

Newsletter

KEEP ESSENTIAL WORKERS SAFE



Personal Support Workers



Pharmacists



Educators



Warehouse Staff



Transit Workers



Construction Workers



Grocery Workers



AVOID THIS

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From the Editor ~Joan Elliott



Many of us are running out of bandwidth for processing Covid-19 information. One vital thing you can do to avoid, or shield yourself from anxiety is to maintain routines, something you at least have control of.

During the lockdown, since we are limited to phone calls with our nearest and dearest, try replacing “*How are you?*” with “*What are you thinking about today?*” Be prepared to be awed.

Some of my thoughts, glad you asked:

- Since Canada is one of the few countries that has all the elements to produce lithium-ion batteries for electric cars, should I buy property in Sudbury? Unchecked climate change is death by a thousand cuts.
- Financing early childhood education to maximize learning potential results in maximizing earning potential. A strong labour force is required to support the rapidly growing number of seniors. Be politically active.
- Increase your walking speed to decrease risk factors for disabilities. Lace up the shoes and put on the tunes.
- Perhaps if decent long-term-care and palliative options were expanded, the fear of losing control would dissipate and medically assisted death requests would be only one of many choices.

Stay active, be aware and share your thoughts. We are not new to the game. Read on!

Thank you to Bill Menagh for his continued contribution to the Newsletter and Website.

President's Message ~Barbara Antheunis



As I am writing this, we are entering another lockdown, and another stay-at-home order is taking us away from our loved ones and making our everyday expectations of a good life out of reach once more. I have recently lost two dear friends in Valerie Mah and Les Birmingham, and the world has lost their many contributions. Both of them led a life of service to others, both professionally and personally. They believed in the underlying goodness of their fellow human beings, and that light that they brought into our lives has been extinguished. It is also raining—fitting for my mood right now!

How do we find balance during times like these? Neale Donald Walsch had one answer. “Life’s invitation to us all: Play your part well! Have fun with it! And when it does not seem like fun, bring wisdom to it. And when wisdom fails, bring patience. And when patience is in short supply, bring acceptance. And when acceptance is difficult, bring gratitude. For gratitude reverses any idea that something that is happening should not be happening. And then we have found peace.”

So today I am going to focus on gratitude—specifically the gratitude I have for being able to work with all of the other members of your District 16 Executive at RTOERO. Not only do they make my job so much easier, and at times even fun, but their encouragement, good humour and good sense allows for good decision-making on your behalf. All members on the Executive are volunteers who give of their time, interests and expertise. All were educators in their professional lives, just like you. They spent their whole lives helping others succeed to the best of their abilities, mentored and coaxed, supported and coached. Your Executive continues in all those roles. Below I am highlighting just a few of them at this time.

Joan Elliott wears two hats at the moment. As Past President, she has been a source of wisdom and support. Her “In the past ...” statements gently let me know when I needed to do certain things that may have eluded me. Her other role as Interim Communications/Marketing Chair has meant hours upon hours of work on our newsletter, making sure that you, our members, are kept informed and up to date.

Ruth Baumann as First Vice-President brings a wealth of knowledge and wisdom from her many years on various union executives—and from her research fields—to the role. She is a voice of reason in any discussion. She keeps us real and on course. She has been shepherding our Governance document to its final form as required by our non-profit status.

Herb Stover also wears two hats as our Secretary and Treasurer. He is a stickler for accuracy and makes sure our minutes and our finances are always in top shape. Along with ensuring every penny is accounted for, he is a great storyteller and is always ready with a tale! He is also a lawyer. How good is that to have on any executive! We lucked out there.



And then there is Susan Weinert. She is chair of Political Advocacy and Pensions. Susan is truly one of a kind. She lets nothing stand in her way when advocating on behalf of seniors. To date, Susan has not only phoned all seniors over 80 once but has done it twice in order to ensure that they are supported and have access to the vaccine. If they are not supported, she phones various support services to get help to the senior and follows up to ensure help has come through. This takes hours and hours of time, as well as commitment and energy. Susan never wavers in her commitment to help. She is truly awesome!

As you can see, I am truly blessed and honoured to be working with so many selfless, giving people. In a future message, I will highlight the work of other members. Think about volunteering in an area that piques your interest. And stay grateful for all you have instead of bemoaning that which is missing. I am trying to. Sometimes it's not easy. And that's alright too!

Reports of the First Vice President ~Ruth Baumann



Belts and Suspenders for Your Technology **How to keep your files and data safe**

Backup systems

Many of us keep documents, pictures, financial records and more on our home computers. Do you have a backup system in place? Backups can be to a hard drive in your home, or to a cloud service. The advantage of a cloud backup service is that it protects your files (usually in encrypted form) off-site so that you are protected from fire and theft. Here is a link to reviews of some cloud-based backup programs:

<https://www.lifewire.com/online-backup-services-reviewed-2624712>

Most of these are yearly subscriptions. Some of the programs (Carbonite, for example) work with both PCs and Apple products. Most require little or no attention from you (unlike some hard drive backup systems) and can be accessed remotely. A few years ago, I had a catastrophic laptop crash when I was on a project in British Columbia, and a phone call to the backup service allowed me to retrieve the files I needed to continue my work in a timely way.

If, like me, you have thousands of photos, important documents (financial records, wills, formal correspondence) and less important documents (children's reports, recipes, etc.), an attention-free backup service is a good addition for your peace of mind.



Password managers

We have all heard again and again that we should make our passwords complicated (digits, letters, symbols) and then shrugged because they're hard to remember. A few years ago I began using a password manager — a piece of software that generates a password when you set up an account and stores it

for you in a virtual filing cabinet, and is opened with a single password. Now, if the single password for the manager is 12345 or your birthday, it's not very secure. But it doesn't have to be terribly complex, just something that would be hard to figure out, with more than just letters or just numbers.

Here's a link to a review of password managers:

<https://www.tomsguide.com/us/best-password-managers-review-3785.html>

We are careful to use the password manager with anything where we might have security concerns: taxes, finances, wills, credit cards, shopping accounts, etc. Most password managers allow you to go to the account that has the password through the password manager, meaning that you're not constantly having to look up and copy the password.

Should you share information about backups and password managers?

If you want to be sure that someone can get access to your files and accounts in the event that you become incapacitated (or worse), you should arrange for that trusted someone (relative or friend) to know where to find critical information. This might be a USB device, a letter, or the combination to a personal safe. If you have shared the information and then update your own access, you will need to keep the trusted friend apprised of changes. Also see [page 21](#).

Second Vice President
~Varla Abrams



OTPP - Ontario Teachers Pension Plan

Ontario Teachers Employment Rules Related to new 95-Day Limit

The new 95-day limit is only in place AFTER 50 days if you confirm all three working conditions are in place.

Any one going over the 50 days MUST confirm that the three criteria are being met by phoning or emailing OTPP or your pension will be affected.

Ontario Teachers' Pension Plan

For the period September 1, 2020 to June 30, 2021, the re-employment limit is 95 days if all re-employment beyond the end of the month in which you exceed the 50-day limit meets all of the following three conditions:

- 1** You're employed directly by a school board in Ontario, the Provincial Schools Authority or the Centre Jules-Léger Consortium.
- 2** You work for the school (includes virtual, online and remote).
- 3** The position requires you to hold valid teaching certification from the Ontario College of Teachers or Ministry of Education (e.g., teacher, vice principal, principal, guidance counsellor).

If you meet **all** of these conditions, you can work until the end of the month in which you exceed the 95-day limit during this period, without affecting your pension. **Your pension will be suspended if even one of these conditions isn't met, or if you exceed the limit by the end of June 2021 and continue working in July or August.**

It's your responsibility to count the number of days you work. If you continue to work after the month in which you exceed the limit, you must notify us. We'll suspend your pension for as long as you continue to work, even if for only one day. If you don't notify us right away, you must return any pension payments you were not entitled to receive, with interest.

<http://docs.otpp.com/TeachingAfterRetirement.pdf>



See OTF/FEO statement on [Page 24](#).

RTOERO Toronto Executive News

The RTOERO Annual Meeting will be held virtually on May 17 followed by the Forum on May 19. Our district will be represented at these Zoom meetings by President Barb Antheunis and 1st Vice President Ruth Baumann. Of note are the following Resolutions put forward by Districts regarding the budget for Community Grants and Charitable Donations: eligibility criteria for the 2022 RTOERO Scholarships; issues regarding advertising and donations from for-profit LTC corporations; the concept of equitable representation of Districts at meetings; and, OTTP investment policies re LTC facilities and China. [See page 10](#).

Voting results will be reported in the next Newsletter, and a recording of the Zoom procedures will be available on the Provincial website at a future date.

Plans to honour the memory of Valerie Mah for her major contributions to RTOERO are on hold until COVID-19 restrictions are lifted. Discussions have been initiated with the TDSB, the Toronto Library Board, the City of Toronto Parks and Recreation Department and the Neighbourhood Business Association pertaining to ideas for benches, trees, "In Memoriam Plaques" and a variety of other suggestions.

The executive also discussed RTOERO's difficulty distributing information to some Ontario schools related to its Retirement Planning Workshops (RPWs) and benefits. It would appear that some boards are preventing any group offering retirement opportunities from doing this; and some specifically restricting RTOERO material.

The executive expressed its appreciation to RTOERO for its letter to the Council of Ontario Directors of Education (CODE) expressing support for the distribution of information regarding RTOERO retirement planning workshops.

CODE has, in turn, sent a letter to its members saying in part, *“Unfortunately, these decisions are unfair to retiring employees in helping them make a best, balanced choice of retirement benefits. It is also unfair to organizations who wish to serve your employees when they retire as this then indirectly only permits access by the affiliates and their company (OTIP/RTIP) to all active duty teachers in the province.”*

Locally, RTOERO Toronto Districts (Districts 16, 22, 23, 24) send notices of these workshops to all public and Catholic schools and some private schools. [Notices of RPWs](#) are included in Toronto District 16 Newsletters sent to all schools in the legacy City of Toronto (1997) and our active members.

Your assistance in passing on information about RTOERO RPWs and Retirement Benefits is strongly encouraged.

Report of the Benefits Chair ~Bill Tajer



Considerations When Purchasing Hearing Aids

Choosing a hearing specialist, like finding any health care professional can be challenging. Recommendations from friends, family members, family physicians and written reviews posted on the Internet can be helpful in finding a hearing specialist who, in addition to selling hearing aids, is interested in a client's overall well-being.

There are many hearing clinics both private and in hospital settings. It is important to know that hearing aids require servicing, usually every six months. Therefore, one's relationship with the hearing specialist over the long term should be comfortable.

Major hearing aid companies produce a variety of hearing aid models that vary in size, features and price. Some provide simple amplification while others may be more technically advanced.

Ideally, the hearing specialist should recommend a hearing aid based on a person's needs and possibly their budget. As with any significant purchase, it pays to do some comparison shopping. There can be a significant price difference for the same model and follow-up services that clinics offer, even during sale periods.

Asking for a price match or the lowest price for the same model and services can save a significant sum of money.

There are many Internet sites on this topic. An authoritative source is the Mayo Clinic: [How to Choose the Right One:](#)

<https://mayoclinic.org/diseases-conditions/hearing-loss/in-depth/hearing-aids/art-20044116>

NOTE: RTOERO was approached by your Executive to address member concerns regarding experiences at Hearing Life. Hearing Life's response can be found on [page 30](#).

RTOERO Toronto Executive 2021-2022

Due to social gathering restrictions, the District 16 Annual Meeting for 2021 is postponed in accordance with RTOERO corporate direction. Your executive, following this direction, has agreed to the 2021/22 Executive appointments below.

NOTE: two vacancies exist. *If any member wishes to offer their service, contact Joan Elliott at zoriajoan@hotmail.com.*

Position	Appointment
President	Barbara Antheunis
Past President	Joan Elliott
1st Vice President	Ruth Baumann
2nd Vice President	Varla Abrams
Secretary	Herb Stover
Treasurer	Herb Stover
Archives	Gord MacLean
Benefits & Health	Bill Tajer
Communications	Vacant
Goodwill	Marjorie Blake
Membership/Recruitment	Lone Smith
Political Advocacy/Pension	Susan Weinert
Program	Heather Talbot
Social	Kay Jeffery
Travel	Karen Sinclair

Members-at-Large: Phil Egginton, Lou Manning, Beverly Purchase, Billie Anne Robinson, **One Vacancy**

RTOERO EXECUTIVE VACANCIES

We rely on member-volunteers to ensure Toronto District 16 offers the best service it can to all retired and active members. From a membership of over 5500, we occasionally have a shortage of those willing to assist. BUT, over the years, we have been fortunate to have individuals come forward when absolutely needed. NOW we are in need of that person.

Member-at-Large: This position is excellent for a member wanting greater knowledge of RTOERO governance. Consider joining us for a year and perhaps longer if your curiosity is piqued!

Communications: This position is a bit more focused on specific responsibilities and lends itself to a longer term than just a year.

1. Website: a general knowledge of Wordpress would be helpful but assistance is available via the RTOERO IT department. (There is no responsibility in this area until the site has been converted to Wordpress standards.)

2. Newsletter: this is the only communication that best reaches all of our members. Some skill is required in desktop publishing via any of a number of programs: InDesign, MS Publisher, CorelDraw, Scribus (open-source), etc.

If interested, contact Joan Elliott at zoriajoan@hotmail.com

Report of the Political Advocacy/Pension Chair
 ~Susan Weinert



Members of District 16 continue to question how best to give their input on questions concerning the care of seniors during the current pandemic. Many members have contacted their provincial and federal representatives, both to give input and to get current information.

On March 29 a Regional Political Advocacy Meeting was held via Zoom with 12 representatives in attendance. All districts are embracing RTOERO Advocacy with energy and commitment. There were questions raised by representatives for consideration and clarification by RTOERO staff. The main discussion was about the difference between advocacy and lobbying from the perspective of RTOERO. RTOERO is a registered charity and thus cannot be a registered lobbyist as the legislation stands now. There will be further clarification on these issues from RTOERO staff.

Certainly, many individual members have been writing to their provincial and federal representatives on issues affecting seniors and long-term care.

Members of the PAC committee are investigating OTPP investments in retirement homes and posed questions re the investments of Johnson Insurance.

The PAC Representatives and District members continue to engage in multiple strategies and activities to promote RTOERO priorities.

If you have concerns or questions, please contact me. See [page 44](#).

Membership Report
 ~Lone Smith

April 1, 2021



Total Retired + Employed Members: 5762 + 363 = 6225

Changes: New/55 | Transferred in/0 | Transfers Out/0
 Duplicate/1 | Cancelled/3 | Deceased/8

55 letters of welcome were sent to new members.

Reasons to cancel membership: Other Benefits/2; No Value/2; Other/1

**Birthday Report for those 80+
 for January 1 to 31, 2021:**

Total: 130
 80-89: 108
 90-99: 21
 100+: 1

Age Banding Report - Retired Members:		
Age Band	This Month	Last Month
Under 60	242	280
60-69	1369	1394
70-79	2702	2703
80-89	1186	1178
90-99	248	245
100+	15	13
TOTAL	5762	5813

Vibrant Voices Webinars, Fall 2021

Sept. 15 - Building an eldercare system that actually cares (1:00 - 2:15 pm)

Panelist: André Picard, Globe and Mail health reporter and columnist
Health care systems have dismally failed older Canadians for decades. Andre Picard identifies solutions to the eldercare crisis.

Oct. 13 - Saving the Forest | Saving Us (1:00 - 2:15 pm)

Panelist: Dr. Diana Beresford-Kroeger, medical biochemist and botanist
The natural world is under siege. That includes human life. But we can regenerate. Dr. Beresford-Kroeger demonstrates how we can save the planet and ourselves and her great passion, the global forest.

Nov. 3 - Paths to Wellness for Older Persons: Body, Mind, Spirit (1:00 - 2:15 pm)

Panelists: Isobel Mackenzie, Seniors Advocate for Province of British Columbia; **Dr. Keri-Leigh Cassidy**, Professor of Geriatric Psychiatry at Dalhousie University

Wellness is a complex state of being. Too often eldercare addresses only bodily needs. Our speakers explore how true wellness is about body, mind and spirit working together.

Questions? Contact Danielle Norris, manager of marketing and communications: dnorris@rtoero.ca.



Service-to-Others Grants | Up to \$2,500 Available

Give back to your community

<https://rtoero.ca/giving-back/grants/>

TIME IS RUNNING OUT!

This year districts are eligible to receive grants of up to \$2,500 for community projects that advance this goal. Districts interested serve as the project sponsor and submit the application in partnership with the community organization.

How to apply

- **Applications are to be completed online.**
- Progress can be saved and returned to at a later date if desired.
- Please read thoroughly the following application instructions before completing your application.
- When completing your application please refer to the table, which outlines in detail the project evaluation criteria.
- **Applications are due by June 1, 2021. For more information contact jmartin@rtoero.ca.**

RTOERO Scholarships 2021

More than 190 scholarship applications were submitted for 20 scholarships of \$3,000.

2020 Project – Service to Others Funding

Community Grants are designed to encourage all RTOERO Districts to support and partner with local organizations to promote projects that will help our organization to meet our strategic goals: improving the lives of members and seniors; being the trusted voice for the broader education communities; and broadening our membership base. Since the inception of this grant 21 years ago, we've donated \$1.85 million for 523 projects. For 2021, see [page 8](#).

The following grants were awarded in 2020.

District	Project	Amount
Algoma	Audio books and large print for seniors at the Ontario Finnish Rest Home	\$4000.00
Cochrane Temiskaming	Villa Minto Long Term Care: Promote engagement in meaningful activities for seniors with Alzheimer's or cognitive impairment	\$4000.00
Parry Sound	Community Oven Project	\$4000.00
Windsor-Essex	Survive the Cold – Sleep Warm	\$4000.00
Huron Perth	Camp Klahanie (Youth Camp)	\$2000.00
Bruce Grey Dufferin	72 Hour Family Emergency Kit	\$4000.00
Norfolk	Quilts for Those in Need	\$4000.00
Hamilton-Wentworth Haldimand	Good Shepherd's Jeanne Scott Parent & Child Resource Centre	\$2000.00
Halton	Burlington Able Sail – Volunteering in the Summer	\$4000.00
Simcoe County	Days for Girls Barrie	\$4000.00
Haliburton Kawartha	Combat Climate Crisis Poster Contest	\$2000.00
North York	Stronger Minds Make for Stronger Kids	\$4000.00
Kenora	N.O.W. (Nutrition on Weekends)	\$4000.00
Ottawa-Carleton	Kids Today! Les Enfants d'aujourd'hui	\$4000.00
Wellington	COVID-19 Survival Lifebags	\$4000.00
Prescott-Russell & EstaRiO	Courtepointes Victoria's Quilts (\$4000 each – total \$8000)	\$8000.00
Dryden	Cycling Without Age: Ami Trishaw Bike for Seniors	\$4000.00
Nipissing & Région du ciel bleu	Reducing Barriers to Education in Cameroon (\$1500 each – total \$3000)	\$3000.00
Vancouver Island	Makeover of Intake Transition Room	\$4000.00
Leeds & Granville	Days for Girls – Hybrid Kits	\$4000.00
	Total	\$77,000.00

RTOERO Governance ~ Annual Meeting

Aside from a number of governance housekeeping changes to be introduced by the Board, the following motions come from individual districts:

- ◆ **District 13 Hamilton-Wentworth, Haldimand:** That community grants revert to \$4,000 (at least) from \$2,500 and the criteria remain the same as in 2021.
- ◆ **Districts 41 Elgin and 3 Algoma:** **1.** That for the 2022 budget, the Directors consider a budget of \$15,000 for budget line Charitable Donation (*currently \$10,000*). **2.** That for the 2022 budget, the Directors consider a budget of \$5,000 per grant (*currently \$4,000*) to a maximum of \$125,000 (*currently \$100,000*) for budget line Community (STO) grants.
- ◆ **District 19 Hastings and Prince Edward/District 29 Lanark:** **1.** That the eligibility criteria for the 2022 RTOERO Post-Secondary Scholarship be expanded to include students who are entering or already studying in a college or university program that leads to a career in teaching or education. **2.** That at least 75% of the scholarships granted be awarded to post-secondary students enrolled in a program leading to a career in teaching or education, assuming enough suitable candidates. (*Current criteria: students enrolled in programs that lead to careers which could benefit RTOERO members and seniors in Canada including health sciences, medicine, nursing, personal care, geriatric health care, research into healthy active living for seniors, architects and designers of age-friendly spaces.*)
- ◆ **District 32 Prescott-Russell and District 43 Nipissing:** have submitted motions similar in intent to that of Motion 1 from Districts 19 and 29.
- ◆ **District 14 Niagara:** **1.** That the RTOERO not accept requests for advertising from any for-profit long-term care facilities or corporations. **2.** That the RTOERO not accept donations or payments for advertising from any for-profit long-term care facilities or corporations.
- ◆ **District 34 York Region:** That a Committee comprised of Corporate Members representing both large and minimum fee Districts be established to study the concept of equitable representation of Districts at Annual, Special and Forum Meetings. (Currently all districts have two voting reps: e.g Toronto >6,000; Dryden/Rainy River <300 each.)
- ◆ **District 40 Brant:** **1.** That RTOERO request that the president of OTF discuss with OTF Executive the issue of OTPP's for-profit long-term care facilities portfolio and, based on that discussion, request that OTPP initiate a review of said portfolio to ensure appropriate standards of care are implemented at any such facility. **2.** That RTOERO request that the President of OTF discuss with the OTF Executive the issue of OTPP's investment portfolio in China and that, based on that discussion, OTF consider requesting that OTPP initiate a review of said portfolio to ensure OTPP is investing only in areas deemed ethical.*

RTOERO Foundation Update, April 2021

Webinars

Webinars continue to be a way the foundation reaches out to reduce isolation, educate and inform RTOERO members. New webinars on important and relevant topics are being made available to all RTOERO members. One of the latest webinars is a conversation on Integrated Health Care.

<https://rtoero.ca/rtoero-foundation/get-involved/webinar-series/>

Research and Support – Granting Programs

RTOERO's granting program is a key component of the Foundation's work. A continuing outstanding example is [Dr. Paula Rochon](#), who holds the [RTOERO Chair in Geriatric Medicine](#) at the University of Toronto, and who continues to conduct research related to aging, older adults and societal health challenges.



[Johnson Insurance](#), has reached a cumulative giving total of \$1 million to the RTOERO Foundation. We thank everyone at Johnson Insurance for the exceptional dedication to research and innovative programs that are enhancing the lives of older adults.

JOHNSON

[The National Institute on Aging \(NIA\) and Eagle Research.](#)

Focus groups, want to hear from LGBTQ12S persons on how care provision and support in Canada can be improved for those with dementia.

NIA

Two new grant projects receiving \$25,000 worth of funding.

1. **Project title:** *Recognizing the signs of social isolation: a community conversation guide*
 - a. Organization: Nipissing University & Alzheimer Society of Sudbury
 - b. The researchers at Nipissing will be investigating common routes to social isolation and loneliness for someone living with dementia in northeastern Ontario. The outputs of the project include educational resources for professionals and families to both recognize social isolation and loneliness, and implement coping strategies for care partners and people living with dementia.
2. **Project title:** *Interdependence and Pathways to Disconcordant Experiences of Social Isolation and Loneliness in Dementia Care*
 - a. Organization: Schlegel-UW Research Institute for Aging (RIA)
 - b. This project proposes the creation of a community conversation guide to be used by residents and caregivers in Woolwich, ON
3. **Grant projects valued at \$100,000 addressing social isolation of older adults across the province:**

 **RTOERO** Foundation
Fondation

Social isolation is a major contributor to poor health of older adults, says Joanne Murphy, Chair of the RTOERO Foundation Board of Directors. One of the key criteria for funding is that the project has an intergenerational component. Funds will be distributed to the following communities through the project leads:



Guelph:

St. Joseph's Health Centre Guelph and Everdale Environmental Learning Centre. A micro-farm will be built on site at St. Joseph's and will bring together seniors and youth to grow fresh organic fruits and vegetables and then collaboratively choose innovative ways to share the harvest with the community.

Prince Edward County:

Prince Edward County Community Care for Seniors Association and community partners – PEC Fire Department, PE Detachment of the OPP, Hastings-Quinte Paramedic Services, Rural Mail Couriers (CUPW), Public Libraries of PEC and the PE Family Health Team.

With the help of police, fire, paramedics, rural mail couriers and staff in the decentralized library branches, isolated seniors will be identified and invited to participate in a series of presentations at nine municipal halls and the Community Care office. Students will be engaged at the presentations to participate in the social time. The community partners will also be evaluating and promoting programs such as Mail Couriers Alert program and the Home Alone Program formerly managed by the OPP.

Ottawa:

The Council on Aging of Ottawa and community partners – Ottawa Chinese Community Service Centre, Ottawa Senior Pride Network, and United Way Ottawa and two local high schools.

A multimedia classroom activity will be developed to produce a series of bilingual videos showing the life experiences of older adults who face social isolation as a result of their health and/or disabilities, sexual orientation and culture. Weaving themes of reducing social isolation, ageism and prejudice into the narrative, a series of workshops will support older adults in telling their story and capturing them on video.

London:

Neighbourhood Watch London, Centre for Health Equity and Social Inclusion-Western University and community partner London Middlesex Housing Corporation.

Engage residents of a rent-geared-to-income senior's apartment building as co-researchers to address questions and shared issues that are significant to them related to social connectedness, engagement and inclusion. High school and university students will support project activities, such as resident meetings and community idea sharing events, during which photographs that reflect participants' sense of connectedness or isolation will be discussed.

Lifestyle



We rely on the voluntarism of our members for the breadth of activities available. If you have a special interest and are looking for an outlet, consider contacting Heather Talbot with a proposal. She'll bring it to the Executive.

Heather Talbot
416-265-8930
heatalb@rogers.com



~Art, Bridge, La Belle Langue, Non-Fiction & West End Book Clubs, and Travelogues meet at [Holy Rosary Parish Hall](#) on St.Clair between Spadina and Bathurst (streetcar to Tweedsmuir), east of Loblaws and St. Clair West Subway Station.

~Brain Games, Downtown Coffee Club, Finacial Group, Italian Group, Monday Matinée Movie, Rock-Climbing Club, SuperTees Golf Group, and Theatre Day Trips will meet at various locations.

Travelogue



Go around the world with slide/digital presentations and treats on the fourth Wednesday of the month at 1:00 pm: October to May (Not December).

**Tom Menagh
Linda Johnson**

416-469-3709 | linda488@live.ca

Super Tees Golf Group



Again this year there are COVID rules around golf and we are unable to book multiple tee times. The convenor will send a list of members and their contact information to everyone in the SuperTees group and members can then contact others to arrange their own tee times. Some play at Scarlett Woods, others at Tam O'Shanter, and on any day or time they deem appropriate for their group. Some book by telephoning the club, others online by using the website <https://www.tee-on.com>. Visit the website for the City of Toronto golf courses to read the COVID rules and to access any of the municipal courses and their information: <https://www.toronto.ca/explore-enjoy/recreation/golf>. Some golfers have already begun golfing in April.

If you wish to be a member of the SuperTees contact Cindy Shore-Beauvais.

(Liability Waiver required.)

Cindy Shore-Beauvais
shorebeau@sympatico.ca

NEW

Cycling Club



Let's go for a bike ride and enjoy our beautiful parks and trails! We will meet at High Park on the first Wed of the month at 10:00 am starting in May. There is plenty of parking there and you can also rent a bicycle if you do not have one. We will cycle in High Park, along the waterfront and the Humber River, for an hour or two, depending on members' fitness levels. Then, we will enjoy refreshments at an outdoor patio. Please contact Mara for more information.

Mara Santarossa
marasantarossa@hotmail.com

• • • • • Art Friends • • • • •



An open studio for those interested in sketching and painting. A lovely well-lit space is available and, although no instruction is provided, there is plenty of support and good fellowship. Members bring their own drawing and painting materials.

We meet on the first Friday of the month from 10:00 am to 12:00 pm, except in July and August.

Marie Lynch

416-421-4936 | lynchmarie11@gmail.com

• • • • • Bridge • • • • •



Join us on the first, second and fifth Tuesdays of the month from September to June from 12:15 pm to 3:15 pm. Anyone familiar with the basic bidding rules of bridge is welcomed. Tea is served.

In the pandemic time, our club is using "Bridge Base Online" to play weekly on Tuesday from 1:00 pm to 2:00 pm and 2:15 pm to 3:15 pm. It is free and our members have signed up for it. For table arrangement, please email Tessie or Ben before attending.

Tessie Leung: 416-421-9054 | tessleu324@gmail.com

Ben Cousins: 416-482-8434 | ben.cousins@rogers.com

Tessie Leung



zoom

416-421-9054 | tessleu191@rogers.com

• • La Belle Langue/French Group • •



La Belle Langue, French Group ~ Si vous aimez parler en français entre amis, rejoignez-nous le deuxième lundi de chaque mois de 5h. à 6h. Pendant la pandémie on se rencontre en Zoom. Si cela vous intéresse vous pouvez me joindre à jtchartier@hotmail.com. A bientôt!



zoom

Jacqueline Chartier
jtchartier@hotmail.com

Book Club



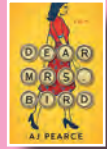
This popular group is at capacity at this time. We list their selections for those interested in their reads.

Lynne Fitzpatrick | fitz9284@gmail.com

Elaine MacIntosh | 416-463-2637



May - *Rabbit Foot Bill* by Helen Humphreys



June - *Dear Mrs. Bird* by A.J. Pearce



July - *Akin* by Emma Donoghue



August - *From the Ashes: My Story of Being Métis*,
by Jesse Thistle

Non-Fiction Book Club



Nancy Ballanger and Ruhi Tuzlak host this club on Zoom on the second Tuesday of the month from 1:30 pm to 3:30 pm. While we definitely miss our previous meetings in person, we are trying to make the Zoom experience enjoyable.

Nancy Ballanger: 416-762-5638

Ruhi Tuzlak

nancyballanger@gmail.com

tuzlak007@gmail.com



May - *Prisons We Choose to live inside*,
by Doris Lessing



June 8 - *Educated* by Tara Westover



July 13 - *Solved: How the World's Great Cities
are Fixing the Climate Crisis* by David Miller



August 10 - *The Right to be Cold* by Sheila Watt-Cloutier

••••• Westend Book Club •••••

The Westend Book Club meets up on Zoom the fourth Tuesday of the month at 1:30 pm. At the November meeting we choose the books that we plan on discussing at the monthly meetings.

At that meetup we will also choose the books that we plan on discussing as of December. Usually the person who suggests the book introduces it in as much detail as that person chooses.

Since we started to meet up on Zoom it has gone very well; anywhere from 15-20 members have been “attending” and we plan on doing so until we are able to meet up, once again, at Holy Rosary Church.



zoom

416-588-6637 | vsfeldman239@gmail.com

Steve Feldman



May 25 - *The Book Woman of Troublesome Creek*
by Kim Michele Richardson



June 22 - *The Pull of the Stars* by Emma Donoghue

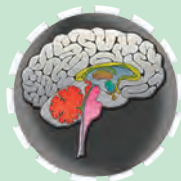


July 27 - *Girl, Woman, Other* by Bernadine Evaristo



August 24- *The Secret Patient* by Alex Michaelides

••••• Brain Games •••••



Chris welcomes you to try out this group. Do you sometimes lose your keys, phone or car? Then this group is for you. Brain Games may help, plus you will have fun and meet new friends. We meet at Chris' home near the Dundas West subway station.

Chris Gandy

chrisingdy@gmail.com

•••• Downtown Coffee Club ••••



The Downtown Coffee Club meets just SE of the Yonge/Bloor subway station at 625 Church St. You will see The Croissant Tree on the corner of Church and Charles Street East. We try to make it easy for people who don't live downtown but would like to join us occasionally for coffee and conversation. We are there Wednesday and Saturday mornings from about 10:30 to 12:00. Let us know if you're coming for the first time so we can look out for you.

John Stiver 416-963-5152 | johnstiver@icloud.com
Ann Ludwigsen 416-270-4166 | acludwigsen@rogers.com

••••• Financial Group •••••



Financial Group is meeting on Zoom during Covid-19. We look forward to in-person meetings as soon as it is permitted. The meetings are the fourth Thursday of the month at 4:30 pm.

Meetings Upcoming:

May 27, June 24, July 22, August 26.

The purpose of the group is to make us better financial consumers. We learn with and from each other, and we have presenters on any topic of interest. Next time we will have a presentation on tax issues.

Lone Smith

416-234-1969 | lonesmith@hotmail.com



••••• Italian Group •••••



The Italian Club meets on Zoom every Monday at 1:00 pm (not just once a month). New members with intermediate to advanced Italian speaking skills are welcome.

Mara Santarossa

marasantarossa@hotmail.com



• • • • Monday Matinée Movie • • • •

Join us and we'll notify you once a month of an early afternoon movie at the Yonge-Dundas Cinemas located at 10 Dundas East. We meet on the fourth Monday of the month (excluding December). If you are free afternoons, join us for coffee/tea/dessert/a late lunch or early dinner at Milestone's, which is located on the same level as the theatres just across the entrance and to their right.

If you would like to receive our monthly email, please email Steve.



Dale Vibert

dvibs@yahoo.com

Convenor for: Jan, Feb, Mar, Jul, Aug, Nov

Steve Feldman

vsfeldman239@gmail.com

Convenor for: Apr, May, Jun, Sept, Oct

• • • • • Rock-Climbing Club • • • • •

We will actually climb as soon as COVID-19 restrictions are eased. Meanwhile, RTO members are invited to join our Facebook virtual climbing group today. My recent post is an uplifting Climbing Magazine article about six inspiring older climbers. This Climbing Magazine article will elevate your spirits, and give you a fresh perspective. For the virtual climb, click here. www.facebook.com/groups/rtorockclimbing/.

Also watch our Newsletter for climbing updates.

James Snetsinger

james@snetsinger.org



• • • • • Theatre Day Trips • • • • •

Karen Sinclair and her committee arrange unique, all-inclusive excursions each Autumn and Spring theatre season. Due to the unknown duration of COVID-19, the Theatre Day Trips for Fall 2021 have been cancelled. Trips for 2022 will be advertised in the January 2022 Newsletter.

Karen Sinclair

416-421-9054



COVID-19



Wear a mask:

- ✔ Do clean your hands before and after wearing it
- ✔ Do ensure it covers your nose, mouth and chin
- ✔ Do change your mask when wet or dirty
- ✔ Do be respectful of people who can't wear masks
- ✔ Do keep 2 metres/6 feet from others

AVOID THIS

COVID-19 symptoms can sometimes persist for months. The virus can damage the lungs, heart and brain, which increases the risk of long-term health problems.

By Mayo Clinic Staff

Most people who have coronavirus disease 2019 (COVID-19) recover completely within a few weeks. But some people — even those who had mild versions of the disease — continue to experience symptoms after their initial recovery.

These people sometimes describe themselves as "long haulers" and the condition has been called post-COVID-19 syndrome or "long COVID-19."

Older people and people with many serious medical conditions are the most likely to experience lingering COVID-19 symptoms, but even young, otherwise healthy people can feel unwell for weeks to months after infection. The most common signs and symptoms that linger over time include:

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

Other long-term signs and symptoms may include:

- Muscle pain or headache
- Fast or pounding heartbeat
- Loss of smell or taste
- Memory, concentration or sleep problems
- Rash or hair loss

Source

<https://www.mayoclinic.org/coronavirus-long-term-effects/art-20490351>

How to create an inventory of important documents and contacts

An inventory of essential documents is valuable to you and helpful to your family, power of attorney, executor and lawyer. Should you be incapacitated or should your estate need to be settled, a personal record can ease any confusion and lessen expense. Share this information and review it regularly.

Keep documents in a safe place

Important documents should be kept in a safe place, in case of fire or theft. Please also ensure that a copy of your important documents, including a record of your important data and itemized information, are readily available to your lawyer and to your executor.

Make sure your spouse or another family member knows the location of:

Power of Attorney - Personal Care Will	Power of Attorney Property Birth certificate
Marriage certificate	Adoption papers - if applicable
Citizenship papers - if applicable	Prenuptial agreement - if applicable
Social Insurance Number & card	Government health card number & card
Bank accounts/Assets	Safety deposit box & key
Credit cards & numbers	Investments information /certificates
Pension information	Health insurance information
Home ownership(s)	Vehicle ownership(s)
Jewelry, valuables, heirlooms	Pre-arranged funeral agreement
Ownership of cemetery plot	Memorial receipt & description
Organ donation information	Passport
Drivers License	Lawyer/Notary
Physician(s)	Accountant
Religious Affiliation/Institution	Clergy
Employer	Pharmacist
Medical issues	Organizations to be notified

Make sure your spouse or other family member has contact information for:

Lawyer(s)	Executor(s)
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Glossary of terms

Power of attorney for personal care: a legal document in which you name a person to make decisions about your medical and other care when you become unable to make those decisions yourself while alive but incapable.

Power of attorney for property: a legal document in which you name a person to make decisions about your money and other assets on your behalf while you are alive but incapable.

Executor: the person named in your will to handle the closing of your estate after your death.



Wills and powers of attorney ensure your wishes are carried out as you direct, otherwise court-appointed administrators perform these functions - and not necessarily according to your wishes nor for the most economical solution.

You may wish to consult a lawyer before finalizing your powers of attorney as they grant a great deal of power to another person if you are incapable. Individuals acting on your behalf will need complete documentation as to your incapacity before they can perform some stipulated functions.

Create your personal inventory

We've created the following list to help you make your personal inventory of important documents. You can download this template as a fillable PDF to save and update as needed, or use the information to create your own document.

https://rtoero.ca/wp-content/uploads/2021/03/Personal_record_of_important_data_and_documents_pdf_utUOqNiS.pdf

RTOERO Personal record of important data and documents

Personal data of: _____ Date of last update: _____

Personal Information

Name: full, as on birth certificate, include also names under which you may have been known) _____

Social Insurance Number (SIN): _____ Date of birth: _____ Place of birth: _____

Current address: _____

Telephone: _____ Email: _____

Employment record: _____

Page 1 of 10

Resources - Contact information

- RTOERO Office
416-962-9463 1-800-361-9888

- Ontario Teachers' Pension Plan
416-226-2700 1-800-668-0105

- OMERS
416-369-2400 1-800-387-0813

- Johnson Inc.
416-920-7248 1-877-406-9007

ONTARIO TEACHERS' 2020 PENSION RESULTS HIGHLIGHTS

\$221.2B

Net assets

(2.1)%

Return below benchmark

8.6%

Total-fund net return

\$18.0B

Net investment income

9.3%

10-year total-fund net return
per annum

79%

Pension funding sources
from investment returns

183,000

Active members

148,000

Pensioners

331,000

Total number of active
members and pensioners

26

Typical years of credit
at retirement

32

Average years retirees
are expected to
collect a pension

59

Average
retirement age

147

Pensioners over 100

3-108

Age range of
pensioners

24

Pensions in pay for
more than 50 years

4,975

New retirement
pensioners in 2020

73

Average age of
pensioner

5,698

New members in 2020

43

Average age of
active member

Committed to Net Zero by 2050

The actions we take now regarding climate change will have impacts on our members, partners and communities for generations to come. Over the last decade, Ontario Teachers' has built expertise, allocated capital and engaged with companies and policymakers to address this urgent and complex challenge. We are committed to doing our part alongside other organizations and governments to help create a lower carbon, more sustainable future for all.

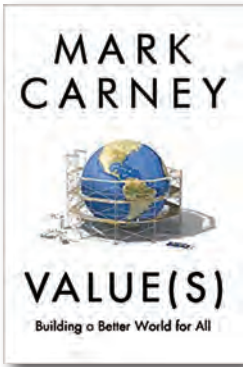
Meaningful and significant positive impacts

In 2021, Ontario Teachers' committed to achieving net-zero greenhouse gas emissions by 2050. Our organizational roadmap to net zero seeks real-world impacts that support the transition to a low-carbon economy. We will hold ourselves accountable by establishing concrete targets for portfolio emissions and our investments in climate solutions and will report on our progress annually.



Full Report: <https://otpp.com>

Responsible Investing Report: <https://otpp.com/investments/responsible-investing>



Mark Carney, Value(s): Building a Better World for All 2021, Signal (an imprint of McClelland & Stewart).

Review by RTOERO District 16 member, **Parvin Ghorayshi**

VALUE(S), 600 pages of impressive scholarly research, is backed by Mark¹ Carney's stellar career experiences. Carney blames free market fundamentalism for shredding the values on which good societies and markets are based. With a multidisciplinary lens, he meticulously draws from scholarly analyses of theories of state, market and society. Carney also borrows from the theories of moral values to establish that the economy is not an end in itself, but it should serve all humankind. Therefore, it is the duty of the state to protect its citizens.

Carney argues that we have moved from a market economy to a market society. Market value is taken to represent intrinsic value. This means money has become the end, and society is suffering. He suggests that our societies have come to embody Oscar Wilde's aphorism of "knowing the price of everything, but the value of nothing." He rightly questions unfettered capitalism and states that the three crises of the 20th century—credit, Covid and climate—have roots in the crisis of value. But, the Covid crisis has shown that society's choices should be guided by how it values life and the dignity of work. Moreover, Covid brought out the inequalities. "We are all in the same storm but not necessarily in the same boat."

For Carney, the lessons learned from the Covid policy framework can be applied to environmental sustainability. The reader is reminded "there is no Plan B because there is no Planet B." Climate change is a global problem and the window to act is shrinking. Carney agrees with Greta Thunberg, the young Swedish environmentalist: we need to act NOW.

Carney supports economist Maria Mazzucato, who stated that we need a "contested debate on Value." He offers a list of core values (solidarity, fairness, responsibility, resilience, sustainability, dynamism and humility) that are essential pillars for rebalancing economies. Canada, Carney emphasizes, can and must work towards establishing these values to provide the foundation for an inclusive society.

He is aware that Covid has intensified the pace of the Fourth Industrial Revolution and the digital transition has the potential to reignite existing inequalities. But countries like Canada, he believes, have agency and can take actions to shape technology for their benefit.

This bold, brilliant and timely book may be intimidating due to its length, but it is essential reading for anyone interested in rebuilding a society that is socially and ecologically just.

1. Mark Carney was one of the world's most prominent central bankers (the former Bank of Canada and Bank of England Governor) and is now the UN's special envoy on Climate Action and Finance. He was named one of the 100 most influential people in the world by Time Magazine in 2010 and the world's most trusted Canadian in 2011.

OSCAR NOMINATED MOVIES IN 2021

By the time you read this article, the Oscar winners would have been announced in a very late broadcast on April 25th. If you saw it, you would have realized that it was a different kind of show from different venues with many safety protocols in place amidst the classy tuxedos and elegant dresses. At least for fans of movies, there was a show and the many films nominated were excellent and well-deserving of their nominations for various reasons: nuanced, sharp acting; insightful and provocative scripts on the human condition; excellent editing and cinematography; superb production values like sound and period details, most of which we could see, not in darkened theatres with real audiences in communal enjoyment, but in our own homes on various small screens. Maybe not the best way to see these films, but better than nothing at all.

And so I am grateful, and gratitude brings happiness.

Here are the eight films nominated for Best Picture that I hope you will seek out when they become available on the big screen whenever movie houses open again (yes!) or from the relative comfort of your own home on various cable and streaming services. I think each of them is worthy of your attention for different reasons, and, lord knows, we have the time. By the way, this article was written in early April, weeks before the Oscar winners were announced.



MANK: In a previous article I wrote on the Top Movies of 2020 before the nominations came out. I ranked this film as my number one choice, and it garnered ten nominations, more than any other movie. It may not win many Oscars because of other films that became favourites after it first appeared on Netflix, but, as a former English teacher, I happen to love films about writers and their struggles to create works of art. Gary Oldman plays Mank to perfection as he creates (often through an alcoholic haze) the script of Orson Welles' towering film masterpiece, Citizen Kane. Its attention to period details of the Hollywood of the late 30s is razor-sharp and a delight just to see that "golden" world recreated. Beyond its thematic centrepiece, the film also reveals the human flaws of power-seeking, jealousy, arrogance, and hubris amongst the creative, artistic elite.



THE TRIAL OF THE CHICAGO 7: This highly political film won the Screen Actors Guild Award for Best Ensemble Acting, the highest possible honour from that influential group, and certainly well-deserved. The film is written by the great Aaron Sorkin (award-winning writer of The West Wing), and obviously plays to his strengths in showcasing a huge political event and outrageous trial of the late 1960s. The trial occurred as a result of a peaceful protest at the 1968 Democratic National Convention that became violent in a clash with Mayor Richard Daley's Chicago police force. It sure brought back a lot of strong memories for me as a university student at the time. Compelling political drama which will leave you both informed and angry.





PROMISING YOUNG WOMAN: What an outstanding, gut-wrenching performance by Carey Mulligan! She plays a woman (born of the ME TOO movement) who takes it upon herself to humiliate and punish young men who take advantage of young, drunken women. It is both a thriller and a darkly comic movie that constantly surprises with the twisted turns it makes as this “promising young woman” seeks revenge against the boorish behaviour of gormless, insensitive men. Sometimes not easy to take, but always fascinating to watch.



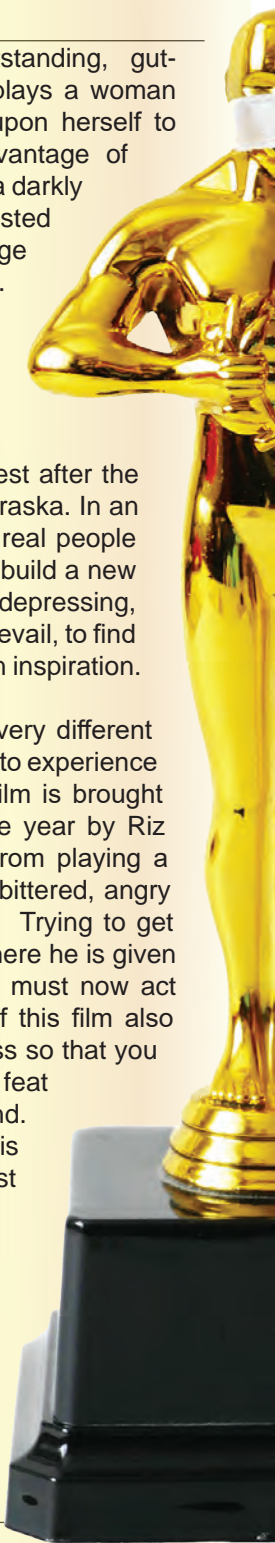
NOMADLAND: This film is a complete original, combining both professional actors and real people in a kind of cinema verite narrative as Frances McDormand ventures into the the American midwest after the economic collapse of a company town in rural Nebraska. In an outstanding performance, she meets with several real people who have become the new poor and rootless and begins to build a new life amongst the downtrodden. In a sense, this may all sound depressing, but it also reveals the spirit of human beings to survive and prevail, to find and create joy even in horrible circumstances. A must-see. An inspiration.



THE SOUND OF METAL: Another amazing and very different film about a minor punk-metal drummer who begins to experience hearing loss and eventually becomes deaf. The film is brought to life by one of the greatest performances of the year by Riz Ahmed (nominated as Best Actor) who moves from playing a careless, but joyful, rock artist to becoming an embittered, angry young man trying to cope with his sudden tragic disability. Trying to get help with his deafness, he joins a deaf community/school where he is given tools and ideas to better cope and to understand how he must now act as a deaf person — not easy to accept. The greatness of this film also comes from the fact that it puts you in his mind and deafness so that you experience exactly what he is going through. It is an amazing feat and which deservedly an Oscar nomination for Best Sound. Anyone experiencing hearing loss or knows someone who is experiencing the frustration of this debilitating condition must see this film.



JUDAS AND THE BLACK MESSIAH: With an electrifying performance by “Messiah” Daniel Kaluuya (nominated for and probable winner of the Best Supporting Actor Oscar), this film about the late-80s Chicago chapter of the Black Panther movement and the assassination of the “Black Messiah” Fred Hampton, by the FBI is totally riveting. As it condemns racial injustice and systemic



racism, it also plays out the Biblical ramifications of treachery and betrayal at the highest political level as well as the very personal level (the “Judas” of Lakeith Stanfield’s William O’Neil). This film will open your eyes to the pernicious evil that people and the state can inflict on one another and all of us.



MINARI: This is a very fine and very intimate look into a Korean-American family that, in pursuing a better life, the “American Dream,” settles in a tiny Arkansas farming town in the 1980s to make that dream a reality. As depicted in so many other films and books about immigration, the assimilation process is not

an easy one, having to contend with everything from natural disasters to aspects of xenophobia. The whole thing is anchored by highly sensitive, beautiful performances by members of the family (Oscars nominations for the father, Steven Yuen, and the feisty grandmother, Yuh-Jung Youn) that you will fall in love with and relate to. Both heart-wrenching and joyful !



THE FATHER: Like The Sound of Metal which takes you into the world of the deaf through its sound engineering, this devastating film takes you into the world of senior dementia by having you see everything from the point of view of the person experiencing it. The great Anthony Hopkins plays the title role who at 80 has few moments of lucidity as his world collapses around him and becomes a world he cannot understand and cannot cope with. He believes that he is absolutely fine and behaves defiantly with this relatives and caretakers around him, often making highly abusive and very loud accusatory statements, particularly against his daughter, Anne, played by yet another Oscar winner, Olivia Colman. As you watch this film, do look for the background visuals and props which change as the father sees things through his point of view which is often forgetful and confused - as we too sometimes become frustrated and confused along with him. Again, not an easy film to experience, but a great film to see. Another must-see! One of my favourites of the year....

Hope you get to see these very fine films as we continue to await the re-opening of theatres and get to see all the blockbusters waiting in the can for us: the newest James Bond, the new West Side Story, the newest Death on the Nile, Mission Impossible 7, and Respect. And many others!

Chin up, stay healthy,
John Borvilos



Come Sing With Us!



What have some of our retirees and their friends been doing during the last months of lockdown and social distancing? Singing the Years Away! This latter phrase is the theme song for a local community choir that has been doing just that for 46 years. The Serenata Singers is a daytime community choir and, although not able to gather together in person or present spring concerts or do sing-outs this past year, the group has maintained its Wednesday morning rehearsal time in adapted form. The wonders of Zoom and the ease with which it can be used, as well as modern smart phones have allowed meetings to occur and lifelong friendships to continue! The gathering just to see faces and chat before rehearsal starts is very popular, and news, tips about vaccines and other issues are shared, with members feeling they are actually in the room together.

Our enthusiastic, extremely talented choir director leads gentle exercises for both body and voice, and choristers can both see and hear the piano player as different songs are rehearsed. A variety of choral music is sung and the group is working towards making a video ~ an ambitious and somewhat daunting experience for newbies, but not without growth, fun and laughter!

After a summer break, the Serenata Singers plan to reassemble in September in whatever form is possible. It is likely that the choir will gather via Zoom again in September 2021 and hopefully transition later to their rehearsal venue at Wilmar Heights Event Centre early in 2022 for in-person rehearsals. This is due to the new COVID-19 variants and the slow rollout of vaccines to all age groups. We still don't know the true effects of the vaccine or when it will be safe to sing inside together. Meanwhile, there are perks to not driving in traffic and bad weather, and the opportunity to socialize, sing and be part of a group is uplifting, even if slightly restricted.

The choir is open to all, but being able to read music is definitely a plus as we enjoy singing SATB choral music. The outreach contact is Bruce Galbraith (moliere@pathcom.com), who will answer questions when contacted. Where else can you stay home in safety, yet be stimulated, involved and supported by caring people?

Music is a universal language. Why not share in it?

Written by **Gwen Farrow**

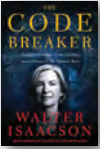
www.serenatasingers.ca | [Facebook: Serenata Singers](https://www.facebook.com/SerenataSingers)

Submitted by **Bruce Galbraith**



The Code Breaker

Jennifer Doudna, Gene Editing and the Future of the Human Race



When the lockdown from Covid 19 was lifted, I decided to browse the Indigo bookstore. One of the books that caught my attention was "The Code Breaker" by Walter Isaacson. Isaacson is a gifted author who tells the story about Dr. Jennifer Doudna and her chosen career in the field of science. He demonstrates that she is a natural leader, an advocate and mentor for a stronger voice for women in their chosen field of science research. She made extraordinary discoveries with major accomplishments in a short period of time. Her rise through the ranks as a female scientist drew the attention of her cohorts. Dr. Doudna was in consultation with other scientists worldwide to understand what is involved in defeating Covid 19.



Isaacson takes us on an interesting read in this book by sharing the ups and downs of Doudna's work as well as her association with Professor Emmanuelle Charpentier. These two powerful women were nominated for their work and won the Nobel Prize in chemistry by inventing a process called CRISPR, a gene editing technology.

Isaacson captures how challenging it is in an extremely competitive male oriented field of researchers to fight for funding for special projects to enhance research. In four decades of work, Dr. Doudna continues with her research and her extraordinary discoveries, making contributions for a better understanding of gene editing. The author rightly points out the stress regarding the ethical issues in science which were a constant burden causing Doudna to question what was right and wrong. Were they crossing the line in terms of appropriate research behaviour?

The discovery and development of CRISPR technology gave her a better understanding of how DNA and RNA works. This gene editing tool has many possibilities and could lead to possible cures for many medical issues such as schizophrenia, sickle-cell anemia, and deafness, as well as the option to edit out perceived human flaws. With this technology comes many pitfalls, one of which is the moral dilemma of how far science can go as it relates to genetic changes to our DNA.

I have no words to describe how pleasurable it was to read this informative book and I highly recommend it. I look forward to reading more of Walter Isaacson's books.



Submitted by **Phil Egginton**



Time to set the record straight on OTPP pensioner re-employment

After careful consideration, OTF and the Ontario Government, as co-sponsors of the OTPP, have agreed to temporarily increase the 50-day re-employment rule to 95 days for teachers, principals, and vice principals in the publicly funded school system until June 30, 2021. As part of this agreement, school boards will be required to meet strict reporting measures to ensure that this increase will not adversely impact existing occasional teachers and those at the beginning of their careers. While OTF does not expect that many retirees are interested in working in the current environment, this change may extend the number of days that some retirees choose to work. OTF does believe that more robust health and safety measures would not only help protect against potential teacher absences due to illness, but it would also encourage more occasional teachers to make themselves available to the publicly funded school system.

Background

Recent statements [were] made by the Minister of Education in the Ontario Legislature regarding the Ontario Teachers' Federation's (OTF) refusal to relax the 50-day rule to assist with an anticipated shortage of teachers and administrators during the current school year, as a result of the pandemic.


OTF is aware that there may be shortages in certain areas of the province or in certain subject areas. This is nothing new. However, there are thousands of new teacher graduates and occasional teachers available for employment. OTF strongly believes that, if more robust health and safety measures were implemented in our schools - such as appropriate social distancing, mask wearing for all students, class size reductions (per recommendations made by Sick Kids medical experts), and enhanced ventilation - it would not only help protect against potential teacher absences due to illness, but it would also encourage new graduates and existing occasional teachers to make themselves available. This would strongly mitigate the need for additional retirees (average age of which is 72) to somehow fill any void, given the current environment.

Source:

<https://www.otffeo.on.ca/en/wp-content/uploads/sites/2/2020/11/Eng-option-A-statement-1.pdf>

This change was also emailed to retirees by OTPP for information.

Your All-in-One Hearing Healthcare Guide

Did you know? Despite hearing being essential to your overall quality of life, hearing tests are not required for  **HearingLife** your annual health checks with your doctor.

Early hearing loss detection and treatment is key to reducing your risk of social isolation, depression, cognitive decline, and other adverse hearing loss effects. Still, Canadians diagnosed with hearing loss wait an average of seven years before seeking treatment.¹

Denial, the stigma surrounding hearing loss and hearing aids, and price are some of the reasons given for delayed treatment. However, the cost that hearing loss gradually accumulates in our lives socially, professionally, and health-wise are simply too high to ignore.

Fortunately, there are options available to help you get the hearing treatment you need. Here is an all-in-one guide to help you navigate your hearing health.

Do I have a hearing loss? What are the signs?

Since hearing loss is gradual, it's not always obvious when your hearing changes, but there are signs that you can look out for:

- People seem to be mumbling
- You struggle to hear in social settings
- You avoid social gatherings
- Conversations are exhausting
- You struggle to hear over the phone
- People complain that your television is too loud
- Your relationships have become strained

If you notice one or more of these signs on an ongoing basis, book a hearing test to confirm the status of your hearing health.

I want a hearing test. How does it work?


RTOERO Members can book a free, no obligation hearing appointment at HearingLife Canada. HearingLife is a Preferred Partner of RTOERO, offering you exclusive hearing healthcare benefits. Here is a summary of how your hearing appointment would go:

We recommend that you bring a loved one with you to your hearing appointment to assist with parts of the hearing assessment. The presence of a loved one can also provide emotional support. When you arrive, here is what you can expect:

1. An initial discussion

Your hearing professional will address any questions or concerns you may have ask about your medical history and any parts of your lifestyle that could affect your hearing such as your occupation and leisure activities. This is important in identifying the potential causes of your hearing difficulties.

2. Your ear examination

Your hearing professional will then perform a painless examination of your ear. This will help rule out other reasons, (i.e. earwax build up or infection) as the cause of your hearing issues. 

3. Your full audiological assessment

When it is time to get your hearing tested, you will be asked to sit in a noise-controlled environment and wear headphones or earphones. Your hearing professional will then ask you to press a button in response to a series of tones. Your responses will help us know the exact state of your hearing health. You will also take a voice hearing test. You will be read a list of words at various distances as your hearing professional observes your comprehension.

4. Discussion of results and recommendations from your hearing professional

After your assessment, you and your loved one will receive your same-day test results. If your test determines that you have a hearing loss and that you can benefit from wearing hearing aids, your hearing professional will recommend a hearing aid based on your hearing loss.

I have a hearing loss. What are the different types of hearing aids and how do I choose the hearing aid that is right for me?

There are many types of hearing aids, but the big two are in-the-ear (ITE) hearing aids and behind-the-ear (BTE) hearing aids.

ITE hearing aids sit in the ear canal. Some can be nearly invisible. These hearing aids are best suited for those with mild to moderate hearing loss since the required technology is small enough to fit in its casing.

Those with severe hearing loss require more power, so BTE hearing aids are more ideal. These hearing aids sit discreetly behind the ear with a clear wire that fits into the ear canal.

After your hearing appointment, your hearing professional will recommend a hearing aid based on your needs. HearingLife offers a variety of brands and styles to fit your lifestyle needs.

HearingLife also offers free hearing aid trials to help you find the hearing aid that meets your needs. Ask your HearingLife hearing professional for more details.

I'm ready to buy hearing aids. What is the process?

Hearing aid prices range from \$995 to upwards of \$4,000 depending on your hearing needs. At HearingLife, your hearing professional can help you navigate your payment options, including any financial assistance you may qualify for as well as their Hear Now™ Financing payment plans.

What are the hearing aid aftercare benefits available to me?

All hearing aid purchases at HearingLife Canada come with their 360-AfterCare which includes everything you need for your hearing aids, including the batteries for four years for RTOERO Members. This also includes free follow up appointments and free hearing aid clean and checks.

<https://rtoero.ca/services/preferred-partners/>





Included in RTOERO Benefits Plan
<https://bestdoctors.com/canada/rtoero/>

Do you tend to accept your doctor's treatment plan without a second look? If you're more likely to consult with 'Dr. Google' for a second opinion rather than make an appointment to see a separate physician, Best Doctors is a service you can benefit from.

Best Doctors connects you to the expertise of the best medical minds in the world. Its range of services can be accessed at no additional cost once you are an RTOERO extended health care plan holder.

Here are five Best Doctors services that you may find helpful:

FindBestDoc - With this service, Best Doctors helps you locate family doctors and specialists based on your location and medical history.

InterConsultation - Best Doctors medical specialists can analyze your medical records such as X-rays and test results to produce a detailed summary which provides recommendations towards your existing diagnosis and treatment plan.

FindBestCare - Best Doctors can locate treatment specialists outside of Canada in more than 450 specialties and subspecialties so that you can find the expert(s) best suited to your needs.

Medical Records e-Summary - Best Doctors collects all of your medical records and puts them on a USB key so that they are easily accessible when you are on the go or travelling.

Extended Access to Family Members - All of the Best Doctors services offered to RTOERO extended health care plan holders can also be accessed by your parents, parents-in-law and children even if they aren't covered under your RTOERO health plan.

To get started, visit click the "Start a case online" button at

rtoero.ca/services/best-doctors/

or call Best Doctors directly at 1-877-419-2378

Nutrition in the News: Vitamin E



Overview

Vitamin E is a nutrient important for vision, reproduction, and the health of your blood, brain and skin.

Vitamin E also has antioxidant properties. Antioxidants are substances that might protect your cells against the effects of free radicals—molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation. Free radicals might play a role in heart disease, cancer and other diseases. If you take vitamin E for its antioxidant properties, keep in mind that the supplement might not offer the same benefits as naturally occurring antioxidants in food.

Foods rich in vitamin E include canola oil, olive oil, margarine, almonds and peanuts. You can also get vitamin E from meats, dairy, leafy greens and fortified cereals. Vitamin E is also available as an oral supplement in capsules or drops.

Vitamin E deficiency can cause nerve pain (neuropathy).

The recommended daily amount of vitamin E for adults is 15 milligrams.

Evidence

Research on vitamin E use for specific conditions shows:

- **Alzheimer's disease.** Some research has shown that high-dose vitamin E might delay the progression of Alzheimer's disease in people who have been diagnosed with mild to moderate. Other studies haven't shown this benefit. Vitamin E supplements appear to have no effect on whether people with mild cognitive impairment progress to Alzheimer's disease.
- **Liver disease.** Studies show that vitamin E might improve symptoms of nonalcoholic fatty liver disease. However, some evidence suggests that taking oral vitamin E for this purpose for two years is linked to insulin resistance.
- **Preeclampsia.** Increasing your intake of vitamin E hasn't been shown to prevent this pregnancy condition that affects blood pressure.
- **Prostate cancer.** Research shows that vitamin E and selenium supplements don't prevent prostate cancer. There is also concern that the use of vitamin E supplements might increase the risk of prostate cancer.

Caution

Most people get enough vitamin E from a balanced diet. If you've been diagnosed with mild to moderate Alzheimer's disease, some research suggests that vitamin E therapy might help slow disease progression.

However, oral use of vitamin E might increase the risk of prostate cancer. Use of the supplement can pose other serious risks, particularly at high doses and if you have other health conditions or have had a heart attack or stroke.

Source: Mayo Clinic: <https://www.mayoclinic.org/>



Moms Stop the Harm (MSTH) is a network of Canadian families impacted by substance-use related harms and deaths. We advocate to change failed drug policies and provide peer support to grieving families and those with loved ones who use or have used substances.

<https://www.momsstoptheharm.com/>

Moms Stop The Harm calls for an end to the failed war on drugs through evidence based prevention, treatment and policy change. We support a harm reduction approach that is both compassionate and non-discriminatory for people who use substances.

Our vision is that people who use drugs are not criminalized and that their rights are respected. It sees health care as the way to equitably provide for a safe supply of substances and diverse pathways of support for all those affected. It includes support and empowerment of families to use their voices without shame, to share their stories and to advocate for positive change.

“You cannot arrest your way out of an opioid crisis.”

**Dr. Theresa Tam, Chief Public Health Officer of Canada
(The Canadian Press, Aug. 23, 2020)**

Our Mission

We advocate to end the stigma, harms and death related to substance use.

Our Values

Our values represent the core beliefs of Moms Stop The Harm and serve to inspire and guide us in the work that we do. They represent what Moms Stop the Harm stands for, and they will inform future generations of leadership.

1. We commit to fostering a caring community for all. We seek to ensure that all people are treated justly and with compassion. We demonstrate dignity, caring and equality for all.
2. We share our passion and commitment to energize, engage, and inspire members and advocates to share their stories and have their voices heard.
3. We value integrity because it keeps us safe with one another, and within the world. Integrity includes the qualities of honesty, courage, and mutual respect.
4. We value our connections with one another. We aim to give a sense of belonging to all those we support.
5. We believe in inclusion for all, and advocate for the creation of a diverse and accepting community that is free of prejudice and that receives others with empathy and understanding.
6. We aim to continually learn and educate. In all that we do, we lead the way to a narrative for change, guided by lived experience and evidence-based knowledge.
7. With courage and respect, we uphold the human rights of persons marginalized and discriminated against because of substance use.
8. We value our partnerships and teamwork with other individuals and organizations, recognizing the united family voice for change as an integral part of a greater movement.



“The evidence shows us that supervised consumption sites and services save lives and can provide people who use drugs with access to health and social services and treatment.”

**Hon. Patty Hajdu, Minister of Health, Canada
(The Canadian Press, Aug. 20, 2020)**

Our Goals

1. To achieve equity in health care for people who use substances, including those with problematic substance use or substance use disorder (SUD).
2. To ensure all levels of government work together to change drug policy to an evidence-based approach that respects and supports the human rights of people who use substances, specifically to ensure:
 - access to a safe supply of pharmaceutical-grade substances
 - decriminalization of people who possess illicit substances for personal use
3. To ensure access to a complete spectrum of fully funded harm reduction services and supplies in all communities, including the overdose-reversal medication Naloxone supervised consumption and overdose prevention services
4. To ensure access to all evidence-based treatment options and multiple pathways to recovery, as defined by the person.
5. To support families and friends of loved ones affected by substance use to help them understand and navigate the system, including treatment options and individual pathways to recovery.
6. To reduce the stigma faced by people who use drugs by sharing our stories and advocating on their behalf.
7. To provide emotional support to those who mourn a loved one and provide awareness, hope, and education to those struggling with substance use and those with lived experience.
8. To educate the public on current research and evidence-based approaches to substance use.
9. To promote age-appropriate education for youth, and to promote mental health and harm reduction based approaches to prevent drug harms.

OTHER RESOURCES

The Vancouver Drug Strategy

<https://vancouver.ca/people-programs/four-pillars-drug-strategy.aspx>

The four pillars approach to drug addiction is based on four principals:

- Harm reduction
- Prevention
- Treatment
- Enforcement

Successfully used in such cities as Geneva, Zurich, Frankfurt, and Sydney, this four pillars approach has resulted in a:

- Dramatic reduction in the number of drug users consuming drugs on the street
- Significant drop in overdose deaths
- Reduction in the infection rates for HIV and hepatitis.

The Canadian Drug Policy Coalition (<https://drugpolicy.ca/>) is a policy advocacy organization comprised of around 50 organizations and over 4,000 individuals striving to end the harms of drug prohibition. It operates as a project within Simon Fraser University under the Centre for Applied Research in Mental Health and Addiction.



Editor: this item was referenced in our March Newsletter and edited for space.

News release, March 17, 2021, Ottawa - Department of Justice Canada

<https://www.canada.ca/en/health-canada/services/medical-assistance-dying.html>

The changes are the result of over five years of experience with MAID in Canada [and are a response] to feedback from over 300,000 Canadians, experts, practitioners, stakeholders, provinces and territories.

Specifically, the new law:

- removes the requirement for a person's natural death to be reasonably foreseeable in order to be eligible for MAID
- introduces a two-track approach to procedural safeguards based on whether or not a person's natural death is reasonably foreseeable
 - existing safeguards are maintained and eased for eligible persons whose natural death is reasonably foreseeable
 - new and strengthened safeguards are introduced for eligible persons whose natural death is not reasonably foreseeable
- temporarily excludes eligibility for individuals suffering solely from mental illness for 24 months, and requires ...an expert review tasked with making recommendations ...for MAID for persons suffering from mental illness
- allows eligible persons whose natural death is reasonably foreseeable, and who have a set date to receive MAID, to waive final consent if they are at risk of losing capacity in the interim

The Government of Canada recognizes that other important outstanding issues related to MAID still need to be explored. Areas such as the eligibility of mature minors, advance requests, mental illness, palliative care and the protection of Canadians living with disabilities will be considered during a parliamentary review of the MAID legislation that would begin within the next 30 days.

The majority of individuals receiving MAID (82.1%) were reported to have received palliative care services.

Cancer is the most frequently cited underlying medical condition, followed by respiratory, neurological and cardiovascular conditions.

Your retirement planning doesn't have to wait

View the full schedule
of FREE
Retirement
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online

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Member?

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Friends!



SELECT YOUR BEST OPTION: ASSORTED DATES & TIMES | ENGLISH or FRENCH

WEBINAR DATES

Additional Dates in French

May 4 - Tuesday, 5:00PM
May 12 - Wednesday, 5:30PM
May 20 - Thursday, 5:00AM

May 8 - Saturday, 10:00AM
May 15 - Saturday, 9:30AM
May 29 - Saturday, 10:30AM

June 1 - Tuesday, 5:00PM
June 8 - Tuesday, 5:00PM
June 16 - Wednesday, 4:30PM
June 26 - Saturday, 9:30AM
June 30 - Wednesday, 4:30PM

June 3 - Thursday, 4:30PM
June 12 - Saturday, 10:30AM
June 22 - Tuesday, 4:30PM
June 29 - Tuesday, 5:30PM

**CHECK THE RTOERO EVENTS CALENDAR
FOR THE SUMMER SCHEDULE**

<https://rtoero.ca/events/>

What's New in Healthy Aging - April 22, 2021

<https://www.mcmasteroptimalaging.org/>

McMaster

OPTIMAL AGING PORTAL

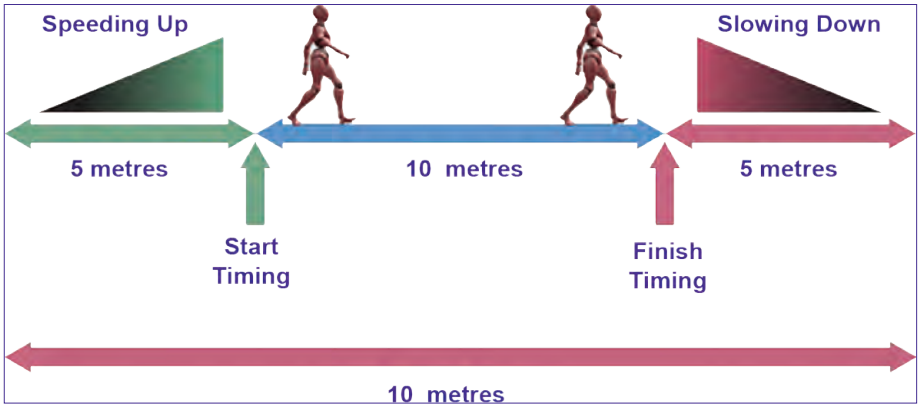
[mcmasteroptimalaging.org](https://www.mcmasteroptimalaging.org)

The McMaster Optimal Aging Portal provides direct and easy access to evidence-based information on health and social conditions relevant to older adults and their caregivers. RTOERO partners with the McMaster Optimal Aging Portal to provide information to members.

Measuring Walking Speed

New E-Learning: <https://www.mcmasteroptimalaging.org/e-learning/walking-speed-is-it-a-vital-sign>

Like your heart rate and blood pressure, your walking speed may be a new vital sign. Learn more about the 10-Metre Walk Test and how to improve your walking speed with this 15-minute interactive lesson.



You can measure your walking speed using the 10-Metre Walk Test. To take the test you'll need a 20-metre path to give you 5 metres to get up to normal speed (or usual pace), 10 metres for the measurement of your usual pace and then another 5 metres to slow down. Now measure how long it takes you to walk the 10-metre length, or get someone else to time you.

Then divide 10 metres by the number of seconds it took you to determine your speed in metres/second. Compare your results to those in the table on page 2. (Document available at link above.)

$$\text{Speed} = \frac{\text{distance}}{\text{time}}$$

$$10 \text{ metres} / \# \text{ of seconds}$$

If you would prefer to do the test at home or indoors, you can do a shorter 4-metre walk test. It is identical to the 10-metre test but requires a shorter 6-metre path (1 metre to speed up, 1 metre to slow down, and a 4-metre testing zone). As with the 10-metre test, divide 4 metres by the number of seconds it took you to determine your speed in metres/second.

Save with RTOERO

Compare 2021 health benefits for education retirees

RTOERO

OTHER*

Extended Health Care + Hospital + Dental					
SINGLE	COUPLE	FAMILY	SINGLE	COUPLE	FAMILY
\$190.38/mo	\$378.94/mo	\$459.97/mo	\$202.71/mo	\$399.50/mo	\$479.00/mo
tax incl., may differ slightly outside Ontario due to provincial tax rates					
ANNUAL COST SAVINGS WITH RTOERO					
SINGLE \$147.93/year		COUPLE \$246.72/year		FAMILY \$228.34/year	
Prescription Drugs					
\$3,400		\$4,000		\$4,000	
ANNUALLY - 85% REIMBURSED		ANNUALLY - 85% REIMBURSED		ANNUALLY - 85% REIMBURSED	
✔ covers ALL prescription drugs		✔ covers ALL prescription drugs		✗ NOT ALL prescription drugs covered	
Paramedicals eg: massage therapy					
\$1,300		\$1,250		\$1,250	
ALL PRACTITIONERS COMBINED - 80% REIMBURSED		ALL PRACTITIONERS COMBINED - 80% REIMBURSED		ALL PRACTITIONERS COMBINED - 80% REIMBURSED	
✔ No doctor's authorization needed		✔ No doctor's authorization needed		✗ Doctor's authorization required for some practitioners	
				✗ LIMITED reimbursement - per-visit max	
Vision					

\$400	VISION CORRECTION	\$150	EYE EXAMS	\$125	EYE EXAMS
✓ 80% - Every 2 years	✓ 80% - Every 2 years	✓ 80% - Every 2 years	✓ 80% - Every 2 years	✓ 80% - Every 2 years	✓ 80% - Every 2 years

Travel

\$10 million	PER INSURED UP TO 93 DAYS PER TRIP	\$2 million	PER PERSON UP TO 95 DAYS PER TRIP
✓ \$6,000 trip cancellation/interruption	✓ \$250/day for meals and accommodation, up to \$5,000 per trip	✓ \$6,000 trip cancellation/interruption	✗ \$150/day for meals and accommodation, up to \$1,500 per trip
✓ Private hospital room	✓ \$10,000 vehicle return	✗ Semi-private hospital room	✗ \$2,000 vehicle return
✓ \$1,000 lost luggage per trip	✓ Guaranteed acceptance for trips longer than 93 days	✗ No coverage for lost luggage	✗ Medical questionnaire required for trips longer than 95 days

Dental

Basic & Preventative	85% UNLIMITED REIMBURSEMENT	Basic & Preventative	80% UNLIMITED REIMBURSEMENT
Minor Restorative	\$850 - 80% REIMBURSED	Minor Restorative	\$750 - 80% REIMBURSED
Major Restorative	\$800 CROWNS + \$800 BRIDGES, PARTIAL DENTURES 50% REIMBURSED	Major Restorative	\$700 - 50% REIMBURSED

*RTIP Plus 4000 Plan



1-800-361-9888 | 416-962-9463 | rtoero.ca

Goodwill Report ~Marjorie Blake



Oscar Wilde, Irish poet and playwright, stated that... "We are all in the gutter, but some of us are looking at the stars".

This line of thought certainly reflects what is happening to the world at the moment with COVID-19 and its variants, the lockdowns, the isolation, and the onslaught of vaccines. As we continue to model designer masks, sanitize and wash hands, practice social distancing, and experience a jab of the Pfizer, Moderna and AstraZeneca vaccines, we look to the "stars" for hope to see the end of this pandemic.

Cards of condolence were sent to relatives of 29 members. Birthday cards were sent to members 80 years old (35); 90 years old (9), and 100+ years old (3). One centenarian passed and three members joined this remarkable group.

Three members were hospitalized in December. As a followup, two of them have recuperated or are recuperating satisfactorily, but one remains in hospital and may be hospitalized for another four to six weeks. Our thoughts are with her as well as with others in similar condition

Get well and encouragement cards were sent to some members. Telephone calls, e-mails, letters, and cards of appreciation were received.

Special thanks to those members who informed us and kept us updated with regard to members who needed some attention. Your help and input is greatly appreciated. Please keep us informed about each other.

Last, but not least, new members are encouraged to become a part of the Goodwill Committee.

A BETTER FUTURE - TOGETHER

Marjorie Blake | 905 837 0874

Members Remembered

Rosalina Bustamante

Rosalina passed away on April 14, 2021. Rosalina, who served on the Executive as Archivist from 2001-2009, passed away on April 14, 2021. She was responsible for updating the files and the digitization of the minutes, Newsletter, making them available via the website. Rosalina served on the Toronto Executive to 2009.

Rosalina being recognized by president David Shanoff at the Annual Meeting, May, 2011



IN MEMORIAM

Condolences to families, friends, and colleagues of those recently deceased. We share in the mourning of the loss and we celebrate the service they rendered.

Rita Balzana

Sam Barone

Les Birmingham

Winifred Bouvchier

Catherine Britchford

Rosalina Bustamante

Gulzari Chawla

Ian Clarkson

Henrietta Daniel

Esther Glickman

William Greig

Ann Griffin

Torrance Anderson

Denise Heron

Coral Jewell

Reginald McArthur

Nadya McCart

Arlene McCombs

Eileen McLaughlin

David Mills

Paul (Pavel) George Nanoff

Irma Palladino

Virginia Pereira

Lisette Rainu

Annette Ross

Patricia Smith

Grace Speer

Carolyn Thompson

Barry Walker

Margaret Elizabeth Westbrook

Millicent Williams



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bevpurchase132@gmail.com

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Benefits Service /Johnson Inc

100-18 Spadina Rd

416-920-7248

1-877-406-8077

www.johnson.ca

Teacher's Pension Plan

5650 Yonge St

416-228-5900

1-877-812-7989

www.otpp.com

OMERS Pension

EY Tower

900-100 Adelaide St W

416-369-2400

www.omers.com

RTOERO

300-18 Spadina Rd

416-962-9463

1-800-361-9888

www.rto-ero.org



Visit us at

← <https://district16.rto-ero.org> →



RTOERO Toronto District 16 Information

Membership

Occasionally new members may join us in error. There are four districts in Toronto (Etobicoke York-22, North York-23, Scarborough/East York-24) and others across Ontario and Canada.

Contact Membership at 416-962-9463 or membership@rto-ero.org to register any change in status.

Obtaining Your Newsletter

This Newsletter is provided through your fees as a Member of RTOERO Toronto District 16. Join our email service and we'll let you know when it's posted so you can download the PDF for free.

Newsletter Submissions

Your Newsletter Committee welcomes submissions that may be of interest to others (travels, events, volunteer opportunities, etc.) from members. 'Letters-to-the-editor' are also welcome. The editors reserve the right to reject or modify any submission based on the appropriateness or available space in a particular issue. Third-party submissions must include all source details.

Submission standards:

Electronic file preferred, (TXT, DOC/DOCX, WordPerfect, WPD or PDF) emailed to zorajjoan@hotmail.com. Save submissions created in other programs as TXT files.

Typed or hand printed copy accepted, but earlier submission is advised.

Editorial Committee:

Barbara Antheunis, Ian Baird, Ruth Baumann, Joan Elliott, Keith Goddard, Lone Smith

Submission:

One week prior to the first of September, November, January, March, and May

Mailings:

Mid to late September, November, January, March, and May

Change of Address, Status, District:

To limit confusion regarding a change in address, other contact information, or district affiliation, the ONLY contact is the Provincial Office

416-962-9463 or 1-800-361-9888

Online form available at www.rto-ero.org | Email: membership@rto-ero.org

Importance of providing your email address to RTOERO

For those who have yet to share their email address with the RTOERO office we strongly encourage you to do so. Providing your most up-to-date email address allows you to receive timely and important information from RTOERO and your district.

To provide or update your email address, email membership@rtoero.ca or call 1-800-361-9888.

Once you have provided your email address you can easily manage your preferences by clicking on the subscription preferences link included at the bottom of every RTOERO eblast. This is where you can decide which type of electronic communications you'd like to receive.

Editing Team Addition



Keith Goddard **The newest member of the editing team**

After earning a master's degree in music (York), he taught band in the TDSB to middle school students. Looking for something a little quieter, he got an ESL specialist and subsequently taught ESL and grade 8 core until retiring a few years ago. He went back to school and got TESL certification and taught adult ESL on and off until COVID closed the ESL schools. He enrolled in the editing certificate program at Simon Fraser University and has now started a freelance editing business ([Common Sense Editing](#)).

Opinions expressed in this Newsletter do not necessarily reflect the position of RTOERO or RTOERO Toronto District 16. Third-party content is presented for information only and does not necessarily imply endorsement by your editors or RTOERO Toronto. While every effort is made to ensure the accuracy of the information contained in this Newsletter, important decisions should be made only after consulting with the appropriate professional or organization.

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