

At Home with ROSSS

www.rosss.ca

Winter 2025



ROSSS
Rural Ottawa South Support Services



Winter Greetings from the Executive Director

Winter has arrived, wrapping our community in crisp air, bright snow, and a season of reflection, togetherness, and generosity at ROSSS.

As the days grow shorter and temperatures fall, we are especially grateful for the donors and community partners who support our seniors and adults with disabilities through the winter months. Your kindness brings warmth, safety, and comfort to those who need it most, and we truly could not do it without you.

This season, we are keeping spirits bright with opportunities that help our community stay active, connected, and supported all winter long.

Our Winter Social Gatherings offer clients a welcoming place to enjoy hot drinks, meaningful conversation, and uplifting activities. It is a warm and cheerful break from the cold weather outside.

We continue to provide Home Support throughout the winter months. This ensures clients have the practical assistance and friendly help they need to stay comfortable and well at home throughout the season.

And mark your calendars.

Save the Date: St. Patrick's Trivia Night on March 12th

We are already getting ready for a fun and festive evening filled with friendly competition, laughter, and community spirit. More details will be shared soon.

Thank you for being part of the ROSSS community. Your support keeps our clients connected, especially during winter when acts of kindness shine even brighter. Together, we are creating a season filled with warmth, care, and meaningful moments.

Warm regards,

Kelly Dumas

Executive Director, ROSSS

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
Operations and Finance			
Senior Manager, Operations	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
Home Care Services			
Senior Manager, Home Care Services	Laura Paas	laura.paas@rosss.ca	ext. 253
Coordinator, Home Care Services	Mackenzie Ellis	mackenzie.ellis@rosss.ca	ext. 238
Coordinator, Home Care Services	Tina Brohart	tina.brohart@rosss.ca	ext. 237
Client and Caregiver Services			
Senior Manager, Client and Caregiver Services	Jeanne Pronovost	jeanne.pronovost@rosss.ca	ext. 223
Client and Caregiver Liaison	Cindy Powell	cindy.powell@rosss.ca	ext. 240
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
Coordinator, Food Security Programs	Cathy Beckwith	cathy.beckwith@rosss.ca	ext. 241
Transportation Scheduler	Owen Connor	owen.connor@rosss.ca	ext. 230
Assistant, Community Support Services	Marianna Santana-Facchi	marianna.santana-facchi@rosss.ca	ext. 227
Volunteers and Community Engagement			
Coordinator, Volunteers and Community Engagement	Alicia Dorey	alicia.dorey@rosss.ca	ext. 236
Fundraising and Outreach			
Manager, Fund Development	Melissa MacIsaac	melissa.macisaac@rosss.ca	ext. 236
A Friendly Voice			
Manager, A Friendly Voice and Friendly Visiting	France Connor	france.connor@rosss.ca	ext. 235

Winter Program Calendar

Winter 2025

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

Pickleball, 12:30pm-3:00pm (2 Groups)

Greely Community Center, 1448 Meadow Dr

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



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

Men's Mugs 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 - Kenmore

Note: Registration is required

Pickleball, 1:30pm-3:30pm

Greely Community Center, 1148 Meadow Dr

NOTE: Registration is required for each session.

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

Call for details on registration and location.

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

Pickleball, 12:30pm-3:00pm (2 Groups)

Greely Community Center, 1148 Meadow Dr

NOTE: Registration is required for each session

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

1st Friday of the month

Hyfield Place, 5581 Doctor Leach Drive

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.

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, Coffee & Cards

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.

Ladies Tea Talk

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



ROSSS
Rural Ottawa South Support Services

**Ages
55+**

SADDLE UP! IT'S LINE DANCING TIME WITH CAROL-ANN BOURDEAU

**Join us at the Greely Community
Centre, 1448 Meadow Drive**

Friday, January 30th, 2026

11:00am-12:00pm

Cost is \$10



**Please call Lyn Rorke at
613-692-4697 ext 224
or email at lyn.rorke@rosss.ca to register**

DENTISTRY @ MANOTICK

BIG

BINGO



ROSSS
Rural Ottawa South Support Services

**\$6
Admission**

NEXT

dates

**DEC 15TH - MANOTICK
JAN 19TH - METCALFE
FEB 23RD - RICHMOND
MARCH 23RD - MANOTICK**



12:30-2:30PM



Contact Lyn for location

Test your luck and have fun with your friends while playing bingo and winning great prizes!

Registration is required due to capacity. Call or email Lyn Rorke at

lyn.rorke@rosss.ca (613) 692-4697 x 224

CATCHING UP WITH ROSS

September, October, and November have been 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 an incredible \$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, Lifelong Financial, Spectrum Health, and Prince of Wales Manor — 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 Second 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!

HALLOWEEN TRIVIA



Our Halloween Trivia Night was a frightfully fun evening filled with laughter, costumes, and friendly competition! We are so grateful to everyone who joined in the spirit of the night. A huge thank you to RONA Manotick, Lollies and Scoops, Councillor David Brown, and so many others whose support helped make the event such a success. We had an amazing time and can't wait for next year!

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

Looking for something to brighten the winter days?

Our Great Social Luncheon Program is a warm, welcoming way to stay engaged and have fun!



The Great Social Luncheon

MORE OF ALL YOUR FAVOURITE THINGS!



MORE entertainment!

MORE chances to win prizes!

MORE gifts from local businesses!



🕒 12:00 PM - 2:00 PM

NOV 5TH 📍 OSGOODE LEGION
DEC 3RD 📍 RICHMOND, ST. JOHNS HALL
JAN 7TH 📍 KARS RA
FEB 4TH 📍 GREELY COMMUNITY CENTRE

Homemade
lunch, music
and games

All for **\$18**

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



Volunteer Corner

As the snow begins to fall and the days grow colder, the volunteers at ROSSS continue to shine with heartwarming dedication. Their kindness and support bring light and warmth to our community, no matter the season.

We are proud to highlight Alenka, who has generously volunteered with ROSSS for almost a decade. Her commitment and compassion have made a meaningful impact, and we're delighted to introduce her to you.

Over the past 10 years Alenka has contributed close to 1,000 hours of her time and heart. She volunteers with our Adult Day Program, and connections programs where her warmth, kindness, and steady presence bring joy and comfort to clients each visit.

We are so grateful for the meaningful impact she continues to make. Thank you, Alenka, for your commitment and the care you share with our community, ROSSS is brighter because of you!

MEET ALENKA!



I knew that once I retired I wanted to do volunteer work in and around Metcalfe and that's when I discovered ROSSS. I'm one of the "kitchen ladies" for the Adult Day Program and Metcalfe breakfasts. I enjoy the work, meeting and interacting with the clients and of course working with the other volunteers and ROSSS staff. I find the work interesting, fulfilling and very satisfying.



Join Our Team

Volunteer Drivers Needed!

Be a Part of Our Growing Family



To apply fill out an application at :
www.rosss.ca/volunteer



For questions reach out to
alicia.dorey@rosss.ca



ROSSS
Rural Ottawa South Support Services



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. 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...



Library Programs

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



Metcalfe Library

Contact the branch for their winter schedule.



Richmond Library

Mystery Book Club – If you are a mystery lover then join us each month for discussions on mystery novels! Come meet fellow mystery enthusiasts as we chat about the pre-selected book. Just pick up a copy at the branch.
Tuesdays, Sep 02, 2025 – Dec 02, 2025 (2:00 pm)



North Gower Library

Contact the branch for their winter schedule.



Manotick Library

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

Book Club– This drop-in program meets every second Wednesday at 3 pm until December 10th, 2025.

ISABELLE COUNCILLOR
SKALSKI CONSEILLÈRE

OSGOODE WARD - QUARTIER OSGOODE

 www.OsgoodeWard.ca  613.580.2490
 Isabelle.skalski@ottawa.ca  @IsabelleSkalski



CAREGIVER SUPPORT GROUP

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.



FOR MORE INFORMATION

Jeanne Pronovost

📞 613-692-4697 ext. 223

✉️ jeanne.pronovost@rosss.ca

**DID
YOU
KNOW?**



ROSSS
Rural Ottawa South Support Services

\$34/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





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 16 - April 27, 2026.

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



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, 29, 30, 31

January 1, 2

February 16



It's the Most Wonderful Time.....

....of the Year, so the saying goes.

*Those who like the winter and every time it snows
Others prefer a balmy setting, no frigid climes
But can't deny the season's beauty, bringing on good times*

*A soft white blanket engulfs everything in silence
Trees wearing a chilly coat becoming sentinel giants
One day a garden of bushes, the next a marshmallow parade
Displaying finery, so splendid, uniquely nature made*

*Forest and garden wildlife, well prepared for the months ahead
Snuggling, warm and cozy in their intricate abodes, well fed
Food stores brimming over, keeping them well sated
Whilst falling flakes pile up outside, often unabated*

*The holidays are approaching, celebrate them as you will
Decorating your surroundings, everyone's unrecognized skill
Traditions abound, passed down through many years
Generations gather as the festive timeframe nears*

*Light the fire, relish hot chocolate, make time to unwind
Anticipate the coming joy, leave all woes behind
Tree lights twinkling, so pretty, sparkly and bright
Provide the evenings viewing...and to all a goodnight.*

*Auld Lang Syne and the peal of bells
Herald a new year, amid cheers and yells
Welcome the fresh start, remember the old
Celebrate and make memories to be passed on and retold*

Christmas

Word Search



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

Word List:

Angel	Sleigh
Gift	Snowman
Eggnog	Spirit
Elves	Star
Family	Stocking
Frosty	Tidings
Fruitcake	Wreath
Christmas	
Greetings	
Manger	
Nativity	
Presents	
Reindeer	



**How much did
Santa pay for his
sleigh?**

Nothing. It was on
the house.



**What's a snowman's
favorite food?**

Chili!



**How did the
snowman pay for
his groceries?**

With cold cash.

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