

At Home with ROSSS

www.rosss.ca

WINTER 2024



ROSSS
Rural Ottawa South Support Services



A Warm Welcome from the Executive Director,

At ROSSS, we are committed to ensuring every member of our community feels cared for and connected, especially during winter's colder months. You are not alone; we are here to provide support and foster a sense of safety and well-being in every season.

Winter brings unique challenges, particularly for seniors and adults with disabilities in rural areas. I encourage you to make full use of the services ROSSS offers. Our transportation services ensure access to essential appointments, while our Meals on Wheels program brings nutritious meals directly to your door, allowing you to stay comfortably at home. If you're feeling isolated, our friendly visiting program offers companionship, and our home maintenance team is here to help with tasks around your home. Our social programs also provide a great way to connect with others and lift your spirits throughout the season.

Please reach out to ROSSS for any support you may need. Together, we can make this winter a season of warmth, community, and care.

Warm regards,

Kelly Dumas

Executive Director, ROSSS

STAFF DIRECTORY

Kelly Dumas
Executive Director
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Senior Manager,
Client and Caregivers Services
Ext. 223

Jeanne Martel
Senior Manager,
Operations
Ext. 232

Della Hart
Senior Manager,
Community Support Services
Ext. 228

Laura Paas
Senior Manager,
Home Care Services
Ext. 253

Jennifer Baxter
Manager,
Transportation
Ext. 230

Joanne Williams
Operations
Administrator
Ext. 243

Cindy Powell
Client Liaison
Ext. 240

Mackenzie Ellis
Coordinator,
Home Care Services
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Tina Brohart
Coordinator,
Transportation Program
Ext. 237

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Food Security Programs
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Volunteers and
Community Engagement
Ext. 236

Nell Bourgeois
Reception and Program
Administrator
Ext. 226

Lyn Rorke
Coordinator,
Community Programs
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ROSSS Office Phone: 613-692-4697

Fall Program Calendar

Monday

Connections Lunches, 11am (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

Adult Day Program, 10am-2pm - Manotick

Call for details on registration and location.

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

Richmond Diners, 12pm-2pm

First Wednesday of the month

St. John's Hall, 67 Fowler Street

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.

Richmond Bingo, 1pm-3pm

2nd Wednesday of the month

St. John's Hall, 67 Fowler Street

Note: Registration is appreciated.

Men's Mugs 10am-12pm

3rd Wednesday of the month

O-YA, 5479 Osgoode Main St.

Note: Registration is appreciated.

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.

Men's Mugs

Come meet with us once a month for coffee, chit chat, cards, presenters etc. We will be focusing on men's health, well being and interests. Third Wednesday of the month, 10am-12pm at O-YA 5479 Osgoode Main St.

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.

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

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.

New Social Programs

We're excited to bring back Men's Mugs and introduce Bingo events in both Osgoode and Richmond! These fun, monthly social gatherings are a great way to connect with your community.

If you are a senior 55+ or an adult with a disability, looking to socialize and have fun, please join us once a month for Bingo at O-YA in Osgoode, and at St. John's Hall in Richmond.

The return of Men's Mugs will be once a month at O-YA in Osgoode with a variety of fun activities!



Don't miss out and call to register today!

We look forward to seeing you there!



Library Programs

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



Manotick Library

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.



Richmond Library

Cook and Tell Book Club – This drop-in program will meet to discuss cook books and recipes. The theme for January is Potluck Food and Drinks!

Monday January 27th at 6:30 pm.



North Gower Library

Nifty Knitters – This drop-in program will meet Wednesdays at 1:00 PM until Dec 11th.

Beginner– Expert



Metcalfe Library

Book Club– This drop-in program will meet every last Tuesday of the month at 6:30 PM

Currently reading "American Dirt."

New ROSSS Staff Members

ROSSS is excited to welcome 3 new members to the team! A very warm welcome to Tina, Cliff, and Victoria!

Tina Brohart, Coordinator, Transportation Program

Tina has been doing PSS coordination for about 10 years with an educational background as a Medical Office Assistant and Laboratory Technician/phlebotomist.

Outside of work, Tina likes to spend her time quietly at home with her 2 dogs and 2 cats.

When she is not at home, she is often with her family enjoying some quality time with her grandchildren or visiting her mother or grandmother.



Cliff Mavis, Home Maintenance Professional

Cliff Mavis is a long time Manotick resident. Cliff has been a general contractor for many years and has worked in both the commercial and residential sector.

Cliff and his wife Joanne raised 2 boys in the Carleton Golf and Yacht community where they resided for 26 years.

Since 2022 Cliff officially "retired" and now works part-time at the Kemptville District Hospital in the maintenance department.

He is very glad to be part of the ROSSS team.



Victoria Oluwayemisi Adja, PSW

Victoria Oluwayemisi Adja is a health care professional with over 10 years experience. A graduate of business administration from the university of Lagos, Nigeria.

As a mother of three wonderful children and a wife, I find great joy in caring for both the young and the elderly. I am deeply committed to the well-being of my clients, and I put all my energy into ensuring they are comfortable and supported, as they are my top priority.



CATCHING UP WITH ROSSS

September and October were bustling months filled with vibrant community events and successful fundraising efforts that brought us closer to the people we serve. These months provided numerous opportunities to engage with community members, from lively local gatherings to meaningful outreach initiatives.

ROSSS AFTERNOON TEA



The RossS Afternoon Tea was a resounding success with 180 guests and almost \$8,000 raised! It was an elegant afternoon that will be remembered by all!

METCALFE FAIR



Some of our favourite outreach events are getting to connect with you all at the fairs! Metcalfe Fair had a fantastic turn out with lots of new connections made!



ROSSS MYSTERY BUS



ROSSS was very excited to bring back The Mystery Bus! Guests embarked on an exciting adventure to Pumpkins at Night at Wesley Clover Parks, followed by dinner at The Mandarin



RICHMOND FAIR SENIORS BINGO



ROSSS had the honour of hosting a Seniors Bingo with the Richmond Agriculture Society on Seniors Day at the fair! It was a huge success and we plan to continue this in the coming years!



WOMEN'S DAY IN MANOTICK



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.

Reflecting on the fall, we are truly thankful for the opportunity to engage with such vibrant, active, and supportive communities. The success of our events and the unwavering support we've received further strengthen our commitment to improving the lives of those we serve. As we enjoy the winter months ahead, take pride in knowing that your support has made a meaningful difference in your community. We look forward to continuing our journey with these amazing communities, fostering connections, and creating a positive impact wherever possible.

Thank you

The Palliative Approach

ROSSS has been awarded a wonderful opportunity to work with Beth Donovan Hospice as Project Leads on the Palliative Care Health Services Delivery Framework. This initiative was developed by the Ontario Palliative Care Network to improve palliative care for adults living with a life-limiting illness in community settings.

Jeanne Pronovost and Cindy Powell of ROSSS have been working with Melissa Hill of Beth Donovan Hospice to offer resources, conduct assessments, and identify gaps in care for clients, their families, and caregivers.

The delivery framework will guide individuals through their illness and provide recommendations to support them throughout their journey. These recommendations, identified by the Ontario Palliative Care Network, ensure that palliative care is delivered by an interdisciplinary team. This approach ensures that:

- The correct care is provided;
- Patients, their families, and caregivers have access to services and support 24/7;
- Every client will have a care coordinator assigned to them;
- Person-centered palliative care is provided, wherever the patient is located, with attention paid to priority populations, including Indigenous people, Francophones, those who are homeless or vulnerably housed, and those living in long-term care facilities.



Jeanne and Cindy have embarked on a six-month training course to become champions for ROSSS clients. We have identified several recommendations that can be implemented immediately, while others will require more time and planning as the training continues.

We would like to thank Melissa Hill of Beth Donovan Hospice for allowing ROSSS to be part of this innovative approach to care. We look forward to continuing to support our clients.



Volunteer Corner

The chilly months may be upon us but the volunteers at ROSSS exude enough warmth to melt our icy tundra! The big hearts and helping hands, so invaluable to the programs and services we provide, are accompanied by friendly smiles and caring natures.

A couple who have recently commenced their volunteering roles at ROSSS are highlighted this season and we are happy to introduce them to you!

Sue and Jerry are proving to be such a wonderful addition to the ROSSS team and are assisting at our breakfast and lunch dining programs. Whether it's pouring coffee, preparing food or setting up tables, it will certainly be served up with a huge dose of fun and friendly banter.



Sue and Jerry

As retired teachers, Jerry and I had volunteered at Osgoode Public School for 7 years helping the students in various grades. This year we thought a change would be good and after looking into all the things that ROSSS does for the community, we decided to offer our help preparing and serving breakfasts and lunches to seniors in Osgoode, Manotick, Metcalfe and Richmond. We are so enjoying meeting other volunteers and giving back to the community. We highly recommend the fun!

Spread Joy This Holiday Season: Support Your Community with ROSSS

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. Want to know how you can help?

- 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.

Your gift makes a difference!

Every dollar donated helps us to...





Supporting 2SLGBTQIA+ Seniors in Aging in Place: Winter Safety Tips

Winter is a critical time to ensure 2SLGBTQIA+ seniors can safely age in place – remaining in the homes and communities they know. For these seniors, staying at home is not only about safety but also about maintaining connections with affirming support networks. A strong social circle helps prevent isolation, boosts mental well-being, and provides assistance when needed.

Here are key tips for helping 2SLGBTQIA+ seniors stay safe at home:

- **Brighten and Lighten Spaces**

Good lighting, especially in hallways, stairs, and bathrooms, reduces the risk of falls. Motion-sensor lights can be helpful for nighttime. Friends or family can assist with installation, providing both safety and connection.

- **Declutter and Clear Pathways**

Clearing walkways of clutter and obstacles prevents trips and falls. Organizing spaces together with friends or neighbors not only ensures safety but also fosters social engagement.

- **Add Grab Bars and Railings**

Install grab bars in bathrooms and handrails on stairs to offer extra stability. These features help maintain independence, especially for seniors who may be hesitant to invite unfamiliar caregivers.

- **Wear Non-Slip Footwear**

Non-slip shoes or slippers improve stability and reduce the risk of slips, especially on smooth floors. Friends can help by recommending or shopping for supportive footwear.

- **Exercise for Balance and Social Connection**

Gentle exercises like tai chi or yoga improve balance and prevent falls. Participating in inclusive, 2SLGBTQIA+ friendly community classes provides both physical and emotional benefits.

Additional Resources

Here are some Canadian resources and that further support 2SLGBTQIA+ seniors as they age in place:

➔ **Government of Canada: Fall Prevention Guide for Older Adults You CAN Prevent Falls! – Canada.ca**

➔ **2SLGBTQIA+ Seniors and Aging in Place The 50+ 2SLGBTQIA+ – The Good Companions**

Embracing Safety, Connection, and Independence

Aging in place is about more than just staying at home; it's about thriving in a safe, familiar, and supportive environment.

This winter let's ensure that 2SLGBTQIA+ seniors have the resources, safety measures, and connections needed to remain independent and confident.

Simple adjustments, paired with a caring social network, make all the difference in aging safely and happily at home.



Programs and Services



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.



2SLGBTQIA+ Adult Day Program

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



Wellbeing Check-in Program

The Wellbeing Check-in Program offers 2SLGBTQIA+ seniors regular check-ins from 2SLGBTQIA+ volunteers via phone or social media. The program is available to 50+ 2SLGBTQIA+ individuals or adults with disabilities in the Champlain Region.



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.



Article by Jenny Sawanohk owner of Misiwe Ni Relations Healing Lodge

Wachiya, Greetings! I have the honour of contributing an article to this quarter. My name is Jenny Sawanohk, Mihko-Asiniy-Kinepik-Isweew, a proud member of Moose Cree First Nation. For the past 14 years, I have resided on these beautiful Lands, the unceded and ancestral territory of our Algonquin kin, the traditional land and water stewards of the Ottawa area. I own the Misiwe Ni Relations Healing Lodge in Manotick. This is where I also operate my private practice, Red Stone Snake Woman, as an Indigenous Healer/Psychotherapist, Consultant, Speaker and Truth and Reconciliation Specialist. It is my Calling to provide safe and sacred spaces for our collective healing, and it is my heartwork to share Indigenous knowledge and wisdom.

Indigenous Spirituality is about respecting our interconnection to All things; living on these Lands and with each other in a sacred manner. My Lodge is named for our prayer of Oneness "All My Relations", Misiwe Ni Wakoomahgunuk in Cree, which recognizes that every single one of you is my Relative. This includes the plants, minerals and animal kin too. The pathway forward to peace requires us to reconnect with this Spiritual truth; in the Sacred Hoop and Eternal Web of Life, we are all energetically and intimately connected and need each other. We must make efforts to Remember the ancestral knowledge within us that roots us back onto the Land as our Mother, and back in touch with the forces of Nature.

As we come into the Teachings of Winter, I invite you to slow down. Soon snow will blanket this Earth, and the cold and darkness of the next few months will suggest that like Nature we too should seek solace and rest more. Traditionally, my people would spend days by the fireside telling stories and spending much time in reflection and introspection. I want you to think about the needs of your body, mind and spirit, and what you need on a holistic level, to stay well through this time. Give yourself permission to slow down, and focus on fanning the sacred flame within you that may need a good book, a good movie, or a good conversation. I also ask that on the Winter Solstice, you light a candle and pray that this world comes together in Unity, and that each and every one of us that calls this planet home can find peace. Miigwech!

Gitchi-Miigwich. Misiwe Ni Wakoomahgunuk. All My Relations.

Jenny Sawanohk, Visionary & Caretaker of Misiwe Ni Relations Healing Lodge

"I salute the light within your eyes where the whole universe dwells.
For when you are at that center within you and I am at that place within me,
we shall be one." ~ Crazy Horse



ROSSS
Rural Ottawa South Support Services

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

December 25, 26, 27, 30, 31

New Years Day January, 1

Family Day February, 17



ROSSS
Rural Ottawa South Support Services

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).

This service is available from March 10th– April 30th, 2025.

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 226



Winter Feels

*With the cooler season upon us, each one of us reflects
On how we view the months ahead, the emotions it affects.
Embrace the time with gusto, fill days with outdoor pursuits.
Skating, skiing, snowball throwing, whizzing down icy chutes.
Or batten down the hatches, fire ablaze, tea on constant brew.
Each to their own, no right or wrong, entirely up to you.
The holidays to look forward to, planning family time, what bliss.
To feast, share gifts, maybe, if you're lucky, a sweet mistletoe kiss.
Take a frosty walk, patterns from boots imprinted in the snow.
A hot chocolate treat awaits to add to rosy cheeks, aglow.
Relish these special moments, playing games, oh charades!
To add to those joyous feelings, the laughter, as daylight fades.
New Year presents fresh beginnings whilst reminiscing past events.
A period of celebration, the copious opportunities it presents.
February is for Valentines', all ages can partake.
Show the ones you love and care, by sharing a dinner you make.
It does get cold, that's true but there's beauty within this chill.
Falling snowflakes, glistening as they reach the ground, so still.
Adding to the carpet of white, a sea of diamonds under moonlight.
Embrace those winter feels, you will find that magical highlight.*

CHRISTMAS DECORATIONS



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



TREE
 STOCKING
 WREATH
 GARLAND
 CANDLE
 FIGURINE
 ORNAMENT
 TINSEL
 RIBBON
 TWINKLING
 LIGHTS
 BELLS



ELF
 PINECONE
 NUTCRACKER
 MISTLETOE
 CARDS
 FIREPLACE
 CANDY
 PAPER
 BOW
 NATIVITY
 SNOWFLAKE



www.NorthPoleNews.Org



What's a cat's favorite holiday song?

"Here Comes Santa Claws"



What did one Christmas tree say to another?

Lighten up!



Why do birds fly south for Christmas?

Because it's too far to walk.



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