

Fall  
2018

# REPORT THIRTY-ONE

PUBLISHED BY RTO/ERO DISTRICT 31 WELLINGTON

## President's Message

Richard Goodbrand



I hope that everyone had a great summer (thus far). I hope that we are all enjoying the vibrant greens and wonderful, colourful flowers thanks to all the moisture and warm sunny weather we are having. I also hope that you are able to, and are enjoying the wonderfully fresh fruit and vegetables whether from your own gardens or from nearby Farmers' Markets.

Please keep Thursday, October 25 available to attend our terrific Arts & Craft Show starting at 10 AM followed by our Annual Meeting at 11:15, lunch at 12, and prizes and entertainment at 1. All of this is at the Centre Wellington Sportsplex. This is also one of our opportunities to welcome our new members. At our Annual Meeting you will have the opportunity to select the District Executive. If you are interested in serving on the District Executive, please contact Brenda McGinnis, Past President, or Marina Howlett, Pension Committee Chair. You will also have an opportunity to hear Gayle Manley, the Provincial Liaison from the Board of Directors and Chair of the Benefits Committee (formerly Health Services Insurance Committee). We are also looking forward to our entertainment — Royal City Musical Productions Inc (RCMPI) — who are also celebrating an anniversary this year. You will find the information including registration later in the newsletter.

I am pleased to announce that the following students have been selected to receive our District 31 – Wellington – Scholarships (\$400 each):

Derek Lilley – College Heights SS, Sarah MacIsaac – John F. Ross CVI, and Justin Glasier — St. James CHS.

Thank you to those who donate to our District 31 – Wellington – Scholarship Fund. You can donate to this worthy cause by sending cheques and your contact in-

formation to Mike Curtis, RTO/ERO District 31 Treasurer. Mike Curtis, 9450 Copeland Path, RR # 2 Erin, ON N0B 1T0. Tel: 905-877-4134. Income tax receipts are distributed through the Upper Grand Learning Foundation.

Thank you also to those who continue to contribute to the RTO/ERO Foundation through regular monthly contributions or one time 'In Memory' or 'In Honour' contributions. For those who need more information, please contact 416-962-9463 ext. 245, 1-800-361-9888 or by email [foundation@rto-ero.org](mailto:foundation@rto-ero.org)

You can access the information online by going to [rto-ero.org](http://rto-ero.org) and then clicking on 'RTO/ERO Foundation'. The Foundation continues to do great work supporting programs and people who focus on improving the quality of life of all seniors.



Do you have a daughter or son, grandson or grand daughter, niece/nephew, or other family member who is entering their last year of a post secondary program at an educational institute whose credentials are recognized in Canada? Would a scholarship of \$1500 help? Check out our The Retired Teachers of Ontario website [rto-ero.org](http://rto-ero.org), click Programs & Services and select Scholarship Program from menu on left.

Enjoy learning about the many great things going on in our District as you read the articles in our newsletter.



## Political Advocacy

Brenda McGinnis



Our Provincial Executive, Political Advocacy Committee, and individual RTO/ERO members continue to be very active political advocates.

Retired Teachers of Ontario and the National Association of Federal Retirees have partnered to present Vibrant Voices, a community-based advocacy campaign to influence political action for Ontario's seniors. While the group has identified a number of issues, it is currently focusing on three as it meets with Provincial MPP's. The three key issues are Age-Friendly Communities, Geriatric Training, and Elder Abuse. Age-Friendly Communities advocate for structures and services that promote access, civic engagement and overall quality of life for older residents. Geriatric Training speaks to the need for more geriatric training because Canada is falling behind in recognizing and preparing its health and social care professionals to meet the growing need for geriatric expertise. Elder Abuse is also a very important issue because there are between 40,000 and 200,000 seniors living in Ontario who have experienced or are experiencing elder abuse. While we have had an Ontario Ministry for Seniors for some time now, it is very encouraging to note that the Federal Government has recently created a Ministry of Seniors and has appointed Filomena Tassi as its new Minister. It is also very encouraging to note that Prime Minister Trudeau's Mandate Letter to the Ministry focuses on 6 of the 7 issues identified by our Provincial Political Advocacy Committee.

In addition to the three key issues noted above, our organization is also interested in promoting clean water supplies and protecting the environment. A number of our members have been very active locally in initiatives designed to do just that. Recently a concerned citizens' group in Guelph Eramosa Township teamed up with Council of Canadians Guelph Chapter to fight a proposed floating glass plant that required a minimum of 560 million litres of water each year from the aquifer for its production process. Wellington Water Watchers provided advice and assistance to this citizens' group as it distributed information to local residents and made very persuasive arguments about the impacts this company would have on our water and our environment to the township council. The township council upheld its bylaws and the company chose not to appeal the decision. This outcome was a great victory for our members who belong to these groups and who worked so hard to achieve this result. Above all, this was a great victory for our environment, not to mention an example of political advocacy at its best.

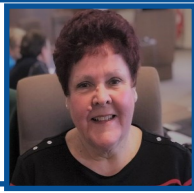
A number of our RTO/ERO members are also involved in the Concerned Residents' Coalition, a community group formed in March 2013, which opposes the approval of the Hidden Quarry mine which has been proposed for the 100 acre property at the North East Corner of Highway 7 and the 6th line Eramosa. If mined, the quarry would blast 23 metres below the water table in the Paris Galt Moraine and into an important water recharge area. Issues of pollution and impacts on private and municipal wells are among the potential negative impacts. The Coalition has an excellent website at [sg.crockwood.org](http://sg.crockwood.org) which provides detailed information about this issue and ways in which concerned people can become involved. This group must be congratulated for continuing to work so hard for so long in trying to prevent this mine. Every year, the group has a fundraiser to raise money to support their work. As soon as this year's event is announced, we will post it on our website.

The 2018 municipal elections in Ontario will be held on October 22. Voters will elect mayors, councillors, school board trustees and other officials. Local government plays such a significant role in our lives. It is responsible for, among other things, police and fire services, garbage collection, recycling programs, bus services, roadway construction and maintenance, zoning, local sewage systems, water treatment, libraries, social assistance programs, parks and green spaces, local art and cultural programs and facilities and property taxes. It was the by-laws of a municipal government that prevented the floating glass company from being built. Election time is a great time to get our issues heard and debated. As always, RTO/ERO encourages members to become aware of the issues, to attend debates and raise issues, to work on campaigns, and to vote. Elections provide all of us with opportunities to become political activists.



## Goodwill

### Joyce Barnes



“We need more kindness, more compassion, more joy, and more laughter. I definitely want to contribute to that.” Quoted by Ellen DeGeneres

RTO District 31 Goodwill Committee endeavours to contribute to these acts on your behalf, by sending birthday cards, sympathy cards, get well wishes or celebrations of special life events. Flowers are also sent for milestone birthdays of 90, 95 and 100 plus.

We welcome our new members who have recently retired and wish them enjoyable days of rest and relaxation after their many years in education and countless acts of kindness.

Please help us by contacting any of the members of the District 31 Goodwill Committee listed below. We may also be contacted at the District 31 website:

[www.rto31.org](http://www.rto31.org)

A reminder that Birthday cards for our members who are 80 plus will be sent at the beginning of the birthday month due to the Privacy Act. Please contact RTO Provincial Office at 800-361-9888 if you change your address so our Goodwill records are up to date.

Arthur, Mount Forest, Harriston  
Joyce Barnes 519-848-2351

[joyce.barnes@sympatico.ca](mailto:joyce.barnes@sympatico.ca)

Drayton, Moorefield, Palmerston  
Jean Brodhaecker 519-638-2291

[darje@bell.net](mailto:darje@bell.net)

Elora, Fergus, Salem, Alma  
Marg Hall 519-846-5235

[margcarl.hall@gmail.com](mailto:margcarl.hall@gmail.com)

Rockwood, Hillsburgh, Erin  
Marina Howlett 519-836-8585

[marina.howlett@sympatico.ca](mailto:marina.howlett@sympatico.ca)

Guelph  
Brenda McGinnis 519-824-5263

[dmcginc602@rogers.com](mailto:dmcginc602@rogers.com)

Nancy Baker 519-822-6653

[nancyida@sympatico.ca](mailto:nancyida@sympatico.ca)

Mary Hermann 519-821-3892

[maryhermann@rogers.com](mailto:maryhermann@rogers.com)

Share some kindness, compassion, joy and laughter, each and every day.

## In Memoriam

Endless  
Memories

Each life is a miracle that changes the world. We remember and honour the lives of our departed colleagues and friends.

Since our last newsletter, we have had to say goodbye to the following members:

Valerie Bannert  
Gordon Bowie  
William Cherry  
Rosita Lugosi  
Bernard MacPhee  
Terrence Simpson  
Shirley Smith

Kathryn Bolger  
Robert Burrows  
Thelma Horne  
Sylvia Long  
Albert Paterson  
Nancy Sinclair



## Something to Shout About



District 31 is blessed with many talented and creative members who are engaged in many interesting and exciting activities. We continue to feature some of these achievements in our newsletters. Please let our executive know about any of our members who are involved in interesting adventures or who have received awards or special recognition for their work. We would like to acknowledge and celebrate and support the accomplishments and endeavours of our members.

**Marion and Ken Kasha** celebrated their 60th Wedding Anniversary in August. Congratulations and Best wishes!

**Elizabeth McTague-Fleming** received an Ontario Volunteer Service Award for 25 years of service to St. Joseph's Health Centre.

**Wyonna Peppler** received an Ontario Volunteer Service Award for 15 years of service to St. Joseph's Health Centre.

**Joanne Guidoccio** published her third book in the Gilda Greco Mystery series, A Different Kind of Reunion.

**Richard Goodbrand** was elected to Provincial RTO/ERO Board of Directors.

**Stephen O'Connell** has a role in Royal City Musical Productions INC production of *Annie* this fall.



## Theatre Opportunities

Pam Niesiobedzki



Most theatre groups have their full play subscriptions available until the beginning of October. This is an excellent opportunity to obtain quality entertainment at bargain basement prices. Also matinees can be a wonderful way to enjoy those brisk cool days and of course there are some wonderful live theatre productions to take your grandchildren along to.

Performances in Guelph, Northern Area, Eastern, and Erin area are listed on the RTO/ERO District 31 website

### CHANGE OF ADDRESS OR STATUS

It is imperative that, if you have changed:

Address (postal or email)

Phone number

Status

Please contact

OTPPB 5650 Yonge Street, Toronto M2M 4H5 or

1-800-668-0105 and

RTO/ERO: [membership@rto-ero.org](mailto:membership@rto-ero.org)

Mary Gittins at [marygittins@sympatico.ca](mailto:marygittins@sympatico.ca)

To create the label database for the printer to send out the newsletter, the provincial office sends a monthly change list of member's addresses. These changes must be made to that database manually. Every attempt is made to ensure that this information is up to date and correct.

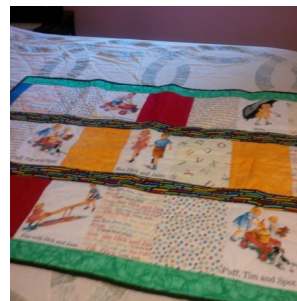
Please let me, Mary Gittins, know if there are any errors or omissions.



### The Little Boy and Old Man

Said the little boy, Sometimes I drop my spoon.  
Said the little old man, I do that too.  
The little boy whispered, I wet my pants.  
I do too, laughed the old man.  
Said the little boy, I often cry.  
The old man nodded. So do I.  
But worst of all, said the boy,  
it seems Grown-ups don't pay attention to me.  
And he felt the warmth of a wrinkled old hand.  
I know what you mean, said the little old man.

- Shel Silverstein



**Draw for Lap  
Quilts (proceeds  
will go to local  
community**

**Christmas chri-  
ties)**

Beautiful lap quilts  
featuring pages from  
the vintage readers

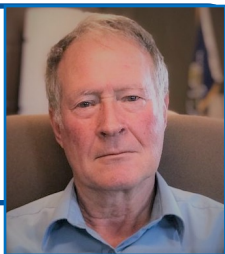
"Dick and Jane"

These beauties  
will be up for  
grabs at our Fall  
Luncheon



# Financial Report

Mike Curtis



## RTO District 31 Financial Report August 27, 2018

### Income

Annual Rebate	19 225.97
RPW	2 684.16
Refund 2017 Fall meeting	150.00
Spring Luncheons	1 500.00
Bank Error	.30
Prov. 50th rebate	2 038.84
<b>Total</b>	<b>25 599.27</b>

### Expenses

Goodwill	912.43
Service to others	2 751.00
RPW	2 796.55
Executive	20.45
District	4 400.16
Senate	72.00
Newsletter	4 993.67
Office Expenses	469.10
Transportation	386.40
RTO Foundation	100.00
Scholarship (Justin Glasier)	400.00
Special Olympics	250.00
Canadian Mental Health Assc.	1 000.00
Wellness (play)	1 013.84
50th (guests at spring lunch)	294.44
Scholarship (Sarah MacIssac)	400.00
Election Campaign	166.06
50th	934.13
Community Living G/W (Golf)	300.00



**Total** 21 615.23  
**Surplus** 3 984.04

**Bank Balance** 8 987.92



## RTO/ERO DISTRICT

### 31 NEWSLETTER BY EMAIL

Would you like to receive your newsletter by email?

Almost 500 of our members have opted to receive their newsletter by email only. Many like to receive an email copy as well as a hard copy by mail, while others choose to receive only by regular mail.

Everyone has their own particular needs and we are more than happy to deliver your newsletter in whatever format you choose.

If you would like to try an email copy, please email me at

[marygittins@sympatico.ca](mailto:marygittins@sympatico.ca)

Please remember to contact me if your email address changes. It would be helpful if you could contact the provincial office of a change in email or your home address.



## Health Matters

Patrick Bruder



This June, in Toronto, I attended our Provincial District and Unit Health Representatives' Workshop. We reviewed our benefit package, listened to proposed changes which are to be discussed (cost projected by Johnson Inc.) in the Fall and implemented in January 2019. The speakers and presenters were outstanding. Posted on our website are the notes from the various presenters. I would encourage you to put forth the effort to read some as they are quite informative.

Being a district health representative for over a decade, I couldn't help but be impressed by the many years of experience that some of the other reps have had on this committee. Some reps have served for 15 years and some others have served for over 20 years as health reps for their district. These members have been volunteering to help and inform others. These volunteers are willing to voice their opinions and ask questions on behalf of their members. Actually, when we look at our Executive, we can also see that many of our members have also served for many years.

The presentation notes posted on our website are:- a) Brian Thwaites – Brain Trainer b) Johnson & Allianz – Know Your Travel Plan c) Best Doctors d) RTO/ERO's Wellness Portal – to be launched in the Fall of 2018.

Everyone is aware of the major health problems facing seniors. For example, everyone knows that falls are the leading cause of serious injuries that can even lead to death. Another problem is that seniors do not always take their medications as prescribed or forget to take them for days. However, there is another issue that is currently receiving some attention.

Poor refrigeration of food has been identified as a health issue for seniors. The refrigeration temperature used to be recommended at 40 degrees F. In 2015, the Food and Drug Administration suggested that the factory settings of all new refrigerators be set at 38 degrees. They are now recommending that all new refrigerators sold in 2020 be set at 37 degrees. This higher setting does cost more in terms of hydro but having a higher temperature keeps our food safer for longer periods. Everyone should check that their refrigerator settings are at 38 or 37 degrees.

### Prescription Drug Coverage at age 65

It's that time of the year when you look at your prescription receipt and wonder why the Ontario Drug Benefit is not covering the full drug cost. On August 1<sup>st</sup> of

each year you have to pay that \$100 to the government. Your Extended Health Care Benefits pays the \$100. (Sometimes you have to pay the initial amount and then you submit the claim to Johnson Inc.) You might also have encountered the situation where the ODB wants you to pay a large portion of the cost because your Doctor did not use the special code on your prescription for limited-use basis. This means that specific clinical criteria must be met in order for that drug to be covered. This seems to be a common concern for many. For more information on the ODB's formulary go to [www.formulary.health.gov.on.ca/formulary](http://www.formulary.health.gov.on.ca/formulary). It seems to be changing monthly. One drug may be covered one year, and not the next.

### Does Size Does Matter?

When it comes to the prescription amount to be covered by ODB, check with your pharmacy to see if your prescribed medication is covered.

Ex. Brilinta – a blood thinner – prescribed for patients after a heart attack

90mg – 3 month supply costs approx.. \$350 ODB pays complete amount

60mg - 3 month supply costs approx.. \$350 ODB pays zero - your extended health care pays 80% and the consumer pays about \$50 Why? The 60mg is not on the ODB's formulary. It also eats into your yearly maximum of \$3,300.

This is just another point to remember about the ODB. People compare the coverage to a hospital gown. You think you are fully covered, but you're not.

Thank goodness for our health plan.

### Stability Clause

Many of you may be planning a winter get away. Do you have a good understanding of your needs for such a trip? Phone Johnson if you are uncertain about your medical coverage. Allianz Global Assistance – helpful pre-trip services. They can provide you with travel advisories, required visas and inoculations. Use the services you are paying for.

### Swamp Weed Becomes Legal

Cannibus/Marijuana is approved for sale in Canada in October. So far it does not have an Rx number. RTO is again looking at this issue and also prescriptions for medical marijuana. No decision has been made. Revenue Canada has made a decision for Medical Marijuana users. The amount you pay can now be used as a medical expense on your taxes.

### Venngo MembersPerks'

This is a benefit I don't know much about. If anyone has had a fantastic experience with MembersPerks', please feel free to keep me informed.



## Eldercare Select

This is being used more and more by our members.

## Wellness Workshops

Our executive is in the process of planning next year's Spring workshop. These workshops are worthwhile and a great deal of work goes into making them meaningful and enjoyable to our members. Look for more details in the next newsletter early next year or check out our website. [www.rto31.org](http://www.rto31.org)

As usual, there is always much to report and only so little space. I tried to outline the major issues to keep you informed.

Be Safe! Stay Healthy!

Patrick Bruder

## Simple Foods Guaranteed To Help You Age Gracefully

1. Blueberries
2. Coconut Oil
3. Cucumbers
4. Flaxseed
5. Asparagus
6. Turmeric
7. Green Tea
8. Carrots
9. Almonds
10. Oranges



For more information on these foods and how they work go to :

[healthprep.com](http://healthprep.com)



## Travel News

*Lynn Morrison*



Hi Folks,

Fall will soon be upon us and the Haunted Toronto Trip is still available for booking. A guided tour with spooky and interesting stories about haunted buildings will start our day. We will then have lunch at the Hot House Restaurant, followed by a stop at the St. Lawrence Market. Remember to bring your coolers or cooler bags to take home the meat and cheese and other foods which you can purchase from the market. This trip is scheduled for October 24<sup>th</sup>. The cost is \$95.

Book this trip with me at 519-323-2419 or [lynnmorrison@wightman.ca](mailto:lynnmorrison@wightman.ca). Unfortunately, we have had to cancel our New York trip. If you had been thinking of going, Great Canadian has the New York Sightseeing trip scheduled for the same dates. Please contact them for availability. We have already had two great trips to see Come From Away. If you still wish to see it, Great Canadian has a coach going from our area on December 8th. Call them at 1-800-461-8687 to book this trip. We will be looking into ideas for next season and always appreciate any suggestions. See you at the fall meeting.

## Website

*John Ritchie*



Members are urged to visit our District Website

[www.rto31.org](http://www.rto31.org)

Here you will find up-to-date information about RTO/ERO events in Wellington County and photos of past events.

Each edition of our Report Thirty-One newsletter is posted on the website usually before you receive your copy in the mail.



## Pension and Retirement

### Concerns

Marina Howlett



### Canada Pension Plan and Old Age Security

Members who will celebrate their 60<sup>th</sup> or 65<sup>th</sup> birthday soon should consider the best time to start receiving CPP and to apply for OAS.

Deciding when to collect CPP is a highly personal decision based on daily living expenses, health issues, recreational activities as well as current and future financial obligations. By starting a reduced CPP retirement pension early, you may receive it for a longer time and have increased cash in the early stages of retirement. You can opt to delay CPP payments beyond 65; this will result in increased payments each month. You need to apply for OAS three months prior to your 65<sup>th</sup> birthday. Delaying the start date for OAS will not increase the monthly payments. OAS payments are based on an individual's overall income and the basic monthly income is clawed back for individuals earning more than \$74 788 (January 2018 indexed to COLA). A Guaranteed Income Supplement is available for low income seniors over the age of 65. Members should seek financial advice to determine the best financial outcome.

### CPP Offset (Bridge Benefits)

Members who belong to OTPP and OMERS will have their pensions adjusted at age 65 when they become eligible to receive an unreduced CPP pension. Throughout the years of employment, contributions to OTPP, OMERS, and CPP were integrated. Upon retirement, a bridge benefit is paid until you are eligible to receive CPP (age 65). The bridge benefit does not change if you choose to start CPP payments between the ages of 60-65. The bridge benefit allows each person to receive their full pension entitlement prior to age 65. CPP and OAS are two separate government income sources. For further information about the bridge benefit and the CPP offset, contact [www.canada.ca](http://www.canada.ca) and/or sign in to your OTPP online account [www.otpp.com](http://www.otpp.com). If you need individual advice, please contact me, Marina Howlett.

Telephone 519-836-8585

E-mail [marina.howlett@sympatico.ca](mailto:marina.howlett@sympatico.ca)

### Age-Friendly Communities

An age-friendly community optimizes opportunities for health, participation and security to enhance the

quality of life as people get older. Age-friendly communities provide structures and services that

- Promote healthy and active lifestyles
- Enable seniors to remain in their own homes
- Give seniors reasonable and safe access to public transportation
- Offer seniors opportunities to socialize and volunteer

I will be attending an RTO/ERO provincial workshop on October 14, and 15, 2018, to learn more about this initiative and how to get involved in our local communities. RTO/ERO provides support for this initiative and other geriatric concerns through the RTO/ERO Charitable Foundation. More details will be provided after the RTO/ERO workshop.

### District 31 2017-2018

#### RTO/ERO Executive



#### Past President/

#### Political Advocacy

Brenda McGinnis

519-824-5263

#### President

Richard Goodbrand

519-291-2015

#### 1<sup>st</sup> Vice-President

Stephen O'Connell

#### 2<sup>nd</sup> Vice-President

Anne Smith

#### Newsletter Editor

Mary Gittins

#### Membership

Carol Christie

#### Secretary

Joan Miller

#### Treasurer

Mike Curtis

#### Goodwill

Joyce Barnes

#### Health

Patrick Bruder

#### Pension concerns

Marina Howlett

#### Travel

Lynn Morrison

#### Website

John Ritchie

#### District Counsellors

Nancy Baker, Mary Hermann, Joan Berry,

Pam Niesiobedzki,  
Frank Tersigni



Bring a Book  
Take a book

Quilt  
Draw

Creative Corner  
Arts and Crafts  
Sale

Fall Luncheon  
Thursday October 25, 2018

At

Fergus Sportsplex, Belsyde Avenue

Entertainment

Royal City Musical Productions Inc.  
who are celebrating their 40th Anniv-  
versary

They will perform songs from some of  
their past shows

Arts and Crafts Sale	10:00 a.m.
Social	10:30 a.m.
Meeting	11:15 a.m.
Lunch	12:00 noon
Entertainment	12:45 p.m. - 1:30 p.m.
Door Prizes and Draw	1:30 p.m.

The speaker at our meeting  
will be Gayle Manley. Gayle is  
on the Board of Directors. She  
is our Director Liaison and  
Chair of the Benefits Commit-  
tee.

PLEASE RSVP before September 30<sup>th</sup>, 2018

Please make reservations for .....

Special dietary requirements are .....

Enclosed is a cheque payable to RTO-ERO District 31 in the amount of \$.....(\$25 per person).

This meal is subsidized by RTO-ERO District 31.

Please send this form with your cheque (payable to RTO-ERO District 31) to

Mike Curtis

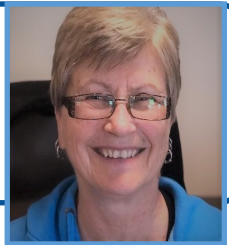
9450 Copeland Path,

RR # 2 Erin, ON

NOB 170

## Membership

Carol Christie



Greetings to all District 31 members and a special warm welcome to the new members. Since last year at this time we have had 60 people join RTO/ERO District 31. We currently have 1364 members. 40 members are over the age of 90 and two of those are 100+. Most of our members (1162) are between the ages of 60 and 84. Most of the new members have enrolled in the Health and Benefit plan offered by RTO/ERO. With that aspect of retirement taken care of, there is nothing left but to enjoy the years ahead. Retirement can be the most rewarding time of life. It is filled with travel adventures, grandchildren, volunteering, relaxation, and projects. Our luncheons, newsletters, and website at [www.rto31.org](http://www.rto31.org) will help everyone stay connected, informed, and involved. I hope many of you will reconnect with colleagues at our **Fall Luncheon and Craft Sale** on Oct 25, 2018.



## Dates to Remember



Fall Luncheon and Meeting	Thursday October 25, 2018 Sportsplex, Fergus, open at 10 a.m.
Haunted Toronto Trip	Wednesday October 24, 2018 ( Call Lynn at 519- 323-2419 to book)
Fall Senate	October 30, and 31, 2018
Spring Luncheon	Thursday May 2, 2019 at Italian Canadian Club
Spring Senate	May 28, and 29, 2019
Wellness Workshop	Spring 2019

## Creative Corner

At Our Fall Luncheon

## ARTS AND CRAFTS

Show and Sale



\$5.00 for a table

Set up at 9:00 a. m.

To register, or for more information call

Nancy Baker 519-822-6653

Mary Hermann 519-821-3892

## Do You Love To Read??

If you're anything like me, or many people I  
know, you do.

Have you collected lots of books and  
don't know what to do with them?

If the answer is YES!!!! Then why not bring  
those books to the fall luncheon.

There, you will be able to exchange books you  
have already enjoyed and find some treas-  
ure that you have yet to enjoy

**FALL LUNCHEON**

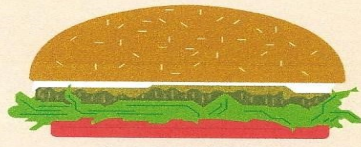
**BRING A BOOK, TAKE A BOOK!!!!!!**





# Social Isolation

IS THE NO.1 EMERGING ISSUE FACING SENIORS IN CANADA



**2 TIMES**



**AS DEADLY**



**AS OBESITY**



**LEADING TO  
DIABETES**

OF CANADIANS OVER 65



chances for early death similar to smoking 15 cigarettes a day



**INCREASES RISK OF DEMENTIA BY**

**64%**

## DEFINING SOCIAL ISOLATION:

Social isolation involves limited contact with others and few social roles. It is the absence of mutually rewarding relationships.



“ Social connectedness has proven to be vital to seniors’ health and well-being. Those with close connections and relationships tend to cope better with health conditions and experience fewer mental health issues, like depression. Social isolation can cause physical risk and put seniors at increased risk for elder abuse.”

## About the RTO/ERO Foundation

Inspired by the generosity and philanthropic spirit of the retired education community, the RTO/ERO Foundation invests in its bold vision—to enhance the quality of life for aging adults—by funding:

- Aging-related research and training
- Innovative community initiatives that promote social connections and engagement among older adults

With each carefully-vetted project, the Foundation’s goal is to create impact beyond the grant project partner, and to deepen knowledge across sectors that affect aging Canadians. Since 2014, the Foundation has invested \$2.8 million in enhancing the aging experience. Learn more at [www.embrace-aging.ca](http://www.embrace-aging.ca).



A project of



THE RETIRED TEACHERS OF ONTARIO FOUNDATION  
LA FONDATION DES ENSEIGNANTES ET ENSEIGNANTS  
RETRAITÉS DE L'ONTARIO

## RTO/ERO Foundation Joan Berry

In recognition of 50 years of the Retired Teachers of Ontario, the Foundation, as of May 0, 2018 has given a \$50 000 grant to Sunnybrook Health Sciences’ Regional Geriatric Program of Toronto.

The grant will focus on developing a “Senior Friendly 7” practise toolkit for PSWs. These tools will guide PSWs and care coordinators for consistent care of frail seniors.

These tools will be in the areas of mobility, cognition, nutrition, pain management, polypharmacy, continence, and social engagement.

Our thanks go out to all who have made contributions to the foundation.

## Aging

“Wear your years with pride, like a badge of honor, for you have conquered. You have thrived. You have survived!”



[www.TheHappyCup.com](http://www.TheHappyCup.com)

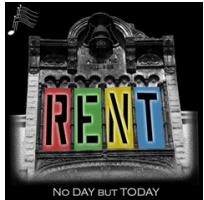


RTO District 31

c/o Mike Curtis, Treasurer

9450 Copeland Path, RR #2

Erin, ON NOB 1T0



*Rent 2014*

*Fall Luncheon  
Thursday October 25, 2018*

*At*

*Fergus Sportsplex, Belsyde Avenue  
Entertainment*

*Royal City Musical Productions Inc.*

*who are celebrating their 40th Anniversary*

*They will perform songs from some of their past shows.*



*Spamalot 2018*



*Shrek 2017*



*9 -5 2017*