September 2024

RTOERO District 31 Wellington

Report Thirty-One



www.rto31.ora



PRESIDENT'S REPORT

Richard Goodbrand

Welcome to our new members. We hope that all our members continue to have a pleasant summer and fall and remain healthy.

Earlier this year, RTOERO District 10 Bruce, Grey, Dufferin and RTOERO District 31 Wellington made a joint application for an RTOERO Community Grant to support UGDSB and Wellington Catholic DSB Special Olympics. The RTOERO Board of Directors approved this application for the maximum \$8000.

Earlier this spring, there was an email blast (Thanks, John Ritchie, our District Webmaster) highlighting two opportunities to support our community.

Thank you to all our members who participated in or donated to these fundraising activities:

- The second annual Golf Tournament for Family Gateway Shelldale and
- The Gala Pasta Dinner for J.O.E. (Jobs, Opportunity and Enterprise)

The second "Future of Aging Summit" (International Seniors Summit) is being planned by the RTOERO Board of Directors for April 2027. More information will be presented as it becomes available. Watch for this and other information on our website (rto31.org) and Facebook page, as well as RTOERO.ca/About/Districts/Ontario Centre West/Wellington. I look forward to meeting many of you at our Fall Luncheon on October 17, 2024 at the CW Sportsplex for our Arts & Crafts Show, brief business meeting, luncheon, and entertainment by the *Liverpool 4*. Please see the registration and payment information later in this newsletter. There are many other informative articles in the newsletter.



September 18, 2024

Shelldale Golf Tournament Fundraiser Ariss Golf & Country Club 11:30am

September 26, 2024

J.O.E. (Jobs, Opportunities, Enterprise) Fundraiser Holy Rosary Catholic Church, 175 Emma Street, Guelph 5:30pm

September 26, 2024

Niagara-on-the-Lake Winery tour has been CANCELLED.

October 4,2024

Deadline for registering for Fall Luncheon

October 17, 2024

District 31 RTOERO Fall Luncheon Fergus Sportsplex 10:30am

November 1, 2024 MY FAIR LADY at the Shaw Festival.





FIRST VICE PRESIDENT'S REPORT Tim Cunningham

Hello colleagues and friends! As your First Vice-President of RTOERO Wellington District 31, one of the responsibilities of my portfolio is the chairing of the Resolutions Committee for the District. The Resolutions Committee is comprised of the First Vice-President, President and at least two other Executive Members. It is important and necessary that the Committee be familiar with the Governance By-Laws and Policies so that, as the First Vice-President, I can be a resource to the District 31 Executive in that area. The Resolutions Committee recommends, if it sees fit, changes that the District may want to propose at the RTOERO Annual Meeting to amend the Governance By-Laws and Policies.

I am also responsible for chairing the Community Grant and Student Scholarship Committee.

This Committee, which includes at least two other Executive members, reviews and evaluates all applications for Community Grants and recommends successful applicants for District Executive approval before submitting it to the RTOERO Board of Directors. The Committee, in its role, ensures that the approved Community Grant projects include appropriate recognition and visibility for RTOERO in the Wellington community.

Furthermore, the District, through the Committee, offers three student scholarships to graduating students from schools in the Upper Grand DSB and the Wellington Catholic DSB on a rotating basis, as chosen by staff of the schools. The scholarships are awarded to students who have overcome significant challenges in order to graduate. Worth noting, as well, are the National scholarships which are awarded to students by the RTOERO Community Grants and Student Scholarships Committee from applications across Canada. There are thirty scholarships of \$3000 each awarded. The applications for the 2025 scholarships will soon be available this fall on the RTOERO website. As the months progress, I look forward to serving the membership on District committees and in any other supportive capacities that may arise.

POLITICAL ADVOCACY REPORT Brenda McGinnis

October 1st is National Seniors Day and it marks the week that RTOERO's board of directors, political advocacy committee and senior staff meet with Ontario's MPP's and senior policy staff to advocate for the rights of seniors.

Since 2017, RTOERO has hosted an annual Vibrant Voices event at Queen's Park to advocate for three key issues:

- Senior's Strategy to combat ageism and build infrastructure that guarantees basic income and health-care rights for Ontario's older adults;
- Geriatric Health Care which includes the call for universal pharmacare, development of home-care programs to facilitate aging in place and improving the conditions of long-term care homes;
- Environmental Stewardship to continue the dialogue for responsible use of resources, conservation and protection of our land, air and water for a sustainable future for all.

RTOERO advocates year-round for critical policy improvements to address urgent needs now and to create a more secure and compassionate future for everyone.

A serious issue facing all of us today is the growing reliance on private clinics and private health care providers to help address the current crisis in health care.

Many people believe that these private clinics will help reduce wait times, especially for select surgical and diagnostic procedures. Unfortunately, this is not the case. There is a finite number of doctors and nurses and medical staff, and hospitals and private clinics both draw from that same finite number of staff. If doctors are working at a clinic, they are not available to be working in a publicly-funded hospital. In addition to severe staffing shortages, there isn't much consistency or transparency or even accountability governing this hybrid model. Often patients are required to pay a fee or extra money for "upgraded products". These "membership fees" or "extras" can vary widely in cost from clinic to clinic and often desperate people are willing to pay to receive treatment quickly.

Fortunately for us the Canadian Medical Association (CMA) is calling on governments "across the country to enforce the Canada Health Act and ensure access to care is based on need, and not on the ability to pay".

The CMA has made nearly two dozen recommendations which include "enforcing a provision in the Canada Health Act that bans making patients pay fees as a condition of receiving publicly-insured health services, a practice employed by some private medical clinic". As the doctors point out: "The Canada Health Act did not contemplate the expansion of primary care to health-care providers outside of doctors and hospitals when it passed in 1984".

As far as the doctors are concerned "privatization will not solve problems in the health care system".

RTOERO will also continue to advocate for universal publicly-funded health care. In addition, we will also continue to advocate for an expansion of health care services like universal pharmacare.

Another important issue that a number of our RTOERO members are strongly advocating for

is the preservation of precious farmland. The situation in the Township of Wilmot has drawn our attention to how important it is that we support our farmers and preserve our farmland. Once this farmland is gone, it is gone forever.

Supporting local farmers is an excellent way to ensure the sustainability of agriculture and our food supply. On the website explaining what is happening in Wilmot, suggestions are given for ways in which we can support all farmers:

- We can shop at Farmers' Markets which is a great way to buy fresh, in-season produce directly from local farmers.
- We can look for local products in grocery stores and restaurants. Supporting businesses that source locally helps farmers and boosts our local economy.
- We can advocate for farmers by staying informed about local agricultural issues and support policies that benefit farmers.
- We can also participate in community meetings or sign petitions to protect farmland.

As always, RTOERO remains a strong advocate for seniors, the environment, and health care and encourages all its members to advocate for these issues however we can.



WELLNESS REPORT Shirley Goodbrand

The following is from the Benefits Workshop in June 2024. *This article is for information only. For specific medication consult your doctor.*

Preventing Medication Harm: Priorities for Canadian Retirees

Age and Medication

Our bodies change as we age. The brain becomes more sensitive to drugs. Medication stays longer in our body because we have less muscle and more body fat. Our kidneys do not process medication as efficiently as when we were younger.

How Many Meds?

In Ontario 63% of people over the age of 65 take 5 or more prescription medications. 24% take 10 or more prescription medications. We often need to take more medications to manage chronic conditions as we get older. The benefits and risks of medications may change.

What is Medication Appropriateness?

Pharmacotherapy can be considered appropriate if it meets the condition and core components of rationality defined by the World Health Organization:

- appropriate to the clinical needs of the individual
- in doses that meet their individual requirements
- for an adequate period
- at the lowest possible cost for them and their community

One example used in the presentation to show how medication varies across Canada was the use of Stomach pills for acid reflux—proton pump inhibitors (PPIs). Very high volumes are dispensed. They are costly due to the high number of prescriptions. There were \$260 million of public drug program spending on PPIs in 2021. Too often PPIs are used too long. As many as 40% of those taking them do not have a documented indication for long term therapy. Side effects of PPIs include: Vitamin B12 or magnesium deficiency, vitamin C. difficile diarrhea, pneumonia, or bone fractures (through reduced absorption of calcium).

Changes in diet and lifestyle can help treat

heartburn. Avoid dietary triggers by eating smaller meals, avoiding eating before going to bed, stopping smoking, losing weight, and avoiding wearing tight clothes.

Proton pump inhibitors usage also varies between provinces: Newfoundland and Labrador 46.4%, Ontario 31.9%, British Columbia 12.8%.(Canada 32.1%).

A Medication Safety Toolkit is available online at www.DeprescribingNetwork.ca



GOODWILL REPORT Joyce Barnes

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin and crisp sunburnt leaves." - Ann Drake

RTOERO District 31 Goodwill Committee works on your behalf to promote caring, compassion and celebration of our members. Some of the activities that we undertake are sending Birthday and Christmas cards to our members who are aged 80 plus. We also send sympathy and get-well cards and cards of celebration to our members. Please help us to do this by contacting any of the members of the District 31 Goodwill Committee listed below:

Joyce Barnes 519-848-2351 joyce.barnes@sympatico Marina Howlett 519-836-8585 howlettmarina@gmail.com Brenda McGinnis 519-824-5263 dmcginc602@rogers.com Nancy Baker 519-822-6653 nancyida@sympatico.ca Mary Hermann 519-821-3892 maryhermann@rogers.com Irene Simmons 519-836-8646 irene@simmons.ca Sherry Fleming 519-831-6639 sherryf3@gmail.com

With sadness and our deepest sympathy, we wish to inform you that Marg Hall passed away on August 12, 2024. Marg served on the Goodwill Committee for over 20 years. A donation was made to the Alzheimer Society of Canada in memory of Marg and her service on the RTOERO District 31 Goodwill Committee.

Enjoy autumn and all its splendour,

Joyce Barnes



MEMBERSHIP REPORT

Graham Fiddes

Welcome to all as we approach the autumn season. I hope everyone has been enjoying a nice summer. If you have friends who are still working in education please remind them that they can join RTOERO before they retire without an annual fee. When they retire they will become part of a group insurance plan.

Our most recent membership numbers include:

- 1408 retired teachers
- · 43 actively working members
- 57 members over age 90 of which 2 are over 100
- 19 members under age 54

We welcome the following members to our District:

May: Michael Forte, Deborah Kilmer, Ramneek Pooni, Brenda Reynolds

June: Christine Armstrong, Janet Bannerman, Kimberly Booth, Tracey Curtis, Cathy Dykstra, Linda Forster, Marsha Lyall, Cheryl McCabe, John McCabe, Lynn Meihm, David Mencfeld, Karen Metcalf, Sylvia Mollison, Michelle Salmon, Andrea Slater, Barbra Tomkins, Sandra Wardell, Steve Wynen

July: Julie Bodiam, Garth Peet, William Ostermeier

August: Joanne Hunse, Sandya Lachmansingh, Eric R Muller, Shirley Person, Sherry Sauder, Lesia Sawkiw, Gillian Taylor, Barbara Jean Rankin

In Memoriam

In memory of our friends "who have helped raise children in our village".

RTO District 31 extends sympathy to all the families and friends of our departed loved ones:

Charles Fauteux.	Fergus
Denise Gismondi	Fergus
Marg Hall	Arthur
Helen Loree	Belwood
Stella McCabe	Mount Forest
Patricia Ostermeier	Cambridge
Janet Pinney	Elora
James Rankin	Guelph
Annie Tone	Arthur
Marlene Waechter De Carrion	Smith Falls



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, celebrate and support the accomplishments and endeavours of our members.

Diane Ballantyne, Wellington County Councillor for Ward 6, has been awarded an honourable mention from the 2024 Women of Influence in Local Government Awards from Municipal World Inc.. She was also elected to the Association of

Local Government Awards from Municipal World Inc.. She was also elected to the Association of Municipalities of Ontario Board of Directors, representing the County Caucus for the 2024-2026 term.

Joanne Guidoccio contributed a story to the Chicken Soup for the Soul: Just Say Yes book which features "101 Stories about Stepping Outside Your Comfort Zone". The anthology encourages readers to overcome fears and broaden your world. Read about how Joanne took the challenge to "shake up her life" in her contribution entitled "Worth a Try".

Members of RTOERO District 31 who supported their fellow members participated in two great causes - the second Annual Shelldale Family Gateway Golf Tournament and the 11th Anniversary Jobs, Opportunity and Enterprise (J.O.E.) fundraising Gala pasta dinner.

Posthumous Tribute

Bill Scott was featured in a very moving, beautiful tribute in *Guelph Today* when he was posthumously awarded "The Legacy Award" which is part of the Community Builders' Award. The Legacy Award is granted to an individual who has created lasting change and measurable difference in our community through commitment and perseverance. This award pays tribute to an individual's professional, social or cultural leadership, and vision, and his or her ongoing legacy.

From his retirement to his passing in 2019, Bill was an active member of RTOERO District 31 and a dedicated volunteer who made major contributions to many community groups.



TRAVEL REPORT

Pam Niesiobedzki & Lenore Ralph

LAST CHANCE TO GET "MY FAIR LADY" TICKETS!!!

On November 1, 2024, at 1:00pm, members of District 31 will be enjoying a production of "My Fair Lady" at the Shaw Festival in Niagara-onthe-Lake. District 31 is covering the cost of the bus so you are only paying for your ticket and lunch – wherever you decide to eat (picnic lunch?). Tickets are \$85.00 each and a FEW are still available on a first come, first served basis. The tickets must be paid for immediately upon booking in order to save your spot (We have already paid for all the tickets).

Cheques should be made payable to: *RTOERO District 31*

Cheques should be sent or dropped off to:

Lenore Ralph 3 Cheltonwood Avenue Guelph, ON N1E 4E1

The winery tour has, unfortunately, been cancelled due to lack of interest.

As we move forward, your ideas and suggestions for future events are welcomed. Please reach out to either of the following travel committee members:

Nancy Baker <u>nancyida@sympatico.ca</u> Lenore Ralph <u>LRSIDEBYSIDE@hotmail.com</u>

Thank you in advance for your help and support with ideas.

PENSION & RETIREMENT CONCERNS Marina Howlett

Attention all Teachers and Educators who retired between 2019 and 2024

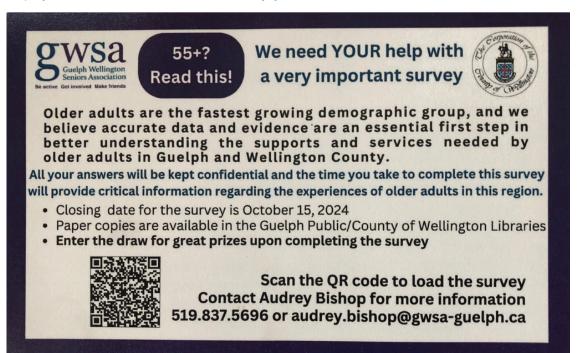
All of the employee groups who worked with any of Ontario's School Boards were subject to a wage freeze or a 1% increase for the 2019-2020, 2020-2021 and 2021-2022 school years. The Bill 124 remedy was awarded to all employee groups that were part of the Charter Challenge. These awards have been released at various dates in the last few years. The last employee group to receive the award was ETFO (Feb. 7, 2024). Bill 124 Remedy Award released February 9, 2024:

o Sept. 1, 2019 - June 30, 2020 – an additional 0.75% increase; o Sept. 1-2020 - June 30, 2021 – an additional 0.75% increase; o Sept. 1, 2021 - June 30, 2022 – an additional 2.75% increase.

In addition to the Bill 124 remedy, teachers also received an arbitration award for the salary increase for the 2022-2023, 2023-2024, 2024-2025, and the 2025-2026 school years. These awards were very similar for all employee groups but there were a few minor adjustments within each employee group. Please check with your former union to find specific details. The last award was made to ETFO and the following information pertains to ETFO only. Please check with your union and employee group to confirm your award. Arbitration Award released May 29, 2024:

o Sept. 1, 2022-June 30, 2023 – 3.00% increase o Sept. 1, 2023-June 30, 2024 – 3.00% increase

School Boards were required to contact former employees and retirees to arrange for retroactive payments during this period. If you were not contacted and have not received retroactive payment for this period of time, please contact your former employer immediately. The retroactive payment will be calculated and reported to the Ontario Teachers' Pension Plan (OTPP). Your pension will be adjusted to reflect the pay increase. OTPP will also notify you when the new calculation has been completed.





Survivor Benefits

Here is some information about the procedure for obtaining survivor benefits if, sadly, the primary member of the RTOERO Entente Group Insurance Plan dies. Surviving spouses or dependent(s) can become members and enjoy the same benefits.

What to expect:

- Johnson Insurance needs to receive the death certificate. The spouse doesn't need to call or email themselves — a call or an email can come from a friend, family member, district goodwill coordinator or funeral home director. Johnson can be reached at:
 - 416-920-7248 or 1-877-406-9007
 - healthbenefits@johnson.ca.
- Johnson Insurance sends the surviving spouse or dependent a continuation of benefits form and postage-paid envelope. The form needs to be completed and sent back.
- The surviving spouse or dependent will then become an RTOERO member if they aren't already. They will be enrolled in the Entente benefits.
- All historical file notes and claims history will transfer to the surviving spouse's record. They'll receive a new benefits package, card, and a welcome package from RTOERO.



RTO Foundation News

In case you missed reading the Foundation's Quarterly Report, here is some information we think you might be interested in knowing.

Some facts about the Foundation

- The Foundation is the philanthropic partner of RTOERO.
- It is a registered Canadian charity, established in 2011.
- The Foundation was Inspired by RTOERO members' desire to improve the quality of life for aging adults.
- The mission is to invest in programs, research and training to support healthy, active aging for all Canadians.
- Their activities aim to improve seniors' health care and social isolation and combat ageism.

Granting History

- \$3.05 million for geriatric research
- \$596,660 for community projects addressing social engagement

October is Social Isolation Awareness Month. Over the past five years, the foundation's Social Isolation Awareness Month campaign has raised \$470, 940.

This year, the foundation is asking us once again to help raise an additional \$100,000 to invest in innovative methods to address social engagement for older adults.

You can join the campaign to let isolated seniors know they are not alone by donating to the Foundation. You can donate online or call 1-800-361-9888 ext 271 or mail a cheque to The RTOERO Foundation, 18 Spadina Rd., Toronto ON M5R 2S7.

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You and yo	ur spouse/guest	are cordially invited to	attend the
F	all An	nual	
	-	n Meeti	nσ
	F RTOERO D		пg
		t the	
	Gord B	Community Sport Frown Hall)	tspiex
7	550 Belsyde	Ave., Fergus ON	
Thu	ursday, Oc	<u>tober 17, 202</u>	4
Come early to do some Christmas shopping.	10:30 - 11:30 11:30 - 12:00 12:00 - 1:00	Social and Arts and Cr Business Meeting Luncheon Buffet Door Prizes during de	
	1:00 - 1:45	Entertainment:The Live a Beatles	erpool 4, Tribute Band
Detach and send before October 4,	2024 to:		
Mike Curtis, Treasurer 9450 Copeland Path, RR#2 Erin, ON N0B 1T0 905-877-4134			Cost: \$20.00 per person Subsidized by District 31
- Company and the second secon	Thursday, Oct	Annual Luncheon ober 17, 2024 e October 4, 2024.	*
<pre>/ Please make reservations for:</pre>			and 🛛 👫
		Name •	
Special Dietary Requirements for:	NameofGuest Vegetarian	🗆 Gluten Free	Lactose Intolerant
Name			
Enclosed is a cheque payable to F This		31 in the amount of \$ 1 by RTOERO District 31	

TREASURER'S REPORT

Mike Curtis

RTO District 31

Financial Report

September 1, 2024

Income

Annual Rebate (Feb.) Spring Luncheons Bank Error Annual Rebate (June) Drayton (Musical - Beehive) Lost cheque #110 resent (Pali	nerston Food Bank)	12 639.50 1 525.00 .60 12 639.00 1 026.00 200.00
Total		28 030.10
Expenses		
Goodwill Recruitment Executive District Forum Newsletter Office Transportation RTO Foundation Guelph/Wellington Committee Special Olympics Scholarships Palmerston Com. Food Bank		7 080.80 146.88 265.03 6 332.44 1 711.64 3 265.48 57.21 962.72 200.00 350.00 500.00 600.00 200.00
Total		21 672.20
Surplus		6 357.90
Reduction goal Bank Balance	18 000.00 43 849.45	



RTO DISTRICT 31 EXECUTIVE 2024-2026

Executive Position

Past President President First Vice President Second Vice President Secretary Treasurer Foundation Goodwill Governance Health/Benefits Membership/Recruitment Newsletter Editor Pension/Retirement Concerns Political Advocacy Social Media Travel

Webmaster/Email Manager

Counsellors

Name

Nancy Baker Richard Goodbrand Tim Cunningham Scott Montgomery Joan Miller Mike Curtis Joan Berry Joyce Barnes Marina Howlett Shirley Goodbrand Graham Fiddes Scott Montgomery Marina Howlett Brenda McGinnis Pam Niesiobedzki Lenore Ralph John Ritchie

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Patrick Bruder Mary Hermann Stephen O'Connell Anne Smith

patrickbruder@gmail.com maryhermann@rogers.com soconnellguelph@gmail.com m.anne.smith@gmail.com

Phone Number

519-823-4616 519-291-2015 416-574-6110 519-993-1286 519-746-4218 905-877-4134 519-843-6754 519-848-2351 519-836-8585 519-291-2015 226-500-2364 519-993-1286 519-836-8585 519-824-5263 519-291-2015 905-877-4134 519-822-1596 519-821-5894 519-823-2399 519-821-3892 519 - 265 - 2125 519-820-6471

RTOERO District 31 c/o Mike Curtis, Treasurer 9450 Copeland Path, RR#2 Erin, ON N0B 1T0

Change of Address or Status

It is imperative that, if you have changed: your postal address your email address your phone number or your status,

you contact: OTPP (5650 Yonge St., Toronto M2M 4H5 or 1-800-361-0105) RTOERO (rtoero.ca or 1-800-361-9888) -Ask for Membership, or email membership@rtoero.ca.

REPORT THIRTY-ONE

National Office sends out monthly membership lists which we use to create a database for sending out newsletters. Every attempt is made to ensure that this information is correct and up-to-date. If you are receiving this newsletter by post, we encourage you to consider changing to the emailed version to save paper and Canada Post charges.

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