



Report Thirty-One

Published by RTO-ERO District 31 Wellington

President's Message

Richard Goodbrand



Welcome to our Spring Edition! On March 14 RTO-ERO became 50 years young! Like many of us, the organization has evolved and continues to evolve. We have changed from being authorized under the Ontario Non-Profit Corpora-

tions Act to being authorized under the Canadian Non-Profit Corporations Act and we have changed some of our structures in order to comply with the legislation and also to improve our Governance. All of this should improve our ability to respond to you, our members. The organization continues to seek and value your input and feedback in order to improve our organization.

On March 20 we had a very successful RPW with over 100 attendees. Thank you to Carol Christie for organizing this event and we look forward to future events like this one.

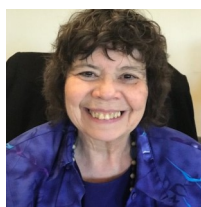
On April 19 we are hosting a special event at the Guelph Country Club at 10 AM (networking and refreshments at 9:30). See the poster later in the newsletter and on our Facebook page (@wellingtonretirededucators) and on our webpage. Thanks to Brenda McGinnis for her work putting this together. Nancy Baker, one of our District Executive members, is performing in the play.

Please also check out the registration for our Spring Luncheon at the Italian Canadian Club on May 3. More information is given later in this Newsletter.

I hope you enjoy the articles in this Newsletter and we look forward to seeing you at our upcoming District events.

RTO-ERO 50th Anniversary

Brenda McGinnis



This year we are celebrating RTO-ERO's 50th Anniversary.

The committee hopes that you enjoyed our previous special newsletter in which we highlighted and celebrated our district's past. Thank you to those members who expressed their views on this special issue. We are happy that you enjoyed reading about the contributions of some of our past members. We were saddened to hear about the passing of our eldest District 31 member, Gladys Ernst, but happy that she saw this newsletter before her passing.

We are continuing to celebrate our special year by hosting three more events - our special Wellness workshop, our Spring Luncheon, and our Fall luncheon.

The first event occurs on April 19th. We have partnered with the Suicide Awareness Council of Wellington - Dufferin to present the original theatrical production called "After-Whys" which explores seniors' mental health in a very hopeful way. The play is written, directed, produced, and performed by seniors for seniors and those who care about them. We are especially pleased that District 31 executive member, Nancy Baker, is one of the actors in this play. We welcome you to join us at 9:30 at the Guelph Country Club for light refreshments, the play, and discussion. There is no charge to attend but we ask that you pre-register so that we can order enough refreshments and arrange for seating. We also welcome those who are not members of RTO-ERO to join us. Bring a friend and experience how seniors can deal with their challenges in a spirit of resilience, strength, and hope.

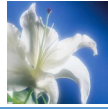
Also, please join us for our annual Spring Luncheon at the Italian Canadian Club on Thursday, May 3rd where we will celebrate by enjoying delicious food, great company, and the wonderful singing of Cruisin', a group that our members have really enjoyed in the past. We are also planning a few spe-

cial treats.

Our Fall luncheon is still very much in the planning stages. However, we will be celebrating our 50th Anniversary at that time so please make sure you join us. Details to follow in the next newsletter.

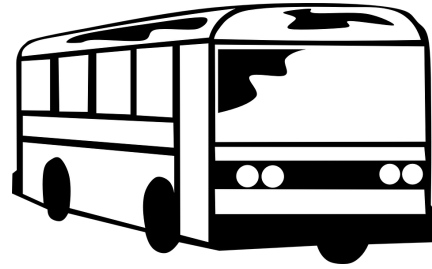
We look forward to seeing you on April 19th for the play, and on May 3rd for the Spring Luncheon.

In Memoriam



With sadness, we inform you of the passing of the following members. We extend our condolences to their families, friends and colleagues and share fond remembrances of their contribution to education.

Rhoda Gill
Eileen Burns
Beatrice Houston
Anne MacDonald
Harold Moreton
Peter Billingsley
Richard Holder
James Loree
Joyce MacKenzie
Robert Wright
Joan Campbell
Reita Cherry
Eleanor Ewing
Gordon Kaufman
Kathryn Slein
Ronald Ten Eyck
Patricia Goudreau
Mildred Muller
Elaine Thorson
Peter Darlington
Robert Orr
Judith Ransom
Patricia Robinson
Sylvia Long
Bill Cherry—Past President of RTO-ERO 1986-1987



Travel News

Lynn Morrison



Hi Folks,

Thank you for the great response for Come From Away. Both shows are sold out but you could be put on the waiting list for either May 26 or July 14 or both.

Our fall trips are still available. The first, on September 30th, is a train ride on the South Simcoe Railway. also included is lunch at Mrs. Mitchells and a visit to Granny Taught Us How. We still don't have a definite price (about \$95) but should know by the Spring Luncheon.

On October 24 we travel to Toronto to visit the Haunted spots of the city. It is followed by lunch and a stop at the famed St. Lawrence Market. It is \$90 per person. You can book these trips with me at future meetings or by calling me at 519-323-2419 after April 15 or by email at lynnmorrison@wightman.ca.

Our 5 day tour this year is to New York City. It includes a guided city tour, a river cruise, a show, the 9/11 memorial as well as other sightseeing. The dates are October 15 -- 19. To book this trip deal directly with Great Canadian at 1-800-461-8687. Hope you will join us for a fall getaway this anniversary year.

Political Advocacy

Brenda McGinnis



As you are all very aware, June 7th, 2018 is Election Day in Ontario.

In this election, more so than ever before, you will be asked to choose among very different agendas and priorities.

Do you want to combat Climate Change? Do you want to keep Ontario's Cap and Trade program, or do you support the Federal Carbon Tax plan, or do you want neither? Do you want to keep people receiving a minimum wage of \$15 in January 2019 or not? Do you want to keep OHIP+? Do you want to promote universal pharma care? Improvements in dental care? Do you want to build on free tuition for more university and college students? Do you want to keep building on enhancements in Health Care including improvements in mental health services? Do you want to continue the Infrastructure program? Do you want infrastructure to be paid by the current method? Do you know how each party plans to pay for their policies and plans?

The Provincial Political Advocacy Committee of RTO-ERO has highlighted some issues that are of special concern to seniors. Detailed information on these issues can be found by searching the Vibrant Voices RTO-ERO site. Of special importance for the Provincial Election are the issues of quality care in long-term care homes, elder abuse, geriatric training for doctors, universal pharma care, and clean water supplies. The provincial team has provided useful information and questions to be asked on each of these topics. Please do check out Vibrant Voices.

So many issues must be considered and analyzed. Educating yourself about these issues is the first step. Newspapers, public affairs show, debates, meet the candidate nights are all great sources of information.

Helping a candidate whose platform you support is also an excellent way of becoming part of the political process.

I have been reading several very interesting articles lately. One article was directed at young peo-

ple - a group that has a very low rate of voter involvement and turnout - but it has many good points that can apply to us as well. The article is entitled: "Top 10 Reasons to Become Politically Involved" subtitled - "Apathy is Boring". Some of the reasons for becoming involved by working for a candidate include: "You will meet cool people who are just like you", "Political involvement = political learning", "It is rewarding", "We are social animals", and in becoming involved "We build a more positive sense of our community and society".

Another article I read was about an amazing event that occurred in early March at Ryerson University hosted by Martin Regg Cohn, the *Toronto Star* political commentator. Four provincial party leaders, Premier Kathleen Wynne, Interim Opposition Leader Vic Fedeli, Andrea Horwath, and Mike Schreiner met to "try to grapple with the worsening democratic deficit in a province with the worst voting record in Canada."

As Martin Regg Cohn noted "Few Ontarians realize just how few of us vote to elect a provincial government that wields power over almost everything that matters in our lives - from education funding to hospital care, hydro rates, policing, road building and taxation. Barely half of the electorate cast a ballot in Ontario's last two elections - 48 per cent in 2011 and 51 per cent in 2014..."

Let's hope that we can improve this turnout for this election by voters that are well informed and want Ontario to be a great place to live for everyone.



Health Matters

Patrick Bruder



When we try and get a snapshot of the future we have to look at what is certain. We make financial, spiritual, health and other goals yearly. It may be good to look at the past, live for the present and plan for the future. Let's take a look at the present, touch on the past and look forward to the future.

If you live in Guelph, you know that taxes have increased 2.9%, water rates increased 1.9%, storm water management fees are \$4.50 per month. We are certain of these costs. In Ontario the carbon tax of 4.3 cents a litre on fuel, and the Natural Climate change cost is \$13.00 for natural gas will remain on your bill each month.

CAN YOU BALANCE YOUR NEW FIXED EXPENSES WITH YOUR INCREASED INCOME?

Here are some of the changes for 2018

O.T.P.P. – an increase of 1.6%

C.P.P. – an increase of 1.5%

O.A.S. - quarterly COLA adjustments.

RTO-ERO GROUP BENEFITS PROGRAM

We saw the increase in our premiums on our notice in December 2017 and the group benefits enhancements. After reading them, you probably agree, that the enhancements are of benefit to most members. It is really hard to complain about our increases and our increased premiums. If we take a look back for a couples complete package the cost in 2018 is approximately \$360.00 per month, in 2017, \$348.00, in 2016, \$332.00 and in 2015, \$319.00 per month. If you look at the monthly percentage increase, it is similar to the increase you would pay for food at major grocery chains and fast food restaurants. Your benefit package is a great value. Other health care plans have increased their monthly premiums the same amount and some have increased even more.

DRUG PRICE INCREASE

As I predicted, prices have gone up again. In the U.S.A. in 2017 the average drug increase was over

14% and in Canada just under 10%. When you look at your prescription costs you may have noticed that the cost has gone up nearly 10% in the first quarter of 2018. Keep in mind that Dental, Medical, Specialists and Professional Services have risen by just under 3%.

FEEES

We pay fees to belong to service organizations, service charges to financial institutions and membership fees to CAA, COSTCO, Premium VISA and MASTERCARDS. Membership Fees for full members in RTO-ERO is \$1.25 per \$1000 pensionable income and the Associate Members pay \$57.00 per year. RTO-ERO membership fees are deducted from the January pension deposit each January.

HEALTH CARE FACTS

The Ontario government spends \$55 billion dollars on Health care each year.

The total drug costs are 11.5 billion dollars

1/3 of the budget is spent on the elderly & chronically ill

OHIP+ provides medications for 4 million young people under 25 years

OHIP+ costs Ontario tax payers \$465 million per year

OHIP + covers 4,400 Rx medication

ODB benefits (if you are over 65) covers approx. 1,200 medications

How can I get the ODB benefits to cover all my medications?

The rules have changed. Income levels have increased. If you are over 65, and have a single income of less than \$19,300 (gross) or a couple's income of \$32,300, (gross) the Ontario government will pay for your meds. You still have to pay the \$100 yearly fee each. Dental work is not funded. Unfortunately, the 146,000 retired teachers in Ontario rarely qualify for assistance.

SHINGLES: Why you need the new shingles vaccine?

If you are trying to prevent postherpetic neuralgia there is a new vaccine to help prevent shingles.

Zostavax vs Shingrix. Zostavax is the original shingles vaccine. It is just one dose administered by your doctor. Shingrix, which just came on the market in Canada last year has been proven to be more effective in preventing Shingles. It is two needles and

can be administered by the pharmacist. The second one must be within 6 months. Costco has the cheapest cost of \$320 for both doses of the vaccine.

Your plan covers 85% of the Shingrix medication. If you received the original Shingles vaccine within the last five years, you may want to consider the new Shingrix vaccine. As always, your family doctor can help you make that decision.

MEDICAL MARIJUANA

Will my benefit plan cover the cost when it becomes legal?

Stay tuned. This issue will be discussed at our June District Health Workshop in Toronto.

There are lots of hot topics to report on next time. Be safe and stay healthy.

Financial Report Mike Curtis



Financial Report March 26, 2018

Income	
Annual Rebate	9612.99
Total	9612.99
Expenses	
Goodwill	353.43
Project STO	2751.00
Newsletter	3152.37
Office Expenses	157.62
Transportation	58.60
Other	11.13
Total	6484.15
Surplus	3128.84
Bank Balance	8132.62

Pension and Retirement Concerns Marina Howlett



Provincial Government Services/
Programs available for Seniors

Ministry of Health and Long-Term Care

www.health.gov.on.ca

1-800-268-1153

Dementia Strategy
Enhanced Long Term Care – Renovation and Upgrades
Caregiver Strategy and Enhancements
Improvements to Long Term Care Staff Resources
Increasing Capacity at Long Term Care and Seniors Residences
Enhanced Flu Vaccine Program for all Seniors
Enhanced Pharma Care and Dental Care for Seniors
Team-based In-Home Primary Care Project
Short Term Transitioned Care

Ministry of Seniors Affairs

infoseniors@ontario.ca

416-326-7076

Age Friendly Community Grant Program
“one Stop” Website for Seniors
Seniors’ Community Grant Program
Elder Abuse Prevention
Seniors Consumer Pilot Program
Change the World: Senior-Youth Mentorship

Ministry of Tourism, Culture, and Sport

www.mtc.gov.on.ca

416-326-4371

Active for Life Sport and Recreation Fund.

Dedicated Fund to Engage Seniors through the Arts

For More information, contact the provincial government and review the support programs, grants, and opportunities provided through the

various ministries and/or in Wellington County
contact your local MPP's office:

Guelph – Liz Sandals 519-836-4190

Perth Wellington – Randy Pettapiece 1-800-451-9701

Wellington – Halton Hills – Ted Arnott 519-787-5247

Information is also available at the various Seniors' Centres and community organizations throughout Wellington County.

Returning
At our Fall Luncheon
Creative Corner
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

For all others this will be an opportunity to do some Christmas Shopping.

Website John Ritchie



Members are urged to visit our District Website
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.



Membership Carol Christie



Our recent Retirement Planning Workshop on March 20th was well attended, with more than 105 education workers taking part. Hopefully they will all show their wisdom when it is time to retire, and will join RTO/ERO. If you know of someone who is nearing retirement and needs information on RTO-ERO, please let me or someone on the executive know.



Wellness

Workshop

Brenda McGinnis



Wellness Workshop November 2017

On Thursday, November 9, 2017, District 31 hosted its fourth annual Wellness Workshop at the Sportsplex in Fergus. Participants explored three different topics and learned a great deal of very valuable information from all three presentations.

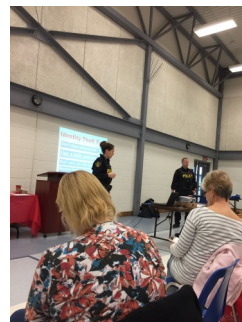
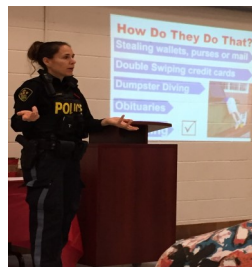
The first presenter was Margaret Iutzi who not only talked about balance and stability fitness but had us try out some exercises to strengthen our fitness in these areas. It has almost become a cliché, but it is so true that the greatest cause of injuries to seniors are falls. The exercises we did and the follow up exercise instruction handouts that Margaret gave us will help us to strengthen our balance and stability. It was also a lot of fun for us to try out these exercises.



Joan and Al Berry trying out some exercises.

The next presentation was a real eye opener. Two police officers from the OPP talked about the top 5 scams that are prevalent in our community right now. They emphasized that there are many more than just these five and that criminals are coming up with new ones every day. As fast as the police expose or alert the public about one scam, criminals invent a new one. Seniors seem to be the most vulnerable group to these scams and a person's level of intelligence has nothing to do with becoming a victim. Some scams are so clever that the smartest people fall for them. These fraudsters are persuasive and convincing and as we tend to be very polite, compassionate people who take people at face value, we are especially vulnerable to these frauds. The five scams the police se-

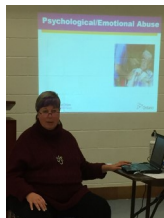
lected for discussion were those that had the highest number of actual victims in Guelph and Wellington County. These scams included identity theft (don't carry your SIN number or birth certificate in your wallet, watch what you throw away into your garbage), Service Calls (people who show up at your door out of the blue and offer to repave your driveway, do home repairs), strange phone numbers (don't answer, if they are important, the person will leave a message, Revenue Canada does not call people and threaten them, and ask them to pay with gift certificates), Prize or Lottery wins (you can claim your prize if you pay a fee), and Romance Scams. The police think the Romance Scams are the worst because they prey on lonely, vulnerable people who are further hurt and cheated out of large sums of money. We also shared our own personal experiences of some scams of which we were aware. Some of these scams, like the "free sample" one, have affected several people we know. Just as a side note, Ontario has just passed legislation banning unsolicited door-to-door sales of certain household appliances and services.



The third presentation by Sheila Schuehle was on the very disturbing topic of Elder Abuse. This is a very heart-breaking topic. Elder abuse takes many forms - physical, emotional, financial. Sadly, elders are often abused by family members or people that they have trusted to take care of them. A great deal of help is available. Guelph Wellington has a Seniors at Risk Committee and a Risk System Co-Ordinator who provides support, consultation, and access to supports for vulnerable older adults and their families in Guelph and Wellington County - 519-843-6191 ext. 7030. There is also a Seniors Safety Line - 866-299-1011.

We were also encouraged to check out the provincial "It's Not Right" program on the internet and elderabuseontario.com. Ontario legislation requires mandatory reporting of suspected abuse in long term care homes.

The Long-Term Care Action Line is 1-866-434-0144 and is available 7 days a week from 8:30 in the morning to 7 p.m. at night. See it! Name it! Check it! is a theme of the Elder Abuse initiative.



Participants enjoyed the healthy snacks, door prizes, discussion and camaraderie. We encourage all District 31 members to attend our next Wellness Workshop on April 19th at 9:30 at the Guelph Country Club. This presentation of the play *Afterwhys* and discussion of mental health is also one of our special 50th Anniversary projects. You are welcome to bring a friend who is not a



Dates to Remember



AfterWhys—A play about seniors' mental health and suicide with a message of hope and resiliency.

Thursday April 19, 2018

Light Refreshments: 9:30 a.m.

Play: 10:00—11:00 a.m.

Please join us at Guelph Country Club,
133 Woodlawn Road East, Guelph.

Thursday May 3, 2018

Spring Luncheon at the Italian Canadian Club

Entertainment is "Cruisin'"

See details in the full page on page 9.

Goodwill

Joyce Barnes



"I think that no matter how old or infirm I may become, I will always plant a large garden in spring. Who can resist the feeling of hope and joy that one gets from participating in nature's rebirth."

—Edward Giobbi, American artist

RTO District 31 Goodwill Committee endeavours to share hope and joy in our member's lives by sending birthday cards, sympathy cards, get well wishes and celebrations of special life events.

Please help us to share hope and joy by contacting the District 31 Goodwill Committee listed below. We may also be contacted through the District 31 website 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 Provincial RTO/ERO policy associated with 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. Members who have a rural address are reminded to include the fire number and road as part of your mailing address.

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

margcarl.hall@gmail.com

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

marina.howlett@sympatico.ca

Guelph
Brenda McGinnis 519-824-5263

dmcginc602@rogers.com

Nancy Baker

519-82-6653

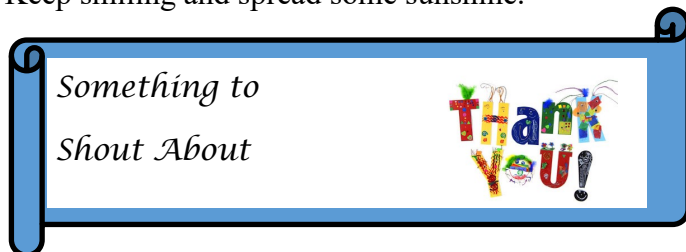
nancyida@sympatico.ca

Mary Hermann

519-821-3892

maryhermann@rogers.com

Keep smiling and spread some sunshine.



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.

Margaret C. Stinson

On November 29, 2017, fifteen residents of the Province of Ontario were presented with the Province's highest form of recognition for individuals who have made significant contributions to their communities after age 65.

The Honourable V. Elizabeth Dowdeswell, Lieutenant Governor of Ontario, made the presentations at the ceremony in the Lieutenant Governor's Suite at Queen's Park. The Honourable Dipika Dameria, Minister of Seniors Affairs, assisted her.

One of the recipients, Margaret C. Stinson, an educator, speaker, writer, and volunteer, has continued to be actively involved after age 65. She remains a vibrant advocate for respect and quality of life for elders, respect for young men and women, boys and girls, and encourages them to develop their potential to take their place in society.

As an environmentalist, Margaret continues to be a keen promoter of tree planting and other aspects of gardening.

At the present time, she volunteers at the University of Guelph, Landscape Ontario, the Canadian Nursery Landscape Association, Schlegel's Research Institute for Aging (RIA) at the University of Waterloo, the Village by the Arboretum, and the Schlegel Village of Arbour Trails.



RTO-ERO DISTRICT 31

NEWSLETTER BY EMAIL

Would you like to receive your newsletter by email. Two hundred and ninety five members have signed up, saving the environment, as well as printing and increasing postage costs.

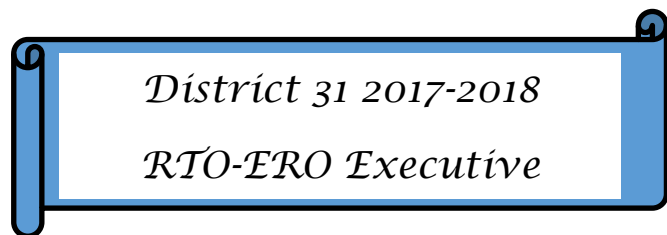
If you would like to try this, email me at

marygittins@sympatico.ca

Please remember to contact me if your email address changes.



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



Past President/ Political Advocacy	Brenda McGinnis (519-824-5263)
President	Richard Goodbrand (519-291-2015)
1st Vice President	Stephen O'Connell
2nd 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, Joan Berry, Mary Herman, Pam Niesiobedzki, Frank Tersigni.

CHANGE OF ADDRESS OR STATUS

It is imperative that, if you have changed:

- ◆ Your address (postal and email)
- ◆ Phone number
- ◆ Your status

Please contact

- ◆ OTPPB (5650 Yonge Street, Toronto M2M 4H5 or 1-800-668-0105) and
- ◆ RTO-ERO: membership@rto-ero.org
- ◆ Mary Gittins at marygittins@sympatico.ca

District 31 Newsletter editor for emailed newsletters.

To create the label database for the printer to send out the newsletter, the provincial office sends a monthly change list of member 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 know if there are any errors or omissions.



Spring Luncheon

Thursday May 3, 2018

Italian Canadian Club

Guelph



*Entertainment by "Cruisin'", an acapella quartet who will perform
treasured standards and pop hits.*

*Please mail your registration \$25 to Mike Curtis by
April 16, 2018.*

9450 Copeland Path, RR#2 Erin, ON N0B 1T0

905-877-4134

<i>Social</i>	<i>11:00 a.m.</i>
<i>Meeting</i>	<i>11:30 a.m.</i>
<i>Lunch</i>	<i>12:00 a.m.</i>
<i>Entertainment</i>	<i>12:45 p.m.</i>



Annual BRING A BOOK Campaign

Bring a new book (child or adult)

to our Spring Luncheon

*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

PLEASE RSVP before April 12, 2018

Please make reservations for: _____

Special Dietary Requirements are: _____

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

This meal is subsidized by RTO-ERO District 31



SUICIDE AWARENESS COUNCIL
OF WELLINGTON-DUFFERIN
*Helping Reduce Suicide and its
Impact on our Community*

AfterWhys

*A Play about Seniors' Mental
Health and Suicide with a
Message of Hope & Resiliency*

Written By: Catherine Frid

WHEN

Thursday April 19, 2018

Light Refreshments: 9:30 a.m.

Play: 10:00-11:00 a.m.

WHERE

Guelph Country Club

133 Woodlawn Road East, Guelph

**NO COST
TO ATTEND**

RSVP TO
Brenda McGinnis
519-824-5263
dmcgic602@rogers.com

PERFORMANCE SPONSORED BY

*District 31 of the
Retired Teachers
of Ontario as part
of their 50th
Anniversary Celebration*



www.sacwd.ca