

At Home with ROSSS

www.rosss.ca

Spring 2026



ROSSS
Rural Ottawa South Support Services



Spring Greetings from the Executive Director

As spring arrives, our community is beginning to stretch into longer days, brighter mornings, and a renewed sense of connection at ROSSS.

With the change of season comes fresh energy, and we are deeply grateful for the donors and community partners who continue to support seniors and adults with disabilities in our rural communities. Your generosity helps ensure that no one feels isolated as we move into this vibrant time of year.

This spring, we're offering meaningful ways for our community to stay social, nourished, and connected. Our Great Social Luncheons continue to bring people together around the table to enjoy good food, friendly conversation, and a welcoming atmosphere. Our Breakfast Programs also remain a valued part of our services, providing a warm, reliable start to the day along with opportunities for connection and routine.

And of course, our fan favourite Trivia Night is back, adding a little extra fun to the season. Join us on March 12th for our St. Patrick's Day Trivia Night, an evening filled with laughter, friendly competition, and community spirit.

We're also excited to share that the Spring Musicale is back this year, presented by the Village Singers and the Manotick Brass, and featuring a lively Welcome to the 60's theme. This much loved event promises toe tapping tunes, great company, and another wonderful opportunity to come together through music.

As we head into the spring months, thank you for being part of the ROSSS community. Your continued support helps create moments of connection, care, and joy, making this season brighter for everyone we serve.

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			
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
Home Care Services			
Lead, Clinical Care Planning	Laura Paas	laura.paas@rosss.ca	ext. 253
Coordinator, Home Care Services	Tina Brohart	tina.brohart@rosss.ca	ext. 237
Coordinator, Home Care Services	Mackenzie Ellis	mackenzie.ellis@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
Coordinator, Food Security Programs	Cathy Beckwith	cathy.beckwith@rosss.ca	ext. 226
Transportation Scheduler	Owen Connor	owen.connor@rosss.ca	ext. 230
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. 241
A Friendly Voice			
Manager, A Friendly Voice and Friendly Visiting	France Connor	france.connor@rosss.ca	ext. 235

Spring Program Calendar

Spring 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

Pickleball, 12:30-2pm/2:00-3:30pm (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

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

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

Greely Community Center, 1148 Meadow Dr

NOTE: Registration is required for each session

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.

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.

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!



Spring Clean up is here!

Tuesday, MAY 5TH, 2026

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 13th

Contact Lyn Rorke to Register

 613-692-4697 x 224

 lyn.rorke@rosss.ca

***This is a
FREE service***



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 MUSICALE 🎵



Our first-ever Holiday Musicale was truly one for the books. With our largest audience to date, the evening exceeded all expectations and filled the room with festive spirit and community pride. Performances by The Village Singers, Manotick Brass, and the MacDonald Highland Dancers brought incredible energy, talent, and joy to the stage.



It was a heartwarming celebration of the season and a beautiful reminder of the power of music and dance to bring our community together!

LOCAL CHRISTMAS PARADES 🎅



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

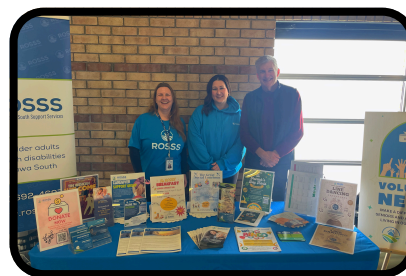


HOLIDAY MEAL DELIVERIES 🍽️

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, keeping you informed about the latest updates with ROSSS, and we extend a sincere thank you to MP Bruce Fanjoy for stopping by to chat about upcoming events.

As we head into the spring months, a season of renewal and new beginnings, staying connected and caring for one another continues to be at the heart of what we do. Your ongoing support brings warmth, hope, and meaningful impact to the lives of those we serve.

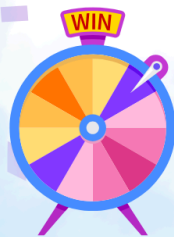
Thank you for being such an important part of our community. We're excited to continue this meaningful work together in the months ahead.

THANK you

Looking for something to add a little spring to your step?

Our Great Social Luncheon Program is a welcoming way to connect, and enjoy good company!

The Great Social Luncheon



JOIN US FOR:

» fun entertainment!

» chances to win door prizes!

» homemade lunch prepared by our volunteers!

» great conversation with your neighbors

 And as a bonus, we will have raffle prizes up for grabs with the purchase of tickets

 **12:00 PM - 2:00 PM**

→ FEB 4TH
→ MARCH 4TH
→ APRIL 1ST
→ MAY 6TH

📍 GREELY COMMUNITY CENTRE
📍 OSGOODE LEGION
📍 RICHMOND ST. JOHN'S HALL
📍 KARS RA

**ALL FOR
\$18**



REGISTRATION REQUIRED
CALL 613-692-4697 EXT. 224



ROSSS
Rural Ottawa South Support Services



The ROSSS **BREAKFAST**

MANOTICK LEGION 9AM

Mondays : March 9th, April 13th, May 11th

KENMORE COMMUNITY HALL 9AM

Fridays : March 27th, April 24th, May 22nd



**Coffee/Tea
Juice
Full Breakfast
Door Prizes
Great Conversation**



FOR DETAILS AND TO REGISTER
CALL
LYN RORKE
613-692-4697 EXT 224



ROSSS
Rural Ottawa South Support Services

**ALL FOR
\$14!**



ROSSS
Rural Ottawa South Support Services

**THE VILLAGE SINGERS & MANOTICK BRASS
PRESENTS**

THE MUSICALE WELCOME *To The* 60's

MAY Saturday
2nd  **2:00 PM**

PARKWAY CHURCH
7275 PARKWAY ROAD,
GREELY  **\$30**

CHILDREN UNDER 12 \$15

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



New ROSSS Staff Members

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

Owen Connor, Transportation Services

We're excited to share that we have a new Transportation Scheduler and it's a familiar face!

Although he's new to the role, he's been part of ROSSS since Grade 10. He started at reception after school, answering calls and booking drive requests, and if you called in back then, there's a good chance he was the friendly voice on the other end. Over the years, he also helped with client surveys and supported the transportation department during several summers, booking rides and making confirmation calls.

His behind the scenes experience and long history with ROSSS make this a natural next step. We're so glad to see him step into this role. Be sure to say hello when you see him!



LOOKING FOR VOLUNTEER OPPORTUNITIES?

FRIENDLY VISITING

What is Friendly Visiting?

Without the boost that social interaction and friendship offers, someone who is socially isolated may face poor health, diminished strength and energy, depression, and various physical, emotional, and mental health issues. Weekly visits from our cheerful volunteers can make a significant difference. Friendly Visiting brings joy to both the volunteer and the recipient!

How It Works

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

- ✓ A FRIENDLY CHAT OVER A MEAL
- ✓ READING ALOUD
- ✓ HELPING WITH LIGHT CHORES
- ✓ PLAYING CARDS OR GAMES

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



ROSSS
Rural Ottawa South Support Services

**VOLUNTEERS
NEEDED!**



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



Volunteer Corner

As the snow melts and the first signs of spring begin to appear, the volunteers at ROSSS continue to bring energy, kindness, and connection to our community. Their dedication helps our programs grow and thrive, just like the season around us.

This spring, we are proud to highlight Peter and Sharon, who have been devoted ROSSS volunteers for nearly 30 years. Their longstanding commitment has touched countless lives, and you will most often find them supporting our Connection Programs, where their warmth, reliability, and friendly presence help create welcoming spaces for everyone who attends.

We are so grateful for the meaningful impact they continue to make. Thank you, Peter and Sharon, for your incredible dedication. ROSSS is brighter because of you!

MEET PETER & SHARON

We've absolutely enjoyed being volunteers for ROSSS for over 2 decades in various roles. We learned a long time ago that people are far more important than things in this world and ROSSS has given us the opportunity to make a positive impact in people's lives.

Currently we serve at the Luncheon and Breakfast programs—cooking, making coffee, and serving food to a variety of seniors and people with special needs.

It's great to be working with the ROSSS staff, who we find are all very caring for and committed to their clients. Collectively we are making an uplifting difference in the clients' lives.



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 well-being. Your contributions can help us provide vital programs that foster these connections and bring joy to the most vulnerable members of our communities.

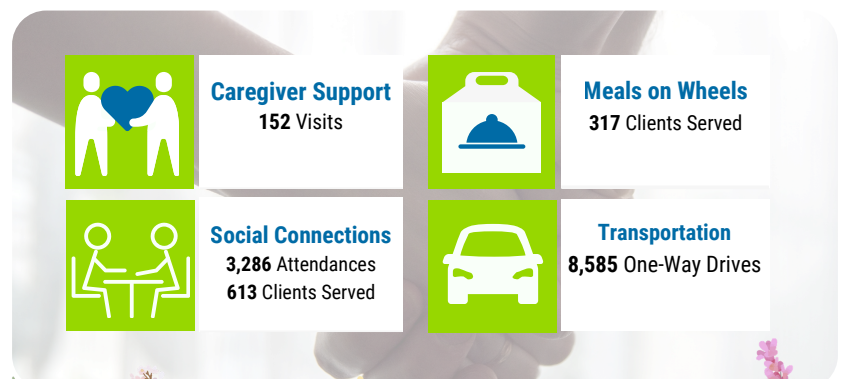
This spring, we invite you to make an impact. Whether it's supporting transportation services, meal programs, or social activities, every donation—no matter the size—helps create a brighter future for seniors in rural communities. Here's how you can help:

- 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?



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. January's book pick is 'His & Hers' by Alice Feeney. Copies are available to borrow from the Metcalfe branch service desk.

Jan 29, 2026 – Jun 25, 2026 (2:00pm)



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, Feb 03, 2026 – May 05, 2026 (2:00 pm)



North Gower Library

Contact the branch for their Spring schedule.



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, Feb 12, 2026 – Dec 10, 2026 (11:00 am)

Book Club– Share the enjoyment of good books in a relaxed atmosphere in person, in the afternoon. This group meets every second Wednesday of the month (September to June). Contact branch for the book selection.

Wednesdays, Feb 11, 2026 – Jun 10, 2026 (3:00 pm)

French Conversation Group – Join our French conversation group to practice speaking in French in a relaxed and friendly environment. Wednesdays, Feb 04, 2026 – Jun 24, 2026 (7:00 pm)

Mahjong – Join fellow mahjong players for a friendly game in a congenial environment. Program runs every second Thursday. Thursdays, Feb 05, 2026 – Jun 25, 2026 (10:15 am)



Spring 2026



ROSSS
Rural Ottawa South Support Services

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.

**SPOTS
AVAILABLE**



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

**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

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

Have Questions?

Cindy Powell | 613-692-4697

Ext. 240

cindy.powell@rosss.ca

1096 Bridge St Manotick

ON K4M 1J2

Spring ROSSS Office Closures

Good Friday – April 3

Easter Monday – April 6

Victoria Day – May 18

Join the ROSSS Team!

JOIN OUR TEAM

PERSONAL SUPPORT WORKERS

We are currently recruiting for positions in Kemptville, Metcalfe, and Russell.

APPLY NOW

jeanne.pronovost@rosss.ca

Make the difference in a senior's day!



ROSSS
Rural Ottawa South Support Services



We're Hiring!



ROSSS
Rural Ottawa South Support Services

Join our Team!

Casual Home Support Worker

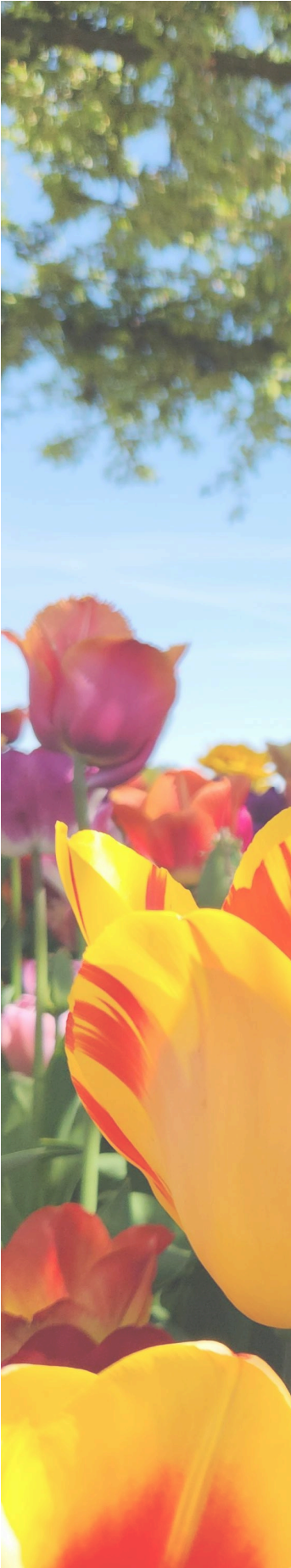
Make a difference in a senior's day!

Manotick, Richmond,
Osgoode, Metcalfe, and
surrounding area.

APPLY NOW

jeanne.pronovost@rosss.ca





Spring Delights

*Shadows begin to lengthen, as do the days ahead
More temperate climes embrace us, frigid winds have fled
Awakening to birdsong, our alarm call for each morn
Reminding of a new season, Spring has been reborn*

*Snow recedes, grass appears, buds do start to sprout
As nature's blooms unfurl, their beauty never in doubt
Bees are buzzing busily, on this we do depend
For fruits and veg to nourish, these precious insects are our friend*

*St. Patrick's Day is a date which many like to view
As an excuse to dress in green, to eat and drink it too!
To gather for an evening of Trivia, if you are so inclined
A test of knowledge and memory, a fun time to laugh and unwind*

*Hot cross buns, bunnies and chicks, chocolate in abundance
Herald Easter, the perfect time for family feasts and indulgence
Daffodils and tulips carpet the previously barren spaces
Outside, a stunning canvas, indoors filling pretty vases*

*Another day on the calendar is Mother's Day in May
A chance to visit or chat, a little time to portray
How special a person they are to you, with a card or sweet invite
To share with them breakfast or lunch and the many Spring delights*

SPRING TIME

Spring 2026



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

rejuvenating
refreshing
springtime
awakening
sprouting
blossoms
chirping
colorful
fragrant
heavenly
relaxing
renewing
sunshine
bouquet
flowers
growing
newborn
abloom
blooms
breeze
grassy
picnic
spring
April
fresh
green
rainy
sunny
kite
May



**What goes up when
the rain comes
down?**

Umbrellas.

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



**What kind of shoes
do frogs wear when
spring comes?**

Open-toad.

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