

At Home with ROSSS

www.rosss.ca

SPRING 2025



ROSSS
Rural Ottawa South Support Services



A Warm Welcome from the Executive Director,

As the days grow longer and the weather warms up, we're excited to share all the ways ROSSS is helping our community stay active, engaged, and supported this season.

In this issue, we're highlighting the latest additions to our Connections programming, which continues to expand with new opportunities to keep our clients active, engaged, and socially connected.

You'll also find details on some of our most popular spring programs. Our Income Tax Program is back to help eligible clients navigate tax season, and our Spring Cleanup Program is ready to assist with getting homes and yards freshened up for the season ahead.

We're also pleased to introduce you to the latest member of the ROSSS team! As our team grows, so does our ability to offer even more of the programs and services that help seniors age well at home in our rural communities.

Thank you for being part of ROSSS—we look forward to a season of connection, support, and community!

Warm regards,

Kelly Dumas

Executive Director, ROSSS

STAFF DIRECTORY

 613-692-4697

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

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Client and Caregiver Liaison	Cindy Powell	cindy.powell@rosss.ca	ext. 240
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Coordinators, Community Support Services			
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Connections, Service Arrangements and Income Tax	Lyn Rorke	lyn.rorke@rosss.ca	ext. 224
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A Friendly Voice			
Manager, A Friendly Voice	France Connor	france.connor@rosss.ca	ext. 235

SPRING 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 St.

NOTE: Registration is required for each session

Pickleball, 12:30pm-2:30pm

Greely Community Centre, 1448 Meadow Dr.

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

Counselling + New Grief and Loss Groups

Call for details on registration and location

Wednesday

The Great Social Luncheon, 12pm-2pm

First Wednesday of the month

Held quarterly

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

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-3:30pm

Greely Community Centre, 1448 Meadow Drive

NOTE: Registration is required for each session.

Caregiver Support Group, 10am-12pm Manotick *Bi-Weekly*

Call for details on registration and location.

Friday

Cultured Purls, 10am-12pm

Hyfield Apartments Kiwanis Room

5581 Dr. Leach Dr., Manotick

Ladies Tea Talk, 1:30pm-3:30pm

First Friday of the month

Hyfield Apartments Common Room

5581 Dr. Leach Dr., Manotick

Pickleball, 12:30pm-2:30pm

Greely Community Centre, 1448 Meadow Dr.

NOTE: Registration is required for each session

Metcalfe Breakfast, 9am-10:30am

3rd Friday of the month

Metcalfe Lion's Den, 2821 8th Line Rd.

NOTE: Registration is required for each session

Lunch and Learns and Extreme Bingo

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 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!

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.

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.

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 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.

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 in Osgoode, and introduce a quarterly Big Bingo event hosted in Manotick!

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 on the 2nd Wednesday for Bingo at O-YA in Osgoode.

If Bingo isn't your game, you can join us for Coffee and Cards on the 4th Wednesday of each month in Osgoode.

The return of Men's Mugs will be held the 3rd Wednesday of each month at O-YA in Osgoode with a variety of fun activities!



Don't miss out – 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!



Metcalf Library

Book Club – This drop-in program meets every Tuesday at 6:30 pm until June 24th, 2025.



Richmond Library

Cook and Tell Book Club – This drop-in program meets to discuss cookbooks and recipes on Mondays at 6:30 pm.



North Gower Library

Nifty Knitters – This drop-in program meets Wednesdays at 1:00 pm until June 25th, 2025. For Beginners to Experts!



Manotick Library

The Great Yarn of Manotick – This drop-in program meets on Thursdays until December 18, 2025.

Social Crafting – This drop-in program meets on Wednesdays at 6 pm until June 4th, 2025.

OUR DINERS PROGRAM HAS BEEN REVAMPED!

The Great Social Luncheon

FORMALLY KNOWN AS DINERS

MORE OF ALL YOUR FAVOURITE THINGS!



MORE entertainment!

MORE chances to win prizes!



MORE gifts from local businesses!

PLUS

Exciting themes showcased through vibrant décor, stunning flowers, and engaging games!

\$18

Food Games Music

**1ST WEDNESDAY
EVERY MONTH**



12:00PM-2:00PM

**Starts
April
3rd!**

Location will rotate
between Richmond, Kars,
Osgoode, and Greely

For more information or to register contact:
Lyn Rorke 613-692-4697 ext. 224



ROSSS
Rural Ottawa South Support Services



New ROSSS Staff Members

ROSSS is excited to extend a very warm welcome our newest team member, Ashley!

Ashley Bouwman, Coordinator – CSS, Adult Day Program & Friendly Visiting

My name is Ashley, I am the new coordinator of ADP and Friendly Visiting. I am a dedicated person, who has a passion for helping others and making a positive impact.

I enjoy being involved within the community and I am excited to embark on this new journey and contribute my skills to the ROSSS team. I am eager to build meaningful connections and make a difference in this organization.

Outside of work, I enjoy spending time with my family and friends, whether it be a weekend skiing or a day at the lake, I love being outside and in the sunshine with the people I care about.



FRIENDLY VISITING

Why Friendly Visiting?

Without the stimulation that social interaction and friendship provide, a socially isolated person can experience poor health, a lack of strength and energy, depression, and other physical, emotional, and mental health problems. Weekly visits from our friendly volunteers can change all that. Friendly Visiting is fun for both the volunteer and recipient!

How It Works

Volunteers visit with their friends for an hour or two each week. Some other activities that our volunteers enjoy with their friends include:

- ✓ A FRIENDLY CHAT OVER A MEAL
- ✓ READING ALOUD
- ✓ HELPING WITH LIGHT CHORES
- ✓ ANY OTHER ACTIVITY THAT FRIENDS ENJOY!

Interested in lending a hand? Head to the ROSSS website to fill out a volunteer application form and learn more about how you can help

Our Website
www.rosss.ca

CALL for VOLUNTEERS



PSW Day is May 19th!

Personal Support Workers play a vital role at ROSSS! Our PSWs are our frontline workers, providing compassionate, quality care to our clients. PSWs are incredibly important, especially given their role in providing hands-on care and support to vulnerable populations, including seniors & adults with disabilities.

Our PSWs have such a unique skillset: compassion, kindness, empathy, communication, problem-solving skills, adaptability & personal care knowledge.

ROSSS has PSWs in a variety of its programs including Adult Day Programs, HISH (High Intensity Supports at Home), Home Care (personal support), as well as Respite. Our PSWs are available 24 hours a day to ensure the proper care and services for our clients.

ROSSS PSWs cover a large catchment area: Ashton, Munster, Richmond, Osgoode, Metcalfe, Kemptville, Manotick, Greely, Vernon and Kenmore.

We would like to thank our PSWs for all their hard work, compassion, and dedication which are truly invaluable. Whether they're providing comfort, assistance, or emotional support, they make a huge difference in the lives of those they care for.

WHAT OUR CLIENTS ARE SAYING

"I couldn't do it without her!"

"They go above and beyond for us!"



"He's so awesome, so calm, and so helpful!"

"She's like family to us."

CATCHING UP WITH ROSSS

November, December, and January were dynamic months filled with festive community events and impactful fundraising efforts that deepened our connections with those we serve. From holiday celebrations to meaningful outreach initiatives, these months provided countless opportunities to engage with community members and spread warmth during the season.

HOLIDAY TRIVIA NIGHT



The ROSSS Holiday Trivia raised over \$6,000 and welcomed 185 guests for an evening of fun and fundraising!



LOCAL CHRISTMAS PARADES



ROSSS had the privilege of taking part in four Christmas parades this December. We marched in the Manotick, Richmond, Metcalfe, and Osgoode parades, spreading holiday cheer along the way!



HOLIDAY MEAL DELIVERIES

In partnership with Manotick Place Retirement Community and many volunteers we were able to deliver over 100 meals to seniors in need!



GREELY WINTER CARNIVAL



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 winter, we are deeply grateful for the opportunity to connect with such vibrant, active, and supportive communities. The warmth and encouragement we've received during this season inspire us to strengthen our commitment to improving the lives of those we serve. As we embrace this time of reflection and togetherness, take pride in knowing that your support has made a meaningful difference in your community. We look forward to continuing this journey, fostering connections, and creating a positive impact in the spring months ahead, wherever possible.

THANK
YOU

Spring 2025

2025 EVENTS



ROSSS
Rural Ottawa South Support Services

THE VILLAGE SINGERS & MANOTICK BRASS PRESENTS

THE MUSICALE WELCOME To The 60's

**WITH SPECIAL GUESTS
MACDONALD HIGHLAND DANCERS**

**MAY Saturday
3rd 2 PM / 7 PM**

**PARKWAY CHURCH
7275 PARKWAY ROAD,
GREELY \$25**

**TO PURCHASE TICKETS GO TO
WWW.ROSSS.CA
(TICKET SALES OPEN MARCH 1ST)**

WHAT IS RIDE FOR ROSSS?

Ride for ROSSS is an annual charity motorcycle ride that combines stunning scenery, great company, and an incredible cause. This four-hour journey takes you down through Johnstown along the breathtaking St. Lawrence River before looping back up through Kemptville.

More than just a ride, this event is a fundraiser for rural seniors and adults with disabilities, helping to provide vital services that keep them independent and connected to their communities.

After the ride, participants are treated to a delicious BBQ, live entertainment, and exciting raffle prizes—all with the added thrill of a classic poker run!

WHAT IS THE MUSICALE?

Step back in time and relive the unforgettable sounds of the 1960s at The Musicale!

Presented by The Village Singers, the Manotick Brass Ensemble, and the Macdonald Highland Dancers, this Broadway-style event invites you to experience the joy and nostalgia of an era filled with iconic music, lively dancing, and vibrant energy.

From Elvis Presley and Frank Sinatra to Motown and The Beatles, enjoy timeless classics that defined a generation.

Enjoy snacks and refreshments during intermission while you browse the raffle!

What could be better?



LAGOIS
DESIGN • BUILD • RENOVATE
Ottawa's Renovation Specialists

W.D. STINSON & SON LTD.

ROSSS
Rural Ottawa South Support Services

Rural Ottawa South Support Services PRESENTS

THE 4TH ANNUAL MOTORCYCLE RIDE FOR ROSSS

POKER RUN & BBQ

A Charity Motorcycle Ride in Support of Rural Seniors

June 21st 2025

- Meet at 8am at ROSSS (1096 Bridge Street, Manotick)
- Ride leaves at 9am

ALL RIDERS, ALL BIKES WELCOME

\$40 PER RIDER OR \$60 WITH AN ADDITIONAL RIDER
(includes swag bags, lunch and refreshments)

Just want to join for the BBQ? \$25

REGISTER AT WWW.ROSSS.CA (BEGINNING MARCH 1ST)



Volunteer Corner

The fresh bloom of spring is upon us, and the volunteers at ROSSS radiate warmth as bright as the sun after a long winter! Their big hearts and helping hands, so essential to the programs and services we provide, are always accompanied by cheerful smiles and a nurturing spirit.

Trevor recently started his volunteering role at ROSSS, and we're excited to highlight him and introduce him to you!

Trevor has been a fantastic addition to the ROSSS Volunteer Team! With his big heart and friendly spirit, he goes above and beyond—driving clients to and from appointments, sharing warm conversations, and brightening their day with his kindness. Whether he's offering a listening ear or a helping hand, Trevor makes every ride an enjoyable experience. We're so grateful to have him on the team!

MEET TREVOR!



I am Trevor Ward. I grew up in Scarborough and moved to Ottawa to go to Carleton University in the 80s. My wife Amber and I moved to Kars in the 90s and loved having our five children grow up here.

I love kayaking, fishing, hiking, golf (I get my money's worth on the course), renovating our century home tending our property, trips to our family cottage on Lake Simcoe and trips to Newfoundland to visit Amber's family.

I am a Software Architect and Developer, currently working for Temenos, an International Financial Software Company, three days a week and have my own Software Consulting business doing occasional consulting on my days off. I worked for McDonald's in the 70s and developed lifelong friendships and values there. While going to Carleton University in the 80s, I joined a startup called Indigo Software (renamed JetForm), where through amazing mentors, I learned the value of giving back to society via both donations and action.

As I had started to reduce my workload, I thought about how I could give back more to the community with some of my spare time. I started driving for ROSSS at the end of 2024, and honestly, it feels good to be volunteering, helping individuals stay in their homes a little longer and get to appointments a little easier. Every ROSSS staff member I have interacted with has been very helpful and appreciative. All my passengers have been wonderful, great to talk with, learning a bit about them, and all are so thankful for the service. I do say 'you are welcome' to them, but have to add, I love to do this as it is so enjoyable and uplifting.

Support Growth This Spring: Nurture Your Community with ROSSS

As the flowers bloom and the days grow longer, spring offers us a chance to embrace renewal, gratitude, and community. It's a time to reflect on how we can brighten the lives of those around us, especially our seniors and adults living with disabilities, who often face unique challenges.

At ROSSS, we're proud of the work we do year-round to help seniors and adults with disabilities stay connected to their communities with independence and dignity for as long as they can remain in their homes. Your support makes this possible, and spring is the perfect season to make a meaningful difference.

Did you know that studies show spring is an ideal time to engage with seniors? The warmer weather encourages outdoor activities and social connection, both of which are essential for mental and physical wellbeing. Your contributions can help us provide vital programs that foster these connections and bring joy to the most vulnerable members of our communities.

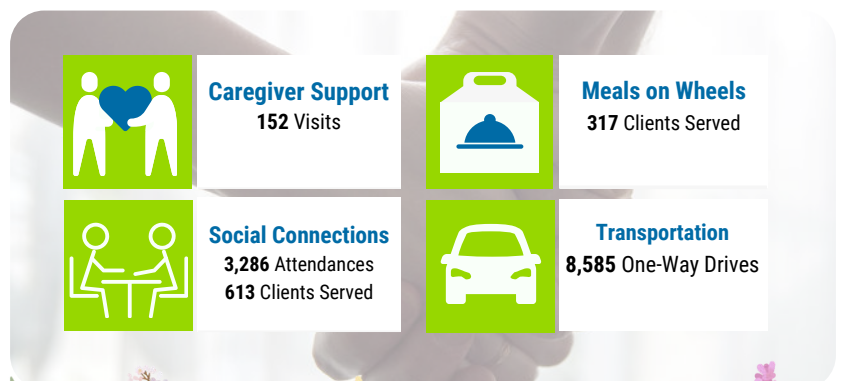
This spring, we invite you to make an impact. Whether it's supporting transportation services, meal programs, or social activities, every donation—no matter the size—helps create a brighter future for seniors in rural communities. Here's how you can help:

- 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 ext. 221 to make a donation over the phone.



Your generosity empowers us to continue making a meaningful difference. Thank you for supporting ROSSS and helping us nurture a thriving, inclusive community this spring and beyond. Together, we can make this season of renewal truly special for those who need it most.

How do YOUR donations help?



LGBTQ+



50+ RAINBOW COFFEE CLUB

Every First Wednesday Of The Month
10:00am to 11:30am

"Celebrating Community One Cup At A Time!"

The Good Companions
670 Albert Street
Ottawa, Ontario
(613) 236-0428

email: sgauthier@thegoodcompanions.ca
for details



March 8th



10:00am to 12:00pm

**Coffee Club
Table Tennis
Older and Bolder (women's meet up)**

1:00pm to 2:30pm

Dragon Boating workshop:

Experience the thrill of dragon boating—a fun, team-oriented water sport. All skill levels are welcome, connect, and make waves with the 2SLGBTQIA+ community!
(many connection opportunities beyond being on the water)

Registration is preferred in order to help with the preparations.
Please email sgauthier@thegoodcompanions.ca



2SLGBTQIA+ ADULT DAY PROGRAM



2SLGBTQIA+ ADULT DAY PROGRAM

JOIN US EVERY SECOND AND FOURTH SATURDAY OF THE MONTH, FROM 9:30 AM TO 2:30 PM.

FOR MORE INFO CONTACT PENNY:
PBODNOFF@THEGOODCOMPANIONS.CA

REACH OUT!

RAINBOW CONNECTIONS 50+
REDUCING ISOLATION IN THE 2SLGBTQIA+ COMMUNITY

RAINBOW CONNECTIONS

Don't be alone

670 ALBERT STREET, OTTAWA

More info:
sgauthier@thegoodcompanions.ca

HOSTED BY THE GOOD COMPANIONS

EVERY 3RD FRIDAY OF THE MONTH

OVER THE RAINBOW
CASH BAR, MEET AND GREET!

THIS IS OUR TIME!

670 ALBERT STREET, OTTAWA
7:00 PM - 10:00 PM
MORE INFO:
SGAUTHIER@THEGOODCOMPANIONS.CA

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

As we continue to navigate this cold and dark time of Wintering, we can bask in the sunlight of each longer day, embracing the promise of the Spring Equinox just two months away. Sunlight increases serotonin and a little bit of time in it makes a huge difference for our wellbeing. Sunlight also gives the land the energy that we need for grounding, and is why many of us escape from the northern hemisphere to spend time in a climate with lots of daylight. But let's not escape from the teachings of Winter. Rest and regeneration are an important part of our healing too. These lunar energies should be a welcome invitation for introspection and reflection on what needs to release and heal. Think of the seeds that you want to plant come spring. Those seeds must spend some time in the dark first.

Spring is when we as Indigenous people celebrate the New Year, and new beginnings. It holds the true promise of rebirth. Our seasons teach us that everything is cyclical in nature. The change of seasons shows us how to grow and evolve with the changing landscape around us. Nothing can remain the same, and we humans struggle when we can't control what's happening around us. At best, we can collaborate with the ebb and flow of life, and we can allow the pressures of everything to crack us open like the seeds we will plant come spring, to become better versions of ourselves.

What's happening around us, is a reflection of what is happening within us. We are all being squeezed, so that we remember what is at the core of us: our Spirits. A new consciousness needs to emerge. May we find faith during these uncertain times that our every effort towards peace and every spiritual practice towards harmony matters. We must choose love over hate, and unity over divide. This spring while we plant the seeds of food and medicines to nourish our bodies and minds, please also think of the metaphoric seeds needed for the rebirth of our spirits.

The warmer weather of spring will provide more opportunities to get our feet on the Land, so we can be better grounded. Of utmost importance is a daily practice where we aim to stay balanced; spiritually, physically, emotionally and mentally; within Self and with the world around us. As spring approaches, begin to think of what you need to do in order to feel this way, think this way, and behave this way. And know that it all starts with your beliefs: "We can only Be, what we give ourselves the power to Be." Sending you many blessings on this journey.
Misiwe Ni Wakoomahgunuk.

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



Spring Clean up is here!

MAY 7 TH, 2025

Students from St. Mark High School are ready and willing to provide assistance with your yardwork this spring!

They can provide help with:

- Raking leaves
- Tidying flower beds
- Removing weeds
- Moving patio furniture

Students will be dropped off at your residence for approximately 3-4 hours

Register by April 19th

Contact Lyn Rorke to Register

☎ 613-692-4697 x 224

✉ lyn.rorke@rosss.ca

***This is a
FREE service***





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 17th– April 28th, 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 224



The flyer features a background image of a person in a green shirt and orange pants working on a tree. The central logo for ROSSS (Rural Ottawa South Support Services) is a blue circle with a white house icon. Below the logo, the text 'HOME MAINTENANCE PROGRAM' is written in large, bold, white letters. To the left, a green box contains the heading 'EXAMPLES OF SPRING MAINTENANCE' and a list of tasks. To the right, a green circle contains a white arrow pointing right, followed by the text '\$34/hr with a 2h minimum (no maximum)'. Below this, a white box with a question mark icon is labeled 'Have Questions?'. Further right, contact information for Cindy Powell is listed, including a phone number, extension, email, and address. At the bottom, there is a small illustration of a person on a ladder and a row of tulips.

ROSSS
Rural Ottawa South Support Services

HOME MAINTENANCE PROGRAM

EXAMPLES OF SPRING MAINTENANCE

- Rake leaves and dispose of them
- Plant flowers and vegetables
- Clean gutters and downspouts
- Take out outdoor furniture
- Check and repair garden beds
- Clean and repair screens and windows
- Check outdoor faucets and sprinklers
- Inspect and repair walkways
- Test outdoor lighting
- Check and inspect fences and gates

Have Questions?

\$34/hr with a 2h minimum (no maximum)

Cindy Powell | 613-692-4697
Ext. 240
cindy.powell@rosss.ca
1096 Bridge St Manotick
ON K4M 1J2



The flyer features a background image of a field of red and yellow tulips. A white, rounded rectangular box is centered over the image, containing the text 'Spring ROSSS Office Closures' in a bold, blue font. Below this, the dates and names of the holidays are listed in a black font: 'Good Friday April 18', 'Easter Monday April 21', and 'Victoria Day May 19'.

Spring ROSSS Office Closures

Good Friday April 18
Easter Monday April 21
Victoria Day May 19

Spring Life

*As the receding snow and cool breezes begin to disappear
The drip-drip of icicles, from eaves can be heard on soggy ground
Skies of scuttling clouds become calmer, warmer winds are near
With the sun's rays touching and feeling their way around
Skeletal branches stretching so high, anticipating what's coming soon
Buds aplenty, will begin to adorn them, accumulating with every moon.*

*Little noses, twitching whiskers, detecting aromas in the air
All kinds of creatures stirring from slumber scurrying from burrows
and nests
Searching for nature's delicacies, in abundance everywhere
Exploring near and far, excitedly discovering new quests
Busy days ahead as they awaken from hibernation
Preparing for the next big task, the arrival of the next generation.*

*Easter is a time to gather, sharing time with those you hold dear
A time to feast, eat treats galore and hunt for treasures and eggs
Chocolate consumed in copious amounts, the perfect time of year
Kiddies excitedly searching, darting here and there, on little legs
A stroll through the woods, feeding birds on the wing
Listening to their melodic chirrups, the sounds are joyous as they sing.*

*Mother's Day gives those opportunities to thank the ones you call Mom
With flowers, a meal, especially the company she loves so much
Memories are shared, across all ages and the dates they stem from
A story told, a happy tale, a heart, it does still touch
This special day of the year fills the heart with happiness
Time, the best of gifts, we should expect no less.*

*Delight your senses with the new promises just around the corner
Flowering blooms beginning to emerge enhancing barren yards
A chipmunk entertains, unknowingly the performer
Squirrels playing hide and seek, magicians without the cards
However you embrace the season forget all troubles and strife
Step outside and immerse yourself in the wondrous spring life.*

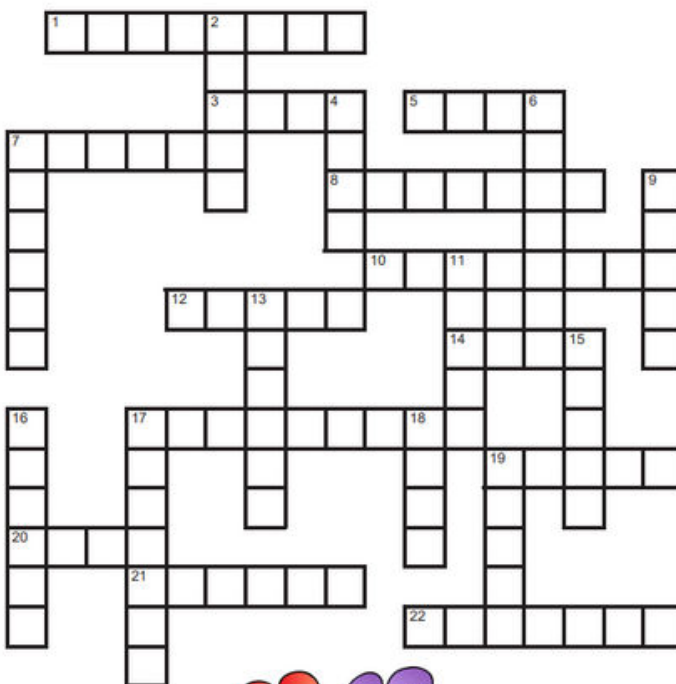
Spring is Here!

Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.

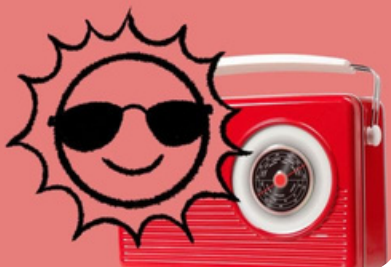


Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter, Eggs, Grass, Green, Hatch, Ladybug, Leaf, Nest, Picnic, Puddle, Rainbow, Showers, Spring, Sunshine, Thaw, Tulip, Umbrella, Worm

It's allergy season again?! You've got to be pollen my leg.



How does the sun listen to music?
On the ray-dio.



Which bird should you never let into a jewelry store?
A robin.



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 _____

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