

Report Thirty-One

Spring 2013

Published by RTO/ERO District 31 Wellington

No. 54



President's Message



Happy Spring! Even though the temperatures have been a little disappointing, at least the days are getting longer and we are moving toward the warmer months.

Thank you to everyone who responded to **the survey** that was included in the last newsletter. We will be using the information which we are collating to plan our next year's events and activities. Our next executive planning meeting is June 3rd. If you would still like to voice your opinions and suggestions, you may still do so until the end of April by mailing in your survey or by responding on-line. Several patterns are emerging from the completed surveys. There seems to be an interest in having two luncheon meetings a year – as opposed to a luncheon and evening banquet. Members seem interested both in day trips and in overnight trips. Some excellent suggestions for trips have been made. Members also seem very interested in health and wellness issues and definitely prefer musical groups for entertainment choices at our Fall and Spring meetings. Thanks for the helpful suggestions. Please let us know what you think if you haven't done so already! As noted, we will use this information to plan and we will make a much more detailed report to our members on these surveys in the next newsletter.

A number of us had a very enjoyable time working as ushers and bar tenders at **the Western Ontario Drama League Festival 2013** at Guelph Little Theatre. As you know, we provided some "seed money" to the festival as part of our Project Service to Others this year. All of the plays were extremely well done and extremely well received by the audiences. The adjudicator, Bea Quarrie, was absolutely wonderful. Her public adjudications, given with a great deal of humour and warmth and enthusiasm at the end of each play, provided us with a greater knowledge and appreciation of the plays. A number of us wish that an adjudicator would always speak at the end of each play we attend because it adds so much to an already enjoyable performance. Congratulations and a big thank you to the two Festival Co-

Chairs – RTO/ERO District 31 Members, Dennis Johnson and Ron Loncke. These two men worked tirelessly to ensure that the festival was the huge success that it was. We were very impressed with the amount of time, effort, and commitment that these two men and their small army of volunteers contributed over many months to ensure the success of the festival. Thanks to Julia Loncke for proposing the project to our executive and for also working so hard on box office and promotion and a million other jobs. Thanks also to Liz Dennis who trained us to be ushers and provided us with all the necessary information we needed to assist patrons. We were very proud to have had a small part in such a major, enjoyable and educational project. It was a true pleasure to be associated with such a fine artistic endeavour!

Our current application for **Project Service to Others** is completely different but equally important and worthwhile. We have proposed that RTO/ERO co-sponsor with S.H.A.R.E. Agriculture Foundation an adult literacy circle for illiterate women and teens in Parramos, Guatemala. Up to 30 illiterate teens and women who have not had an opportunity to attend elementary school will be taught how to read, write and do basic math. These women will then be role models for children and assist these children to learn to read and write. We hope that this very worthwhile project will receive provincial support. It has certainly received the enthusiastic support of our executive.

By the time you receive this newsletter, we will be one week away to our first Wellness Workshop on April 18th.. Thank you to the participants who will hopefully enjoy the morning and learn a little more about being well. We'll do a report for the next newsletter. We hope to repeat the Wellness Workshop and use some of the topics that you suggested on your completed surveys.

Please join us on May 8th at Victoria East for our annual **Spring Banquet**. These banquets are always a good opportunity to meet old and new friends, savour some delicious food, and enjoy some fun entertainment. This year, we will be entertained by "Two of a Kind" who are an oldies but goodies act that performs music from the fifties and sixties. I have heard from a number of very reliable sources that they are excellent and will have you humming and singing along to lots of old familiar songs. Some daring

members might even choose to dance a little but, whatever your comfort level, just join your friends at Vic East, and socialize, have a few laughs and enjoy.

See you soon,
Brenda McGinnis



Political Advocacy

One of the issues of most interest to our members is that of health care. I thought I would focus on this issue for this newsletter because I have just been reading the very current *Report Submitted to the Minister of Health and Long-Term Care and the Minister Responsible for Seniors on recommendations to inform a Seniors Strategy for Ontario* submitted by Dr. Samir K. Sinha, Provincial Lead, Ontario's Seniors Strategy. The report contains many practical, concrete ideas and recommendations that I think RTO/ERO has been advocating, and is continuing to advocate, for our members.

The key recommendations involve :

- Promoting Health and Wellness

“...while older Ontarians are living longer and with less chronic illness or disability than the generations before them, they and their families and caregivers want improved access to information and services that can allow them to stay healthy and stay at home longer”.

- Strengthening primary care for older Ontarians
- Enhancing the Provision of Home and Community Care Services
- Improving Acute Care for Elders
- Enhancing Ontario's Long-Term Care Home Environments
- Addressing the Specialized Care Needs of Older Ontarians

“ The Ministry of Health and Long-Term Care and its LHINs should establish a provincial working group of geriatricians, care of the elderly family physicians and specialist nurses, allied health professionals, and others to help develop a common provincial vision for the delivery of geriatric services and a prioritization plan to guide local staffing and funding of care models as resources become available”

RTO/ERO can be a real advocate for this goal by

achieving our objective of establishing a Chair of Geriatrics at the University of Toronto. This action would be a very concrete step in helping to reach this goal.

- Medications and Older Ontarians

“This involves both improving the knowledge of “of older Ontarians taking medication , to support safer prescribing practices, and the administration and review of an older person's medication” as well as “ how to develop fairer and sustainable financing systems that can still allow us to ensure all Ontarians can access the pharmaceutical therapies they need, regardless of their ability to pay for them.”

- Caring for Caregivers
- Addressing Ageism and Elder Abuse
- Addressing the Unique Needs of Older Aboriginal Peoples in Ontario
- Supporting the Development of Elder-Friendly Communities
- Necessary Enablers to Support a Seniors Strategy for Ontario

“...requiring that core training in Ontario for physicians, nurses, occupational therapists, physiotherapists, social workers, pharmacies, physician assistants, paramedics, personal support workers, and other relevant health and social care providers should include relevant content and clinical training opportunities in geriatrics.”

Again, our goal of creating a Chair of geriatrics should help in implementing this objective.

- Establishing the Mandate, Implementing the Strategy

“ The findings and recommendations presented in this report are but the first step. Indeed, from here the real work will begin. The next step will require direction from the Government of Ontario on its support towards implementing the recommendations outlined in this report. “

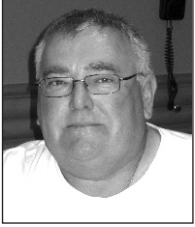
It seems we have a lot of valuable, specific advocacy work to do on this very important issue.

Brenda McGinnis
Political Advocacy Chair, District 31





Health Matters



As we continue to age, society has managed to give us a variety of names.

They may be: "senior", "older adult", "old", "mature", "elder", "aging baby boomer", or "Zoomer". I'm sure you can add to the list. It is a fact of life that, in less than a decade, one third of Canadians will be retired or are

of retirement age. The Canada Pension Plan has seen revisions and our Government is making it more attractive financially to retire later on in life. They are also encouraging us to save more for our retirement. With our indexed pension and great health programs, we are the lucky ones. We are envied by many in the private sector. We have nothing to be ashamed of because we worked for it and now can collect the fruits of our labour. As we know, words or titles can lift us up or bring us down. If at a restaurant or attraction which offers a seniors rate, I'll take it. Unfortunately different countries have different ages to get that discount. In Florida it is 55 while in Australia it is now 67.

Wellness Workshop:

Wellness is a concern in Wellington County. One of the workshops has to deal with "Stress." We all have had it in our working careers and it carries on in our twilight years but we like to change the word to "Anxiety." The latest research states that a 20-30 minutes walk each day is as good as any known medication. I've tried it and it works for me. I hope to see many of you at our Wellness Workshops on April 18th in Fergus.

Prescriptions:

Make the most of your prescription drug coverage.

As of December 2012 you have a limit of \$2,600 per person/yr. You are responsible for the dispensing fee and 15% of the ingredient cost. This does not apply if you're 65 or older and purchasing a drug that's covered under your provincial health care plan such as the ODBP in Ontario. You can stretch your coverage by purchasing generic medications. You will use less of your plan maximum per purchase and your drug maximum will last longer.

Group Benefit Plan:

Are you making the most of your Group Benefit Plan?



You are covered for \$1,500 per person/two years for "Paramedical Services." Physician authorization not required. There are 15 services covered and the two that I will focus on are the Dietician and Registered Massage Therapist. You could receive a one hour massage every two months and pay very little.

Sleep Apnea:

Many Canadians have been diagnosed with this sleep disorder and need a CPAP machine. All machines need maintenance and, for them to work properly, filters should be changed every few months and the mask which has a rubber seal that deteriorates over time should also be replaced. These are costly; however, you are covered with our extended health care plan for up to 85%. Masks cost over \$100 and I believe you can get 2 masks per year.

The rules have changed. OHIP used to give you a new machine after 5 years, with a prescription from your sleep doctor. Now, when your machine does not work or it is too costly to fix, you need a new prescription to replace one. The difference between what the government pays and you pay (approx. \$300) continues to be covered by your Extended Health Care Plan (@85%).

In early June I will again attend a Health Workshop in Toronto. We review and compare our plans with others. Suggestions for improvement are recommended and, if approved, go to the Fall Senate for approval. I will again lobby for all members to receive copies of "Health Matters." As usual, many decisions are based on dollars.

Be Safe!

Be Healthy!

Patrick Bruder

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RTO-ERO Foundation



RTO-ERO Charitable Foundation

Thank you to all of you who are contributing to this great foundation!!

I know that all of us have spent our lives contributing to great causes, like students. Now that we are retired, I know that we continue our contributions and service.

The RTO-ERO Charitable Foundation is yet another way that we can do that and I encourage you to visit <http://rto-ero.org> and click on the "Support the Foundation" tab to read more about the Foundation and find ways that you can donate.

In addition, at the April 18 Wellness Workshop and at the May 8 Spring General Meeting, there will be more information and donation forms for you to use.

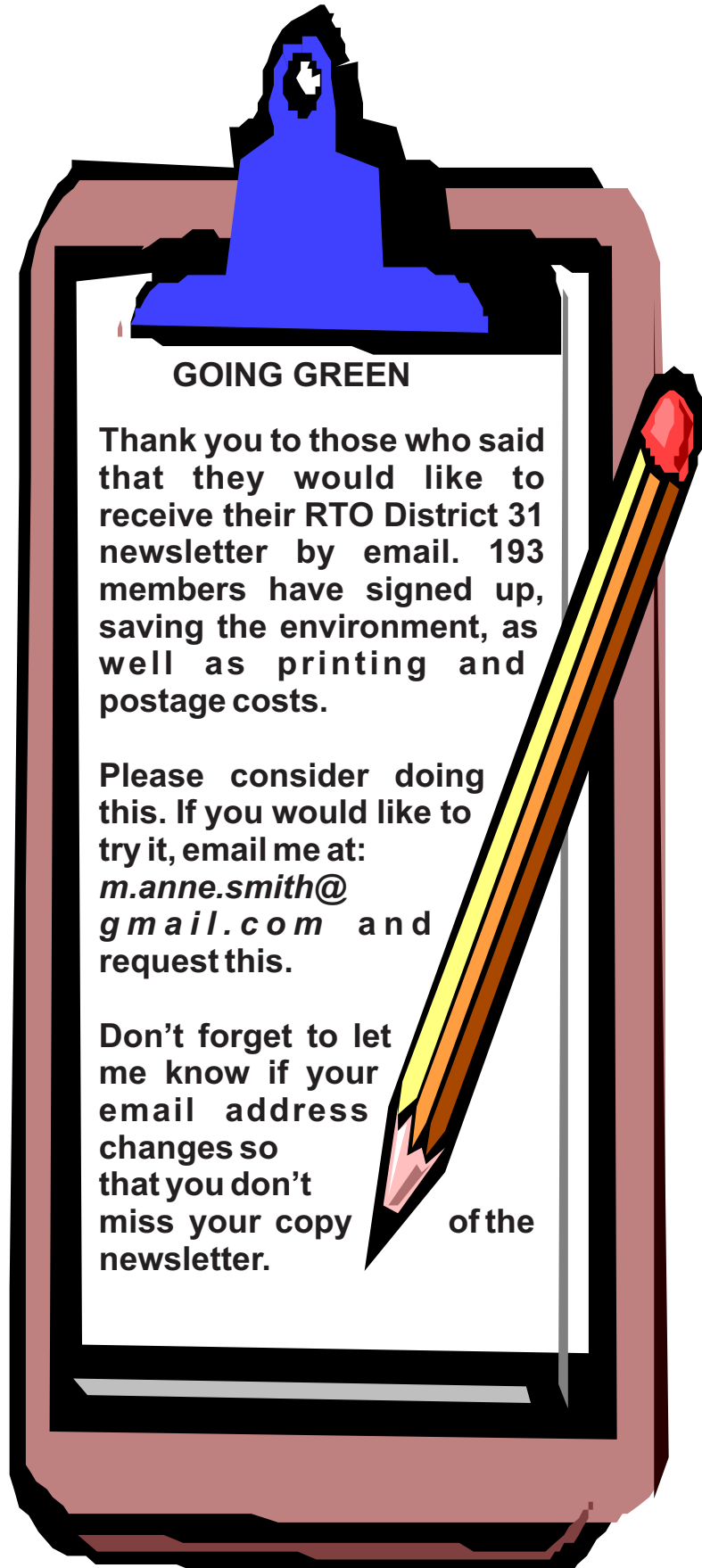
Richard Goodbrand

The charitable objects of the Foundation are:

- ✓ *To establish, maintain and support the RTO/ERO Endowed Chair in Geriatrics at the University of Toronto with an emphasis on the promotion of interdisciplinary training among health care professionals, with the expectation that there will be collaboration with other medical schools in Ontario.*
- ✓ *To develop and promote public health and wellness by supporting research endeavours in geriatrics and/or gerontology at Ontario post-secondary institutions where the focus is to improve the quality of life of seniors and of older Canadians*
- ✓ *To provide one-time financial and/or other support to students, seniors and aging members of the public who are in distress.*
- ✓ *To provide one-time support to community projects that enhance the quality of life for seniors and/or*

children living in poverty and/or community groups.

- ✓ *To provide the necessities of life to victims of natural disasters in Canada and abroad.*





Crafters' Show/Sale

Returning **ARTS AND CRAFTS** **Show and Sale**

Register now and start creating for our
Creative Corner
at our Fall Luncheon.
\$5.00 for a table
Set up at 9:00 a.m.

To register or for more information call
Nancy Baker 519-822-6653 or
Mary Hermann 519-821-3892.

For all others, this will be an opportunity to start
or complete your Christmas shopping for next
year.



Our Members

Joan Hug-Valeriotte:

Joan Hug-Valeriotte will be holding her third solo show of quilted works, entitled "Reduce, Reuse, Recycle, Repurpose", in the Quilt Gallery in St. Jacobs, ranging from traditional scrap quilts to modern art quilts. The exhibit runs from May through October 2013, in the 3rd floor gallery in the Old Mill (red brick building with silos) at 1441 King St. N. in St. Jacobs. Ramp access to the 2nd floor is from the parking lot at the back

The Opening Reception will be held on Saturday May 11th, from 2 - 4 p.m.

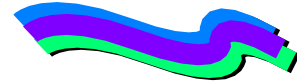
If you would like a preview of some of the work, please check out Joan's website under Galleries - Recent Work at www.horizonsquilting.ca

Anne Smith:

Anne Smith, textile artist, will be in the Made by Hand Show and Sale at the International Centre in Mississauga on April 20, 2013 from 10:00 a.m. to 5:00 p.m., Booth 170 www.madebyhandshow.ca.

She will also have a booth at the Delphinium Festival in Caledon on July 6-7, 2013. You can see information about it at <http://www.plantparadise.ca/events.html>

You may check out her work at:
www.AnneSmithTextileArtist.com.



If you, or another RTO member you know, has an art show or a book launch coming up, we'd like to be able to let our members know about it.

If you were on a special trip and you have some photos and information you'd like to share, we'd like to be able to let our members know about it.

Send these newsbits/articles to the RTO newsletter editor whose contact is on the last page.



Spring Dinner Donation

SPRING BANQUET BRING A BOOK

Bring a new book (child or adult)
to our Spring Dinner.

Last spring the books were donated to
Action Read Community Literacy Centre
and were greatly appreciated.

For further information call
Nancy Baker 519-822-6653 or
Mary Hermann 519-821-3892.





Travel News



Hi everyone.

It's spring and time to start booking the RTO trips.

Here are our upcoming trips:

Deerhurst Lodge:

On June the 11th we have the trip to Deerhurst Lodge. It is \$96 and includes a stop at:

- the Muskoka Store,
- the Decades Show and
- buffet lunch at the Lodge.

There are still seats left at this time.

Agawa Canyon/Mackinac Island:

Our fall colour tour to Agawa Canyon and Mackinac Island is still available.

- The cost runs between \$ 8 2 5 for twin to \$1035 for single.
- It is 5 days from September 23 to 27, 2013.

For full details contact me or Great Canadian.

Fiddler on the Roof:

On October 18th we have tickets for Fiddler on the Roof at Stratford.

- We will be having our lunch at the theatre in the Paul D Fleck Marquee.
- Once again we are setting the price at \$99 with the RTO subsidizing the cost.

The June and September trips are open to any friends or relatives you'd like to bring along. However we do limit the October trip to one non-member per member.

I will be back home about the 15th of April and will be glad to hear from you. I am always available on email at lynnmorrison@wightman.ca. Otherwise, see you at the spring meeting.

Lynn Morrison
Travel



Membership



The Retirement Planning Workshop was held on April 10th, 2013. I hope that all people employed in the field of education, no matter their position, had a chance to attend if they had interest in, or questions about, retirement planning.

If you know of someone who didn't attend, but who has concerns, please tell them to contact me or any executive member of our local District 31 (contact info is included in this newsletter).



We are happy to welcome the following members to District 31:

Michael Collins
 Carole Ellis
 Judy Jones
 Valeria Porcellato
 Carolyn Schmidt
 Nancy Campbell
 John Dal Bello
 Elaine Thorson

And we say farewell to Allan Sparkman, who has moved to another district.

Carol Christie
Membership



Website

Members are urged to visit our District website www.rto31.org for

- ✍ copies of archived newsletters
- ✍ the current copy of our district newsletter
- ✍ volunteer opportunities
- ✍ photo galleries
- ✍ goodwill contacts
- ✍ Travels with Carol
- ✍ forms and surveys and other



up-to-date information about RTO/ERO events in Wellington County.

Goodwill Committee



Our committee continues to share Goodwill to our members by sending cards, making phone calls and visits to recognize special events and to offer our caring during illnesses and losses.

Please help us to share acts of kindness by contacting any of the members of the District 31 Goodwill Committee listed

below. We may also be contacted by the District 31 website www.rto.31.org.

Please contact RTO Provincial Office at 800-361-9888 if you change your address so our Goodwill records are up to date.

GOODWILL CONTACTS:

Arthur, Mount Forest, Harriston

Joyce Barnes 519-848-2351
joyce.barnes@sympatico.ca

Drayton, Moorefield, Palmerston

Jean Brodhaecker 519-638-2291
darje@bell.net

Elora, Fergus, Salem, Alma

Marg Hall 519-846-5235
marg.carl@sympatico.ca

Rockwood, Hillsburgh, Erin

Marina Howlett 519-836-8585
marina.howlett@sympatico.ca

Guelph

Brenda McGinnis 519-824-5263
dmcginnis602@rogers.com

Nancy Baker 519-822-6653
nancyida@sympatico.ca

Mary Hermann 519-821-3892
maryhermann@rogers.com

Rosa Lugosi 519-763-1358
vinros@sympatico.ca
Marie-Claire Recurt
mcr@sympatico.ca

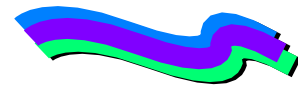
**Keep smiling,
Joyce Barnes**

In Memoriam



RTO/ERO District 31 extends condolences to families, friends and colleagues of our deceased members. We are grateful for their memory, their service and their friendship.

Larry Ellis
Willard Miller
Frederick Tonkin
Mary Martin
Pauline Shaw



CODE OF ETHICS

This Code of Ethics expresses the ethical principles of The Retired Teachers of Ontario/les enseignantes et enseignants retraités de l'Ontario (RTO/ETO) and serves as a guide to the conduct of staff and those who act on behalf of RTO/ETFO.

INTEGRITY/ACCOUNTABILITY

- ✎ Demonstrate integrity when acting on behalf of the organization.
- ✎ Model the principles of equity, trust, fairness, and respect.
- ✎ Recognize the importance and value of RTO/ERO members and employees.
- ✎ Respect the time, energy and effort of the many volunteers who work on behalf of the organization.

GOVERNANCE

- ✎ Uphold the Constitution, Policies and Procedures established by the organization.
- ✎ Support the governance structures (Senate, Provincial Executive, Provincial Committees, Districts and Units) to ensure the organization's democratic strength.
- ✎ Manage time, expectations, costs and resources responsibly and effectively.

COMMUNICATION

- ✎ Demonstrate open, honest communication with staff, members, other professional groups and the community.
- ✎ Share information in a timely manner, using a variety of methods to enhance our philosophy of 'Service to Others'.
- ✎ Value the use of both official languages.

2012-2013 R.T.O./E.R.O. Executive District 31



President/Political Advocacy	Brenda McGinnis (519-824-5263)
Past President	Stephen O'Connell (519-265-2125)
1st Vice President	Richard Goodbrand (519-291-2015)
2nd Vice President/ Membership	Carol Christie (519-822-6307)
Secretary	Joan Miller
Treasurer	Mike Curtis
Goodwill	Joyce Barnes
Health	Pat Bruder
Newsletter Editor	Anne Smith
Pension Concerns	Marina Howlett (519-836-8585)
Travel	Lynn Morrison
Website	John Ritchie
District Counsellors OECTA Liaison Social	Nancy Baker Pam Niesiobedzki Mary Hermann Joan Berry

REPORT THIRTY-ONE
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R.T.O./E.R.O.
Editor - Anne Smith
519-833-9577
m.anne.smith@gmail.com



Dates to Remember

April 28-9, 2013	Presidents' Workshop - Toronto Rick Goodbrand, Brenda McGinnis
May 8, 2013	Spring Banquet Victoria East Golf Club 5:30 p.m.

May 8, 2013	Pre-Senate Meeting - Waterloo Rick Goodbrand, Brenda McGinnis, Anne Smith
May 13-15, 2013	Spring Senate Marriott Hotel, Toronto
June 3, 2013	Executive Meeting 9:00 - 12:00 Upper Grand District School Board
June 9 - 10, 2013	Workshop for District Health Reps Patrick Bruder
June 11, 2013	Deerhurst Resort Trip
Sept. 23 -27, 2013	Fall Colour Tour (Agawa Canyon Train and Mackinac Island)
Oct. 18, 2013	Fiddler on the Roof Stratford Trip
Oct. 21 -13. 2013	Fall Senate
Oct. 24, 2013	RTO Fall Luncheon, Fergus Sportsplex <i>Please register with Nancy Baker or Mary Hermann ASAP for a table at the Art and Craft Show/ Sale to be held at the Fall General Meeting.</i>



Reminders

CHANGE OF ADDRESS OR STATUS

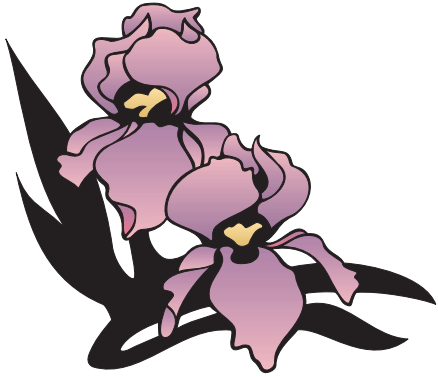
It is imperative that you let the Ontario Teachers' Pension Plan and RTO/ERO know if you have changed your address, phone number or status.

Please contact OTPPB (5650 Yonge St., Toronto M2M 4H5 or 1-800-668-0105) and RTO/ERO (1-800-361-9888 ext.223).

The mailing labels for our newsletter are made up in Toronto at RTO/ERO head office. If the label that addressed your copy is incorrect or if you are changing your address, please call Diane Vezeau at Provincial Office (1-800-361-9888 ext. 223) or e-mail her at dvezeau@rto-ero.org.



You and your spouse/guest are cordially invited to attend the



Spring Annual Dinner Meeting

OF RTO/ERO DISTRICT 31

Victoria Park East Golf Club, Guelph
Wednesday, May 8, 2013

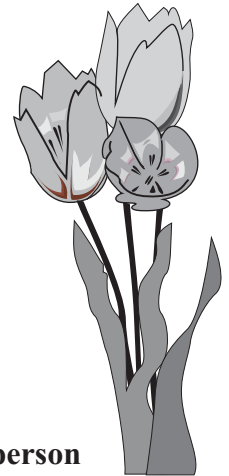
- 5:30 p.m. Social and Collection of new books
- 6:00 p.m. Dinner - Buffet Style
- 7:30 p.m. Business meeting
- Greetings
- Other business
- 7:45 p.m. Entertainment: **Two of a Kind**
Oldies but Goodies Music from the 50's and 60's



*Bring a NEW book to donate to the
Action Read Community
Literacy Centre*



Buffet Menu:
 Boneless Breast of Chicken with white wine sauce
 Roast Sirloin of Beef (no flour)
 Vegetable Lasagna (made with corn pasta)
 fresh seasonal vegetables
 roasted herb potatoes
 Spinach salad, rolls and gluten-free breads, relish tray
 Dessert (variety including fresh fruit and cheese tray)
 tea/coffee



Detach and send before April 26, 2013 to:
Mike Curtis, Treasurer,
9450 Copeland Path, RR#2 Erin, ON N0B 1T0 905-877-4134

Cost: \$25.00 per person
Subsidized by District 31

Annual Spring Dinner Meeting of R.T.O./E.R.O. District 31
Wednesday, May 8, 2013 - Please RSVP before April 26, 2013.

Please make reservations for:

_____ and _____
Name Name of Guest

Special Dietary Requirements: _____
Enclosed is a cheque payable to RTO/ERO District 31 in the amount of _____ (\$25.00 pp).
This meal is subsidized by RTO District 31.