS
BELLY
BLITZEN
CAP
CHILDREN
CHIMNEY
CLATTER
CLEMENT
COMET
CREATURE
CUPID
DANCED
DANCER
DASHER
DIMPLES
DONDER
HOUSE
KERCHIEF
LAWN
MOON
MOORE
MOUSE
NAP
NESTLED
PIPE
PRANCE
REINDEER
SASH
SLEIGH
SNOW
SOOT ST
NICHOLAS
STOCKINGS
SUGAR
PLUMS
TOYS
VIXEN



How does Santa take photos?

With a Pole-aroid camera, of course.



Where would you find a snowman dancing?

At a snowball!



What did one Christmas tree say to another?

Lighten up!

ROSSS
Rural Ottawa South Support Services

Have Questions?

We've Got Answers!

Who qualifies for Meals on Wheels?

Adults aged 55 and older. There is no income requirement. Whether you're recovering from surgery, caring for a loved one, finding cooking more difficult, or simply looking for convenient, nutritious meals, the program may be right for you.

Who can access ROSSS services?

Many of our programs are available to adults aged 55 and older, but we also provide services and support for adults with disabilities, caregivers, and family members looking for information and resources.

Do I need a doctor's referral?

No. Most ROSSS services can be accessed by contacting us directly. Our team will help determine which programs and services best suit your needs.

Helping Seniors and Adults With Disabilities Live Well at Home

Want to learn more?
We're Here to Help!

613-692-4697
www.rosss.ca

Visit our Website

SCAN HERE

Scan the QR code to learn more about our services & programs.