

# Newsletter



**ELDERCARE  
IN  
ONTARIO?**



**OR**



**VOTE!**  
**JUNE 2**



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## From the Editor ~Joan Elliott



There is no doubt about it, we are truly living in interesting times. From experiencing feelings of schadenfreude upon hearing that a prominent antivaxer has been hospitalized with a diagnosis of COVID, to seeing political parties encouraging changes to government policy by the use of force - dinner or pancake breakfast anyone, the only reaction must surely be one of shock and awe. Even the Olympic package does not quite match the contents. Having the oxygen sucked out of news broadcasts by the massing, invisible or not, of troops along a border encourages a hasty retreat to the comfort of Seinfeld reruns.


At one time I subscribed to the theory that if you don't like something, change it, and if you can't change it, change your attitude, with that in mind remember that the June 2nd Ontario Provincial election is rapidly approaching. This edition of the Newsletter offers insight into some of the more pressing issues that affect all of us. Do not lose sight of the fact that we are a powerful group and our questions, concerns and vote must be the cause of change. Arguments about who is right and who is wrong must be redirected instead to "what shall we do, how do we move forward. We are all in this together, use your influence, find a soap box.

Thank you to Bill Menagh for continued assistance with formatting the Newsletter and to Keith Goddard for his keen eye in the editing process.

## President's Message ~Barbara Antheunis



What a difficult world we are living in right now! We have a virus that seems to go on and on. We have a country, especially in the West, undergoing horrific events due to climate change. We have a country in turmoil due to differences in opinion and belief. We have people taking the law into their own hands while our elected officials and police are unable to restore order for fear of violence and bloodshed. Is this our future in Canada during the 21<sup>st</sup> century? We must not allow this to happen! Furthermore, it is in our collective ability to bring about the changes we wish to see. How? By being politically active and advocating for the changes we want. If we don't do it who else will? It starts by dialoguing with people we may disagree with, so they feel included in a system that doesn't seem to be hearing them and by engaging with our elected officials to let them know where we stand. Lastly, but maybe firstly, it means getting out to vote people into office who are prepared to work hard and listen to their constituents on an ongoing basis and make the difficult decisions that will move our country toward more inclusive, more democratic, more equal, not less so. Being a Political Advocate does not mean we favour any Political Party but rather that we advocate within the political system for change we want to see. Here is what RTOERO head office and District 16 have been doing on your behalf to try and make progress in areas that should concern us all.

RTOERO has chosen three main areas on which to focus our work. A Seniors Strategy, Environmental Stewardship and the Physical and Mental Health of Older Adults. Political advocacy in these areas is part of our mission statement. We are over eighty thousand members. That means we have muscle. To becoming that trusted voice for Seniors in the political arena, RTOERO meets with Members of Parliament each March to represent your voice at the Federal level and sends information packages to all new appointees whose portfolio includes seniors' issues. RTOERO sets up Provincial meetings as well, with relevant Ministers and writes to all elected officials on matters of interest to Seniors, such as Long Term Care Homes and having a Seniors Advocate appointed to better reflect the needs of our growing population. We partner with other entities such as CARP, ACER-CART, and the National Institute on Ageing to better amplify our voices. We fund a position at the University of Toronto specifically related to seniors as well as three doctoral students to do research that can improve 

the lives of seniors. We provide seminars and webinars to inform our members, such as the recent one with Dr. David Suzuki which saw over 2000 members register to attend. We publish articles in Vibrant Voices and Renaissance to keep our eighty thousand plus members informed. We give grants and scholarships through our Foundation in areas that advance seniors' and environmental issues.

At the local level, District 16 participates in all of the above. We also give grants to organizations that benefit not only Seniors but all members of the community in which we live. To that end we have, this year, given donations to the Santa Claus Fund, the Daily Bread Food Bank, the Angel Foundation for Learning and TEOF (Toronto Educational Opportunity Fund) which provides food for kindergarten children in the inner city. The executive saw the figures regarding food insecurity growing rapidly during the Pandemic and felt the need to help in this area. Also, as educators, we could not see children, who comprise at least 30% of food bank users going without. Hungry children can't learn! What political advocacy can do is find answers that address these issues on a larger scale.

Recently, Susan Weinert our Political Advocacy Chair, brought together members of the Executive to brainstorm ideas as to how to become better political advocates for our members. Writing to our elected officials is still the tried and true method of getting their attention and that will definitely continue. In sharing our personal stories in areas of concern with you in this issue of the newsletter, we hope to inspire you to become political advocates in your own right, in areas you want change to occur. Write to your elected officials. Get to know their positions on issues. Ask questions. Find out where candidates stand on issues you care about. Become an informed voter. And lastly, please, vote! Your voice really can make a difference. If we are to steer this wonderful country of ours in a better direction it takes all of us playing our part. If not us, then who?

<b>SAVE WITH RTOERO</b>					
Compare 2022 health benefits for education retirees					
RTOERO			OTHER		
Extended Health Care + Hospital + Dental					
Single	Couple	Family	Single	Couple	Family
\$190.38	\$378.94	\$459.97	\$202.71	\$399.50	\$479.00
Annual cost savings with RTOERO					
Single	Couple		Family		
\$147.93	\$246.72		\$228.34		
<b>More Details:</b> <a href="https://rtoero.ca/insurance/compare-insurance-plans/">https://rtoero.ca/insurance/compare-insurance-plans/</a>					

## Reports of the First Vice President ~Ruth Baumann



The days are getting longer, and things are finally opening up again in Toronto! COVID cases have been steadily dropping since January, and we hope this means that we (RTOERO District 16) can soon resume face-to-face activities.

In early February, I took an online baking class – the instructor sent the recipes and lists of ingredients, and the students followed her online in preparing the cakes. It was fun, and the experience got me thinking about what might be added to our activity offerings, both in-person and virtual. New activities are already planned and awaiting the reopening. For instance, there is a group that will do walking history tours around the city.

Do you have an idea you would like to pursue? If you do, there is always an open invitation to tell Heather Talbot ([heatalb@rogers.com](mailto:heatalb@rogers.com)), our activities chairperson. She and I would assess feasibility and try to find a leader (if the person suggesting the activity did not want to lead). Cooking classes, specialized book clubs (mysteries, anyone?), new coffee clubs, coffee and book gatherings, or current events – what are your ideas?

Please look at the Activities pages of this newsletter to see what's on so far. As new activities are approved, they will be listed in coming newsletters.

Let's get active and social again!

## 2021 Year-end Tax Tips for RTOERO Members

Available March 1 at

<https://rtoero.ca/resources/tax-tips/>

Also delivered as a PDF to those registered to receive RTOERO email communications

**Second Vice President  
~Varla Abrams**



**As Educators We Need to Continue to  
Make a Difference and Demand Change**

Covid has changed our lives and made many of us feel isolated and powerless. But we are not powerless! The 2022 Ontario provincial election will be held on June 2, and as educators and mature individuals, we form the largest block of voters in the province. We need to become informed and involved about the issues that can improve the lives of everyone. Through getting involved by discussing important issues we can get our representatives to take concrete, specific actions on important issues.

Let's think about what three important issues are, starting with health care and treatment for serious illness. Have you had difficulty getting a timely appointment to see a specialist or receive treatment? Perhaps the provincial government should invest more so that treatment is timely and therefore more effective. This is especially important considering the aging population. Perhaps politicians must hear that healthcare funding should include screening and preventative care. Our politicians must agree that we all deserve the best health care possible!

Long term care has also been an issue due to many tragic deaths from COVID. Senior care is a complex issue, and we must make it clear to politicians that **SOME THINGS HAVE TO CHANGE!** Options for senior living support must be made available. Funding and tax credits for remaining in your own home, with care, is one area for discussion. Better staffing and inspections for institutional care, and serious fines for failed inspections should be demanded. Low quality for-profit care should be addressed, and meaningful and tangible actions must be taken. Lastly, the cost of living and inflation affects all of us, but retired individuals on a fixed income may feel the effects more. Voice your concerns! Ask what politicians are going to do and how they will make changes.

None of these issues will be addressed unless we all get involved and demand action. It is time to speak up and speak out. Write that letter to the editor, call that phone-in discussion line, attend that Zoom or in-person all-candidates' debate or local riding meeting, sign that petition, and join that action group or club. Also, get to know your local candidate. Let them know they cannot ignore us or these important issues. Get mad. Demand action.

## Report of the Benefits Chair ~Bill Tajer



**Helping You Feel Better - Paramedical Practitioners**  
For over a year, COVID and its variants have restricted many members from obtaining services from the Paramedical Practitioners available in our Extended Health Insurance Plan.

As restrictions are lifted and we begin to return to our routines, we may plan to catch up on some of our medical treatments to improve our well being.

Listed below are services of seventeen Paramedical Practitioners (Insurance Plans Booklet, 2021) that our insurance plan provides to insured members.

For 2022, services provided by Occupational Therapists have been included.

Hopefully, these services will continue to benefit members with their needs.

- Acupuncturist
- Chiropracist
- Chiropractor
- Dietician
- Herbalist
- Homeopath
- Naturopath
- Nutritionist
- Occupational Therapist
- Osteopath
- Physiotherapist
- Podiatrist
- Psychotherapist
- Registered Clinical Psychologist
- Registered Massage Therapist
- Shiatsu Therapist
- Social Worker
- Speech Therapist

**Express Scripts Canada:** see pages 6 and 7 about this new service.

## Refer a friend

Friends don't let friends prepare for retirement alone

Email your friends from this website—it's an easy way to show you're with them on this journey: <https://rtoero.ca/membership/refer-a-friend/>

## Express Scripts Canada Pharmacy

An online pharmacy with 24/7 pharmacist access and free home delivery

**Express Scripts Canada Pharmacy** is an online pharmacy with 24/7 pharmacist access and free home delivery whereby you can reach a Canadian-licensed pharmacist with medication questions as needed.

**Extended health care plan members can join Express Scripts Canada Pharmacy at no added cost and take advantage of the convenient online pharmacy for maintenance medications.**

### Maintenance medications

Maintenance medications are medications you regularly take: for example, diabetes, cholesterol or blood pressure medications.

*Medications needed immediately (like antibiotics for a one-off issue) are best to fill at a brick-and-mortar pharmacy.*

### Benefits of Express Scripts Canada Pharmacy

- 24/7 access to a Canadian pharmacist.

**Contact the pharmacy toll free at 1 855 550-MEDS (6337)**

- Lower dispensing fees
- 90 day supply of maintenance medications
- After transferring your prescriptions, Express Scripts Canada Pharmacy will contact you when it's time for a refill. Your maintenance medications are delivered to your door for free
- You are alerted when it's time to renew your prescription with your doctor. You have the option to have Express Scripts Canada Pharmacy contact your doctor on your behalf about the renewal
- Should you not want automatic refills, your order ships within seven business days after submitting a refill request. This may be helpful for seasonal or reoccurring medications not used not all the time
- Access the service online anytime from the Express Scripts Canada Virtual Pharmacy mobile app or online via their secure patient website where you can see your medications, and submit manual refill requests if needed
- Medications are automatically checked for drug interactions, and the health and allergy information you've shared is reviewed. Concerns are flagged and addressed by a Canadian-licensed pharmacist
- Never wait in line or risk missing a dose, enjoy low dispensing fees
- Medication costs that are not covered can be charged automatically to your credit card.



## Before you join

- Ensure you are a member of the RTOERO extended health care plan for retirees
- Ensure you have a 30-day supply for each maintenance drug you take. If you don't have a 30-day supply, refill your prescription from your current pharmacy before joining Express Scripts Canada Pharmacy
- Make sure you have at least one refill for each of your maintenance drugs on file at your current pharmacy to do the transfer. If not, renew your prescription at your current pharmacy before doing the transfer
- Have your RTOERO benefits card (and also have your spouse's benefit card if covered as a dependent)
- Gather all maintenance medications you are currently taking. The information needed to transfer your prescriptions is on the medication labels

## How to join

**Step 1:** Go to the Express Scripts Canada Pharmacy page for RTOERO members and click Register - select the VIP code option.

Or, download the Express Scripts Canada Pharmacy mobile app and register through the app. Select the VIP code option.

**Step 2:** Fill in the form fields to set up your account.

**Use your VIP code: RTOERO.**

Skip the 'See my prescriptions' step and continue filling in your information.

**Step 3:** Once your account is active, you can begin transferring prescriptions following the Transferring Prescriptions guide available in your account.

**Step 4:** An Express Scripts Canada pharmacist will contact you for a consultation to ensure everything is taken care of and answer any questions you have.

## REGISTER AT

<https://rtoero.ca/express-scripts-canada-pharmacy/>

## NEED HELP?

**Call: 1 855 550-MEDS (6337).**

**Residents of Québec  
contact PharmaGO toll free at 1 855 333-3977**

## Membership Report ~Lone Smith

**February 1, 2021**



**Retired + Employed = Total**  
5818 + 327 = 6145

**Changes:**

New: 8      Transfers in: 55      Transfers Out: 3  
Duplicate: 3      Cancelled: 26      Deceased: 15  
Transfers to Active = 32

**Birthday Report:** 80+ in the month of November:      Total: 143  
80-89: 116  
90-99: 24  
100+: 3

Retired Members Age Banding Report		
Age Band	This Month	Last Month
Under 60	276	286
60-69	1191	1301
70-79	2717	2718
80-89	1262	1252
90-99	264	267
100+	18	18
TOTAL	5818	5842

### New Executive Members

Michelle Blais



Yvonne Lee



## Members Remembered

### **Hank (Henry) Condie: RTOERO Toronto Day Trip Convenor 1986 to 1995**



A number of our members will remember the great excursions to Stratford's Shakespeare Festival, Niagara-on-the-Lake's Shaw Festival, and other theatrical Day Trips Hank organized. His decade of voluntarism was much appreciated.

A particular highlight of his trips was Hank's homemade wine - a bottle of which was provided to all participants upon arrival back in Toronto.

Hank passed away on December 2, 2021 in his 97th year.

## Your Executive At Work

At its January and February meetings, the RTOERO Toronto District 16 Executive took the following actions:

- At the request of central office, Districts were invited to nominate a charity that would be provided with a grant on behalf of the organization. District 16 nominated Doctors Without Borders.
- Grants from District 16 have been made to the following charitable organizations: \$6,000 to the Daily Food Bank, \$4,00 to West End Emergency Support.
- Michelle Blais and Yvonne Lee were appointed to the executive to fill vacant positions Member-at-Large. Photos on page 8
- The online RPW presentation, at the request of the Joint Districts, has been updated to include information about the wide variety of activities offered by the districts that are available to members
- The District 16 Annual General meeting and luncheon will not be held this year due to COVID protocols for in-person events. Information regarding the composition of the executive, and Financial reports are included in this Newsletter. The District Governance Model (Constitution) is available on our website.

**RTOERO Toronto Executive, 2022/23**

There is no legal obligation for districts to hold an annual meeting. A process does exist for districts to hold an election for the core executive positions - president, vice-president, secretary and treasurer. COVID-19 social gathering restrictions will prevent an in-person Annual Meeting to determine district leadership for 2022/23. Accordingly Toronto proposes the following:

- the Toronto Executive will continue to serve as past practice, (progress through the table officer positions; appointment of Chairs and Members-at-Large as available, advertise and search to fill vacant Member-at-Large positions);
- the Toronto Executive will appoint members to vacant positions as they may arise;
- the Toronto Executive will schedule a meeting to introduce the current executive in person when Covid-19 restrictions, limiting large social gatherings, are lifted.

Below is the list of members prepared to serve on the executive. More members are sought to occupy vacancies. For more information or, to submit your name, contact Joan Elliott at [zorajjoan@hotmail.com](mailto:zorajjoan@hotmail.com).

<b>Position .....</b>	<b>Volunteer</b>
Past President.....	Barbara Antheunis
President .....	Ruth Baumann
1st Vice President .....	Varla Abrams
2nd Vice President .....	Michelle Blais
Secretary .....	Herb Stover
Treasurer.....	Herb Stover
Archives .....	Yvonne Lee
Benefit & Health .....	Bill Tajer
Communications .....	Joan Elliott
Goodwill .....	Marjorie Blake
Membership/Recruitment.....	Lone Smith
Political Advocacy/Pension .....	Susan Weinert
Social/Activities .....	Heather Talbot
Social/Events .....	Kay Jeffery
Travel .....	Karen Sinclair

Members-at-Large:

Gord MacLean, Lou Manning, Billie Anne Robinson,

**2 Vacancies**

## Changing Gears: Making a Plan for Retiring from Driving

Retiring from driving, either voluntarily or otherwise, can profoundly impact a person's life. Learn about the warning signs that may indicate unsafe driving habits; age-related health conditions and other factors that can affect your ability to drive safely; and the importance of planning for a time when you can no longer drive with this 15-minute interactive lesson.

### Lesson Outline

Driving plays an important role in accessing the places and people that are important in our daily life. For many, it provides a sense of independence and a feeling of competence. That's why retiring from driving, whether voluntary or involuntary, can profoundly impact a person's sense of self and lead to an earlier death or even admission to a long-term care home.



By taking this short, interactive lesson, you'll learn about:

- warning signs of unsafe driving,
- health-related changes that impact our behind-the-wheel abilities such as:
  - cognition
  - vision and hearing
  - flexibility, movement, and strength
  - medications,
  - alternatives to driving, and
  - how to make a plan to retire from driving.

(Estimated time to complete - 15 minutes)

<https://www.mcmasteroptimalaging.org/e-learning/changing-gears-making-a-plan-for-retiring-from-driving>

\*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, including notifying members of webinars that may be of interest to them.

Register here to receive current research as announced:

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

**Treasurer’s Report  
~ Herb Stover**



**RTOERO Toronto District 16  
STATEMENT OF REVENUES AND EXPENSES\*  
January 1, 2021 - December 31, 2021**

<b>INCOME</b> .....	<b>Total</b>
400 Grant – Annual .....	92,735.88
480 Interest on Bank Bal & Invest’s .....	76.13
490 Miscellaneous Revenue .....	3,776.20
<b>Total Income</b> .....	<b>96,588.21</b>
<b>GROSS PROFIT</b> .....	<b>96,588.21</b>
 <b>EXPENSES</b>	
<b>550 Communications/Social Media</b>	
551 Newsletter .....	39,395.73
552 Website/Facebook/email.....	77.88
Total 550 Communications/Social Media .....	39,473.61
<b>600 Member Services</b>	
601 Goodwill .....	2,940.73
602 Member Engagement	
602-4 Member Activities - Zoom app .....	800.59
Total 602 Member Engagement .....	800.59
603 Recruitment.....	2,835.89
607 Membership .....	1,377.78
Total 600 Member Services.....	7,954.99
<b>800 Office expenses</b> .....	<b>1,087.74</b>
801 Stationery and Printing.....	54.23
804 Bank Fees .....	9.90
805 Archives.....	37.26
Total 800 Office expenses .....	1,189.13
860 Donations .....	10,000.00
<b>Total Expenses</b> .....	<b>58,617.73</b>
<b>PROFIT</b> .....	<b>\$37,970.48</b>

\*Approved by Toronto District 16 Executive, February 10, 2022



## Balance Sheet As of December 31, 2021

<b>ASSETS</b>	<b>Total</b>
Current Assets	
Cash and Cash Equivalent	
100 Chequing .....	10,339.56
110 Petty Cash-Goodwill .....	450.00
120 Investments	
120-1 Investment - GIC - Horizons Reserve .....	11,471.12
120-2 Investment - GIC - Horizons Reserve .....	5,151.13
120-3 GIC Home Trust .....	30,000.00
120-4 GIC Home Bank .....	60,000.00
Total 120 Investments .....	106,622.25
Total Cash and Cash Equivalent .....	117,411.81
Total Current Assets .....	117,411.81
Total Assets .....	<b>\$117,411.81</b>
<b>LIABILITIES AND EQUITY</b>	
Liabilities	
Total Liabilities	
Equity	
Retained Earnings.....	79,441.33
Profit for the year.....	37,970.48
Total Equity.....	117,411.81
<b>Total Liabilities and Equity .....</b>	<b>\$117,411.81</b>

### RETURNING TO THE CLASSROOM?

Stay in touch with RTOERO and RTOERO Toronto District 16.

We'll send you our Newsletter to share with colleagues.

Access all RTOERO Services at <https://rtoero.ca>.

And, don't forget RPW Webinars for those considering retirement



**Treasurer’s Report Continued**

**RTOERO Toronto District 16  
Budget\*  
January - December, 2022**

<b>Income .....</b>	<b>TOTAL</b>
400 Grant - Annual .....	96,046.00
Total Income .....	\$96,046.00
<b>GROSS PROFIT .....</b>	<b>\$96,046.00</b>

**Expenses**

**500 District Executive**

501 Meetings - Executive.....	1,200.00
503 Rentals/Holy Rosary .....	600.00
504 Toronto Districts .....	3.00

**Total 500 District Executive..... 1,803.00**

**550 Communications/Social Media**

551 Newsletter .....	50,000.00
Total 550 Communications/Social Media .....	50,000.00

**600 Member Services**

601 Goodwill .....	3,000.00
602 Member Engagement	
602-1 Member Activities-Rentals/Holy Rosary ..	5,200.00
602-2 Member Activities-Seminars .....	1,000.00
602-3 Member Activities-Refreshments .....	1,718.00
602-4 Member Activities - Zoom app .....	1,500.00
Total 602 Member Engagement.....	9,418.00
604 Meetings/luncheons-AGM.....	2,200.00

**605 Social Events**

605-1 Spring Luncheon Expense.....	7,242.00
605-2 Fall Luncheon .....	4,740.00
605-3 New Member Breakfast .....	6,740.00
605-4 Fall Craft Show .....	1.00
605-5 Golf Tournament .....	500.00

**Total 605 Social Events ..... 19,223.00**

607 Membership .....	4,000.00
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**Total 600 Member Services ..... 37,841.00**

**650 Political Advocacy..... 1.00**

\*Approved by Toronto District 16 Executive, February 10, 2022





<b>700 Community Grants Expense</b>	
700-2 Service to Others .....	1.00
<b>Total 700 Community Grants Expense.....</b>	<b>1.00</b>
<b>750 Workshops</b>	
752 National.....	1,000.00
<b>Total 750 Workshops .....</b>	<b>1,000.00</b>
<b>800 Office expenses.....</b>	<b>2,100.00</b>
803 Equipment.....	500.00
804 Bank Fees.....	200.00
805 Archives.....	600.00
<b>Total 800 Office expenses.....</b>	<b>3,400.00</b>
<b>860 Donations.....</b>	<b>2,000.00</b>
<b>Total Expenses .....</b>	<b>\$96,046.00</b>
<b>NET OPERATING INCOME</b>	
<b>NET INCOME.....</b>	<b>\$0.00</b>

## Grants

Giving back to our communities

RTOERO encourages all Districts to support and partner with local organizations to promote projects that will help our organization to meet our strategic goals of 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 23 years ago, we've donated \$1.86 million for 576 projects.

This year RTOERO Districts are eligible to receive grants of up to \$4,000 for community projects that advance these strategic goals. Districts serve as the project sponsor and submit the application for a Community Grant either in partnership with a community organization,

### How to apply

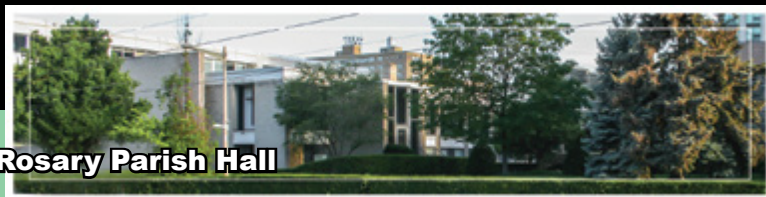
**Applications are to be completed online** using the link below. Progress can be saved and the application returned to at a later date if desired.

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

**NOTE:** *There will be a Community Grants Training Webinar on March 24, 2022 from 1:00 – 2:00pm ET. Anyone considering submitting a Community Grants application is strongly encouraged to attend. Registration invitations will be sent out shortly. Watch your email.*

# Lifestyle

## Holy Rosary Parish Hall



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](mailto:heatalb@rogers.com)

### COVID RESTRICTIONS ARE CHANGING

Holy Rosary meetings are expected to return. Contact the respective convenor for details

~ 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, Financial Group, Italian Group, Monday Matinée Movie, Rock-Climbing Club, SuperTees Golf Group, and Theatre Day Trips will meet at various locations.

Groups not meeting via

**zoom**

are cancelled until further notice.

## Downtown Coffee Club News



Convening the Downtown Coffee Club has been one of the greatest pleasures of my life. Where else could one make so many friends with so little effort? Buy a coffee, sit down, listen and talk! And these friends have lasted through a pandemic: we phone, we text, we email, and we see each other on Facebook when we can't see each other in person. For the last couple of years I have had an excellent Co-convenor in my friend John Stiver. John was one of the very first members of the Coffee Club.

I am very happy to have John as our new Convenor. He will keep you posted as to when the Downtown Coffee Club resumes meeting.

For more information, please email John at [johnstiver@icloud.com](mailto:johnstiver@icloud.com).

Members current and new, please contact John to inform him of your interest in the club in order for him to keep the contact list up to date.

And I thank all of you that I have met through the Coffee Club for making it such a rewarding experience, it has really been a joy.

**Ann Ludwigen**

## Recognizing ANN LUDWIGSEN

**Editor:** Ann has served on the executive, was quick to step in to assist at various events over the years, befriended members by phoning, running errands, and offering personal assistance when she saw the need. Caring, compassionate and considerate would go a long way when describing Ann.

We thank her for her many years of dedication to District 16.

## • • • • • Cycling Club • • • • •



Join us on the first Tuesday of the month, beginning in April, for a relaxing bicycle ride on the Humber Trail. If you enjoy the out-doors, getting some exercise and meeting new friends, then this club is for you! We will be meeting under the bridge at the Old Mill parking lot at 10:30am on the dates below. Please supply your own bicycle and helmet.

**Upcoming Club Dates:**

April 5, May 3, June 7, July 5, August 2, September 6  
Look forward to seeing you in April...

**Norman Black**  
nrnmblack@gmail.com

## • • • • • Super Tees Golf Group • • • • •



The convenor will send a list of members and their contact information to everyone in the Super Tees 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 book 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>.

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

*(Liability Waiver required.)*

**Cindy Shore-Beauvais**  
shorbeau@sympatico.ca

## • • • • • 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•3706 | [linda488@live.ca](mailto:linda488@live.ca)

## • • • • • 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 this pandemic time, we are using "Bridge Base Online" to play weekly on Tuesday from 1-2 pm and 2.15 -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



416•482•8434 | ben.cousins@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!



**Jacqueline Chartier**  
jtchartier@hotmail.com

# ••••• Westend Book Club •••••



The West End Book Club meets on Zoom the fourth Tuesday of the month at 1:30. Since we started to meet, on Zoom it has gone very well; anywhere from 20-25 members have been “attending”. We plan on doing so until we can meet, once again, at Holy Rosary Church. Reminders are sent with the Zoom link the weekend before that fourth Tuesday.

Steve Feldman

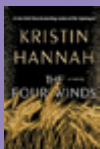
416-588-6637 | vsfeldman239@gmail.com



**March 22 - *The Rose Code***  
by Kate Quinn



**April 26 - *Five Little Indians***  
by Michelle Good



**May 24 - *The Four Winds***  
by Kristin Hannah



**June 28- *Indians on Vacation***  
by Thomas King

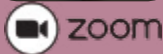
# ••••• Non-Fiction Book Club •••••



This Book Club reads some worthwhile and important books. We have interesting and lively discussions on ZOOM. Recently we learned about solutions to the Climate Crisis in David Miller’s book and the urgency of taking action to save the Arctic and its people in Sheila Watt-Cloutier’s book, *The Right to be Cold*.

**Norm Black:**  
nrnmblack@gmail.com

**Beth Mills:**  
adele.b.mills@gmail.com



**March 8 - *Nomadland: Surviving America in the 21st Century***  
by Jessica Bruder



**April 12 - *Extraordinary Canadians***  
by Peter Mansbridge



**May 10 - *Penny War: How Conflict Shaped Us***  
by Margaret MacMillan



**June 14 - *Think Again: the power of knowing what you don't know***  
by Adam Grant

## • • • • • Book Club • • • • •



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

**Lynne Fitzpatrick** | fitz9284@gmail.com

**Elaine MacIntosh** | 416•463•2637



**March - *The Rose Code***  
by Kate Quinn



**April - *The Marrow Thieves***  
by Cherie Dimaline



**May - *Twenty One Cardinals***  
by Jocelyne Saucier

**June - TBA**

## • • Discovering Toronto Walking • •



Let's be tourists in our own beautiful city. There is so much to do, see and experience...historical sites and landmarks, parks and gardens, museums and galleries, interesting neighbourhoods, fun markets, dining and entertainment, festivals, and so much more! Every month there will be an outing to a place or event in Toronto, so get on Mara's email list for info on upcoming outings.

**Mara Santarossa**

marasantarossa@hotmail.com

## • • • • • Brain Games • • • • •



Since this could be a gathering of up to 8 visitors to my home I expect all COVID practices will be followed.

Come and exercise your brain with challenging Board Games such as Keesdraw, Sequence or Timeline (all age 14+). It's an enjoyable way to stimulate your brain for two hours. It is a light-hearted social time. Everyone is a winner. Contact me and I will organize a time.

**Chris Gandy**

chrisgandy@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

## ••••• Financial Group •••••

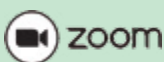


The Financial Group is meeting on Zoom during COVID-19. We look forward to in-person meetings as soon as it is permitted. The meetings are the fourth Thursday of the month at 4:30 pm. *We are hoping to meet in person March.*

### Meetings Upcoming:

March 24, April 28, May 26, June 23

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. In February we examined tax issues. The topic for March 24 is ETFs.



**Lone Smith**  
416-234-1969 | lonesmith@hotmail.com

## ••••• Italian Group •••••



The Italian Group meets on ZOOM twice a month on Mondays at 1:00pm. New members with intermediate to advanced Italian speaking skills are most welcome. We look forward to in-person meetings for a lunch or dessert al fresco, once a month, at outdoor patios in the city, this Spring and Summer.



**Mara Santarossa**  
marasantarossa@hotmail.com



## • • • • Monday Matinée Movie • • • •



The Monday Movie group meets the fourth Monday of the month, except for December. We meet for an early matinee show at the Varsity Cinema, located in the ManuLife Centre, 55 Bloor Street West. After the movie the group gathers at Scaccia, a restaurant located at the bottom of the Centre, to chat about the movie and enjoy a beverage, snack or meal.

We notify the group via email, usually the Friday before, of the movie chosen and its start time. If interested, contact us by email so that a reservation can be made at the restaurant. Hopefully we will once again meet on the fourth Monday in March. We will keep you posted.

Co- Convenors- Steve Feldman and Dale Vibert

rtomondaymovie@hotmail.com

## • • • • 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/rto rockclimbing/](http://www.facebook.com/groups/rto rockclimbing/).

Also watch our Newsletter for climbing updates.

**James Snetsinger**

james@snetsinger.org

## • • • • • Theatre Day Trips • • • • •



### **Theatre Day Trips for 2022**

After much consideration and input from some RTO members, we have decided not to plan any trips between now and June since we continue to live with a great deal of uncertainty. It is our hope to be able to advertise Theatre Trips for Fall 2022 in our June Newsletter. Stay tuned and keep well!

**Karen Sinclair | 416-690-4961**

## TOP MOVIES OF 2021

by John Borovilos

Toxic Masculinity. These are the vile words that immediately flash into mind when watching this slow burn of a movie called *The Power Of The Dog*, my number one film choice. Superbly directed by Jane Campion and set in 1925 Montana, the movie features a frightening performance by Benedict Cumberbatch as Phil Burbank. He growls at everyone, insults his brother, the gentler George, by calling him “fatso”, intimidates George’s new wife, Rose, to the point where she turns to alcohol to settle herself, and mocks her son, Peter, for his so-called effeminate activities and sensitive behaviour. He bullies in a cruel and furious way against anyone he deems lacking his rough cowboy values and persona. The complex psychological tension in this film grows and grows, abetted by the eerie landscapes and soundtrack, until the bitter end when, quietly, the “power of the dog” provides a punch in the gut. A dog can be very loyal and friendly, but it can also become quite vicious if a loved one is threatened. A magnificent triumph for all involved in this haunting, memorable film!

It further brings to mind what Clint Eastwood, a 91 year-old-actor still going strong, said as another tough guy recalling his own brutal past (and past films and roles) in his retrospective *Cry Macho*: “This macho thing is overrated.” Machismo and its terrible repercussions on others and on one’s own mind and soul, are reassessed by Eastwood as a rather limiting way to live a life - and is one that is steeped in dispiriting masculine stereotypes and lies. It is interesting and ironic to note that “Macho” in this movie is a rooster.

We see, of course, this theme brought out in the past in classic films like *High Noon*, *The Man Who Shot Liberty Valance*, and *Blackboard Jungle*, and so it is hardly new, but it permeated, either by commission or implication, many of my top films this year: *Nightmare Alley*; *Spencer*; *Dune*; *Belfast*; and *West Side Story*.

In *West Side Story*, a brilliant re-imagined retelling of the 1961 highly-praised version (winner of ten Oscars!), two gangs of self-stylized, strutting tough-guy teens savagely battle each other with fists, sticks, knives and ultimately guns with ridiculous false bravado over some grimy turf in the slums of New York. They think they’re proud and “cool”, but their actions lead to senseless killings over nothing.

*Belfast*, set in 1969 Northern Ireland, pits the Northern Irish Protestants against the Catholics, with immense macho posturing on political/


religious grounds - and all seen through the innocent perspective of a puzzled, 9-year-old boy, Buddy, who cannot understand this level of hatred and brutality amongst normally civil neighbours.

Am I getting too serious? Probably. So let me please add that many films this year were more positive, happier, and demonstrated the power of the intellect, the will to overcome possible disasters or brutality. Real “feel-good” movies that moved me. These movies included the following, with brief descriptions to entice you to see them: “tick, tick...BOOM!”: a beautifully edited musical biography of Jonathan Larson, the creative genius behind *Rent*, superbly performed by Andrew Garfield, who has never been better. He sings and dances with such heart and verve that makes your own heart joyful and loving. Definitely will be nominated for an Oscar.

**CODA:** The title is an abbreviation for Child Of Deaf Adults and involves a 17 year old girl named Ruby who has a stunning pitch perfect voice and who dreams of leaving her small town and her deaf family’s fishing business to attend the Berklee College of Music in Boston. This is so authentically and naturally acted that it pulls at your heart strings until your tears begin to flow. There are moments near the end where her deaf family tries to “hear” her voice - moments that are both magical and overwhelming. See it and hear it.

**RESPECT:** What can I say? The soaring voice of Jennifer Hudson singing the songs of Aretha Franklin, the Queen of Soul. Who could ask for anything more? A triumph of the passion of music to overcome all odds!

**The Dig:** A quiet film set in 1939 in Suffolk of a self-taught archaeologist and excavator, Basil Brown, played with confident and dedicated dignity by Ralph Fiennes as he “digs” out burial mounds on a widow’s estate. Although interfered upon by arrogant, egotistical British museum officials (who try to take all the credit), it is his work that the dig reveals an Anglo-Saxon ship, possibly that of a king - a momentous historical find ! Just an amazing film that demonstrates the power of will and passionate work to do great things, no matter what.

So many good films this year, but, because of COVID, far fewer than one would have liked to have seen, including the following which may be up for Oscars, but could not be included at this point of writing because of publication deadlines - look for them: *Licorice Pizza*; *The Lost Daughter* (Netflix); *The Tragedy of Macbeth*; *King Richard*; *Being the Ricardos*; and *Don’t Look Up* (Netflix). I usually list 25 top films, but last year and this (my 20th annual review for this newsletter), I am 

### Movies continued from page 29

reduced to listing only 15. Hope you like them and get some relief from all the pandemic restrictions...

- |                           |                     |
|---------------------------|---------------------|
| 1. The Power of the Dog   | 9. The Dig          |
| 2. Belfast                | 10. Cry Macho       |
| 3. West Side Story        | 11. No Time to Die  |
| 4. CODA                   | 12. Dune            |
| 5. Respect                | 13. The White Tiger |
| 6. The Eyes of Tammy Faye | 14. House of Gucci  |
| 7. "tick, tick...BOOM!"   | 15. Spencer         |
| 8. Nightmare Alley        |                     |

Take a break, go to a super-clean movie house, and escape into another world for a couple of hours. Have a great new year at the movies!



### Wills - Frequently Asked Questions

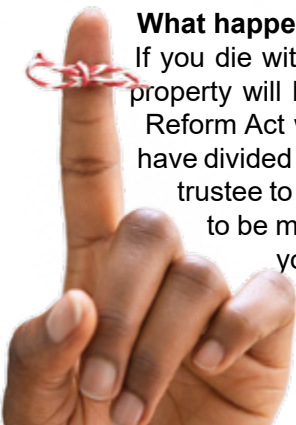
**Source:** excerpt from: <http://www.advocacycentreelderly.org/>

#### Is my handwritten will “legal” in Ontario?

Yes, if it meets certain legal requirements. A handwritten will is called a “holograph will”. If your will is completely written out in your own handwriting and you sign and date it, then it may be a valid will in Ontario. It is important that every word in your will be in your own handwriting. A pre-printed form that you fill in by hand is not a holograph will. You do not need witnesses for a holograph will. ACE recommends that you see a lawyer if you are preparing a will.

#### What happens if I die without a will?

If you die without a will, it is called dying “intestate”. Your property will be divided according to the Succession Law Reform Act which might be different from how you would have divided up your property. Also, since there is no estate trustee to administer the estate, an application will have to be made to the court to appoint someone to act as your estate trustee. This may take extra time and money.



*A man who dies without a will has lawyers for his heirs*

Anonymous

view the full schedule online

**Class is in session!**

**FREE workshop for anyone working in education**

Post-secondary, administrative staff, support staff, early years educators, maintenance and contract staff.

**Retirement Planning Webinar**

**SELECT YOUR BEST OPTION:**

**ASSORTED DATES & TIMES | ENGLISH or FRENCH**

**VIEW FULL SCHEDULE ONLINE AND REGISTER AT**

<https://rtoero.ca/events/search-for-a-workshop-near-you>

**ALREADY A MEMBER?**

**TELL YOUR EMPLOYED COLLEAGUES!**

**WANT TO HOST AN RPW?** Pending COVID Restrictions

Do you have a group of people at your workplace who are preparing to retire in the next five years? If so, you might be interested in running a retirement planning event. We can help.

<https://rtoero.ca/events/host-a-retirement-planning-event>

## Insomnia: Are sleeping pills the answer?



Jan 19, 2022 -

Sleep is a fundamental part of promoting our overall health. As we age, it is common for us to experience changes in our sleep. It may become harder to fall asleep, or you may wake up more often during the night and earlier in the morning. But what can you do when a good night's sleep is hard to get? In this video, Dr. Tricia Woo talks about sleep in older adults, lifestyle changes to promote good quality sleep, and the use of sleeping pills for insomnia.

Learn the answers to the following questions:

- Why is sleep important?
- What are common sleep problems?
- Are there health conditions that are associated with sleep problems?
- What non-medication strategies can help with sleep?
- Which medication strategies are effective in improving sleep?

Want to test your knowledge? After watching this video take this quick 4-question quiz. (<https://www.research.net/r/86KFS8Y>)

### **Watch video (McMaster University - 16 minutes):**

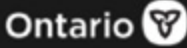
<https://www.mcmasteroptimalaging.org/blog/detail/videos/2022/01/19/insomnia-are-sleeping-pills-the-answer>

\*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, including notifying members of webinars that may be of interest to them.

Register here to receive current research as announced:

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

## Renewing Your Diving License at 80



Here are the four main steps involved in renewing your licence:

1. Get a notice. Approximately 90 days before your 80th birthday, you will receive a renewal form and a letter explaining how to renew your driver's licence.
2. Book an appointment. You will need to attend a renewal session. When you call to book it, you'll receive a date, time and location for the session.
3. Attend a renewal session. During this 90-minute session, you'll take a vision test, join others in a 45-minute interactive group education session, complete an in-class screening exercise, and undergo a driving record review. After the session, you may need to pass a road test or follow up with a physician and submit medical information.
4. Get a new driver's licence card. After you finish the session and take the required tests, you will visit a ServiceOntario Centre to get your new driver's licence.

For more details, visit [www.mto.gov.on.ca](http://www.mto.gov.on.ca).

### **YOU CAN GET OUR NEWSLETTER...**

...as a **PDF** on your **COMPUTER** or your **MOBILE** or **HARDCOPY**



RTOERO Toronto District 16 maintains its own mailing list for both versions - we just need to know your preference directly. Contacting the national office may not register your wishes.

- To continue receiving your HARD COPY - Do Nothing
- To begin receiving emails regarding the PDF available on-line restart your hardcopy:

**Contact the editor at [zoriajoan@hotmail.com](mailto:zoriajoan@hotmail.com)**

## HOW TO

# E-PETITION

## THE CANADIAN GOVERNMENT

### **What is an E-petition?**

An electronic petition (“e-petition”) is used to draw attention to an issue of public interest or concern and to request that the House of Commons, the Government of Canada, a Minister of the Crown, or a Member of the House of Commons take or refrain from some action.

E-petitions must meet certain requirements established by the rules and practices of the House.

Petitioners cannot directly present a petition to the House of Commons; only a Member of Parliament (MP) is able to do so.

### **Signing an E-petition**

You can search for a petition that is of interest to you by going to the petitions website and searching by keyword, subject, petition number (in the format “e-123”) or by the name of the MP who has agreed to authorize its online publication.

### **To be a signatory:**

- you must be a citizen or resident of Canada;
- you may not use an email address or a device with an IP address associated with the Government of Canada or the Parliament of Canada;
- you must provide certain information so that your identity may be validated by the House of Commons;
- you must accept the Terms of Use.

### **Creating and Submitting an E-petition**

The first step towards creating an e-petition is to create an account on the petitions website.

A standardized template exists to assist you in your drafting and to ensure that the following guidelines for the text of a petition are respected.

### **Subject of the Petition:**

The petition must concern a subject that is within Federal jurisdiction.

### **Information:** Clerk of Petitions

Room 314-C, West Block

House of Commons

613-992-9511 | Email: [PMB-AED@parl.gc.ca](mailto:PMB-AED@parl.gc.ca)





HOUSE OF COMMONS  
CHAMBRE DES COMMUNES  
CANADA

# The path of an E-PETITION

[petitions.ourcommons.ca](http://petitions.ourcommons.ca)

**Create a  
petitioner's account**



**Write and submit  
a draft**



**Support** of five Canadian  
citizens or residents of Canada



**Open for signature**  
on the website for  
30, 60, 90 or 120 days



**Preliminary review** by the  
clerk of petitions



**Authorization** by a  
member of Parliament



**Certification** by the clerk of  
petitions if there are at least  
500 signatures



**Presentation** to the  
House of Commons



**Tabling** of a  
government response



## Ontario Election, June 2, 2022

### Advocacy has an impact, though it may be unseen

“If you want to have an impact, start and then don’t stop advocating. Sign a petition or send an email. Better yet, mail a letter—handwritten is best—place a phone call or set up a meeting. Blind copy your own MLA, the premier, the opposition critic. Remember, you do not have to be in possession of every fact or offer a detailed solution—that is the government’s job. What you need to do is, politely and professionally, tell your story and share your concern as a voter and citizen.”

ATA News:

May 19, 2020 | Volume 54, Number 13

As Ontarians prepare for the June Election, our Newsletter brings you those issues emphasized by RTOERO (pages 44-49). As we go to print with our last issue before the election, the main political parties have not yet released their platforms. Watch your media for those announcements and check the party websites for accurate information.

Green Party:	<a href="https://gpo.ca/">https://gpo.ca/</a>
Liberal Party:	<a href="https://ontarioliberal.ca/">https://ontarioliberal.ca/</a>
New Democratic Party:	<a href="https://www.ontariondp.ca/">https://www.ontariondp.ca/</a>
Progressive Conservative Party:	<a href="https://ontariopc.ca/">https://ontariopc.ca/</a>

### Basic Ideologies\*

\*NOTE: all Ontario main-stream political parties incorporate degrees of the following basic definitions in their platforms..

**Source:** The Basics of Philosophy:

[https://www.philosophybasics.com/branch\\_political.html](https://www.philosophybasics.com/branch_political.html)

Political philosophy is the study of fundamental questions about the state, government, politics, liberty, justice and the enforcement of a legal code by authority. It is Ethics applied to a group of people, and discusses how a society should be set up and how one should act within a society. Individual rights (such as the right to life, liberty, property, the pursuit of happiness, free speech, self-defense, etc) state explicitly the requirements for a person to benefit rather than suffer from living in a society.

Political philosophy asks questions like: “What is a government?”, “Why are governments needed?”, “What makes a government legitimate?”, “What rights and freedoms should a government protect?”, “What duties do citizens owe to a legitimate government, if any?” and “When may a government be legitimately overthrown, if ever?”

**Conservatism** (or conservatism) is any political philosophy that favors tradition (in the sense of various religious, cultural, or nationally-defined beliefs and customs) in the face of external forces for change, and is critical of proposals for radical social change. Some Conservatives seek to preserve the status quo or to reform society slowly, while others seek to return to the values of an earlier time. As a general ideology, Conservatism is opposed to the ideals of Liberalism and Socialism.

**Liberalism** includes a broad spectrum of political philosophies that consider individual liberty to be the most important political goal, and emphasize individual rights and equality of opportunity. Although most Liberals would claim that a government is necessary to protect rights, different forms of Liberalism may propose very different policies (see the section on Types of Liberalism below). They are, however, generally united by their support for a number of principles, including extensive freedom of thought and freedom of speech, limitations on the power of governments, the application of the rule of law, a market economy (or a mixed economy with both private-owned and state-owned enterprises) and a transparent and democratic system of government.

**Socialism** is a socio-economic system in which property and the distribution of wealth are subject to control by the workers, either directly through popular collectives such as workers’ councils, or indirectly exercised on behalf of the people by the state, and in which Egalitarianism or equality is an important goal. Thus, under Socialism, the means of production are owned by the state, community or the workers (as opposed to privately owned as under Capitalism).

**Source:** Encyclopedia Britannica

<https://www.britannica.com/topic/populism>

**Populism** [is a] political program or movement that champions, or claims to champion, the common person, usually by favourable contrast with a real or perceived elite or establishment. Populism usually combines elements of the left and the right, opposing large business and financial interests but also frequently being hostile to established socialist and labour parties.

## **Organizations Representing More Than 1 Million Ontarians Call for Emergency Measures Needed to Address the Health Care Staffing Crisis**

### ***Emergency Measures Needed to Address the Health Care Staffing Crisis***

**Source:** <https://www.ontariohealthcoalition.ca/>

For release on January 14, 2022

Ontario's hospitals, long-term care (LTC) and home care services face critical and growing staffing crises. Our province's health care system is not on the brink of crisis, it is in crisis. It is not an overstatement to describe a number of facilities and services as being in staffing collapse. The Ontario government must take measures commensurate to the emergency as a top priority. Health care staffing shortages were already worsening in the years preceding the pandemic. Inadequate funding and labour force restructuring have resulted in crushing workloads. Insufficient staffing and increasing violence have contributed to untenable rates of injury among health care staff. Planned underfunding, budget constraints and legislated wage suppression turned the shortages into a crisis. In the pandemic, the staffing crisis has become a full-blown emergency, made worse by inadequate PPE and safety protections for workers. For-profit privatization has exacerbated these deteriorating conditions.

1. Immediate measures needed to address staffing collapse in hospitals, LTC, home care
2. Short term measures needed to address critical staffing shortages
3. Overall measures needed to address staffing shortages

The following organizations have endorsed these urgent demands for concrete action by the Ontario government. We represent more than one million Ontarians on the front lines of the crisis, as health care professionals and workers, as patients, residents and families.

Advocates for Long-Term Care Reform Ontario  
Advocacy Committee, Family Council Network Region 4  
Long-Term Care Action Now  
National Pensioners Federation  
Ontario Council of Hospital Unions (OCHU/CUPE)  
Ontario Federation of Labour  
Ontario Health Coalition  
Ontario Medical Students Association



Ontario Nurses' Association  
Ontario Public Service Employees Union & Hospital Professionals Division  
Sienna Living Family Council Coalition  
Unifor  
United Food and Commercial Workers  
United Steelworkers  
Various Family Councils from long-term care homes across Ontario

Ontario Health Coalition Mission & Mandate Amended: October 14, 2010



Our primary goal is to protect and improve our public health care system. We work to honour and strengthen the principles of the Canada Health Act. We are led by our shared commitment to core values of equality, democracy, social inclusion and social justice; and by the five principles of the Act: universality; comprehensiveness; portability; accessibility and public administration. We are a non-profit, non-partisan public interest activist coalition and network.

### **A Member Writes**

My mother Ann and I, came to Canada on December 20, 1954 in a converted troop carrier named the Arosa Kulm. The reason I remember the name is that it was a harrowing journey of ten days instead of the usual seven because of a severe winter storm in the north Atlantic.

I remember a row of ambulances meeting the ship as it docked in Montreal. Being seven years old at the time, I remember my first taste of ginger ale as that, and dried crackers, were all that any of us could keep down. But most of all I remember my mother's enthusiasm for this new land that was to be our home. After living through the Second World War, Hitler's authoritarianism, and the coming of communism to her homeland of Czechoslovakia, my mother had high hopes for a better life in this young nation. Upon receiving citizenship in 1962, my mother made it a point to vote in every election. She believed it was up to each and every citizen to stop what happened in Europe from ever happening here. To do so through the ballot box was her answer.

She instilled that belief in me, and I, in my children. To keep Canada safe from intolerance and move this great land forward takes all of us raising our voices through the gift of the ballot.

**Please vote!**

Barbara Antheunis

## Why Long Term Care is an Issue COVID has exacerbated already inadequate LTC

### Experience One

My first visit to a long-term care home was in the 1980s when our school crossing guard was hit while on duty and his injuries ended his working life. It was a subsidized municipal home for the most needy. The teachers organized a roster so that he received daily visits. Our vigilance let the home staff know that friends were watching his care. Workers toiled patiently under difficult conditions even then but, as many were new immigrants, they were grateful for a government job that gave them steady wages and a future pension.

I later volunteered in that home and in another not-for-profit home run by a church. Conditions were less crowded, but budget was super tight. When I looked warily at some of the meals, a nurse said “These people don’t know the difference. Now the church has fewer members, so we get a lower and lower budget.”

I could see and smell the results of the sparse staff allocation in that home.

Twenty years ago my mother lived at Baycrest for some years before she died. It has a stellar reputation, but family had to scrutinize medications which were too many and too much. The doctor was responsible for a large group of patients and his only goal in some instances was keeping the resident quiet.

Three years ago a close friend had a sudden stroke that permanently paralyzed her on one side. She is at Amica, a chain in which our OTPP has investments. Their homes are luxurious, with thick carpet, large gold mirrors and an aura of gentility. Staff seems helpful and kind and the food is good. But I believe the monthly cost is about \$8000\* for premium services, with any extra service to be paid for. Even with very deep financial resources, she has concerns that she may outlive her money.

I, like most seniors, would prefer not to think about one day having to “go into” a home. The pandemic has added greatly to any anxiety which we may have had.

RTOERO needs to advocate, even lobby, for more ways to keep seniors in their homes and communities, and to work with other organizations and their government representatives to pave the way for more alternatives to large for-profit long-term care homes.

**Susan Weinert**

See page 39 for additional information on rates.

Also Ontario Government: <https://www.ontario.ca/page/get-help-paying-long-term-care>

## Experience Two

My Aunt Rosie was 7 when she arrived in Canada from Poland by boat in 1930 with her parents and 3 sisters. The family saw the anti-Semitic writing on the wall, and were lucky to leave Poland before the start of WWII, avoiding being sent to the nearby Auschwitz concentration camp.

They settled in the Kensington Market area of Toronto, later moving to a semi-detached house near St. Clair Avenue and Vaughan Road, where the four girls shared one bedroom and their two younger brothers shared another. The girls were allowed to complete grade 8, but were then sent to work in factories to support the family. After all, why did they need an education since they would eventually get married. Rosie worked in a factory that made plastic accessories. She would often bring my sister and me sunglasses that were decorated with googly-eyed dogs or cats. My sister and I were the proud flower girls at her wedding to Bernie. It was a true love match.

Rosie outlived her husband, and then outlived her money. She had no children, so her nieces and nephews subsidized the rent for her semi-private nursing home room, and paid for a PSW, Norma from the Philippines, when Rosie was in her 90's and too frail to stay in an apartment on her own.

Everything was fine until COVID arrived in Canada two years ago. We were not allowed to visit our aunt. The nursing home banned outside PSWs, so Norma could no longer help Rosie to get up and



dressed for breakfast, help her to eat, to get to the bathroom, to wash, and to keep her company and engaged, especially when the social activities ended. Rosie became a prisoner, in solitary confinement, like 1,000's of seniors in long term care. By the time the lockdowns eased, Rosie no longer recognized her family or Norma. She languished until her death this Boxing Day, 2 weeks shy of her 99<sup>th</sup> birthday.

There must be a better, less punishing way for our frail seniors to live out their final years. We are all Rosie. *I would like to see an ombudsman for long term care homes appointed to oversee the care, conditions, and best interests of the residents.*

**Heather Talbot**

### Experience Three

When my partner Caroline and I first got together, we lived in one of those brownstone fourplexes in the Toronto Beach neighbourhood. Across the driveway, our next-door neighbours encompassed four generations – Jackie in the top unit; Candace (Jackie’s mother) on the main floor; and Marie and Terence (Jackie’s daughter and grandson) in the basement unit. This arrangement allowed Candace to live in her own space, separate but close to her daughter, granddaughter and great-grandson for much longer than would have been possible had she kept her sprawling family home. We have fond memories of the multi-generational community that was forged between the residents of our building and our closest neighbours.

The practice of multi-generational family living was common in the past and is still the norm among many cultural groups today. But living with your kids is not possible (or practical, or healthy) for everyone, especially for LGBTQ2S seniors.

In the years since living next to Jackie’s family, Caroline and I have had many conversations with women friends about the possibility and practicality of co-living arrangements. Everyone seems to applaud the idea in principle, but at this stage of our lives we are wary of taking the plunge. Yet, a human-interest story I heard on CBC radio many years ago has stuck with me. Interviewed, was a retired university professor in her mid-90s who was able to stay in her large Annex home by sharing her space with university students. She offered free room-and-board in exchange for help with yard work, cooking, cleaning, and other daily tasks. In her interviews with prospective house-mates, her stated main criteria were kindness, and the ability to carry on a lively conversation. She said the students kept her hopeful and young in spirit.

Co-living, a housing arrangement whereby unrelated people share common living areas in a residence, has been slow to catch on in Canada, possibly because of its ambiguous legal status. However, studies from the UK have shown that seniors in co-living arrangements are less lonely, have better weathered the COVID pandemic, and have more disposable income.

The COVID pandemic has uncovered a twin crisis in respectful, compassionate, and affordable long-term care for seniors. Perhaps it is time to take matters into our own hands and start exploring alternate living arrangements that will allow us, as we age, to maintain our health, our humour, and our hope.

**Michelle Blais**





## Work in the 2022 General Election

If you are interested in working as an election official at an advance voting location or on election day, you can begin to apply in March 2022. All positions will be posted on our website.



<https://www.elections.on.ca/en.html>

## Long Term Care Costs

In Ontario, long-term care is part of the province's health care system and publicly funded on a cost-shared basis. Personal and nursing care is funded by the government. Residents are responsible for accommodation costs, such as room and board.

If you decide that moving into a Long-Term Care Home is necessary, the next step is to determine the length of stay, either temporary or long-term. In 2020, monthly rates are as follows:

- \$2,701.61/month for Long-stay Private
- \$2,280.04/month for Long-stay Semi-private
- \$1,891.31/month for Long-stay Basic
- \$40.24/day for Short-stay

Residents who lack the financial means to cover the costs for a basic room may be eligible for a subsidy through the government of Ontario's Long-Term Care Home Rate Reduction Program. To reduce their monthly bill, eligible residents can benefit from up to \$1,891.31 a month to help pay for their basic long-term care accommodation.

**Source:** 18 February 2020 by National Bank | <https://www.nbc.ca/>

## HOME AND COMMUNITY CARE SUPPORT SERVICES\*

- Ontario government pays for some homecare services for people who qualify so they can continue to live at home. Examples of homecare services:
  - personal care: personal support workers (PSWs) who help with personal care such as bathing, hair, nail and skin care
  - health care: nurses and therapists who treat injuries like wounds or help with your recovery after hospitalization
  - homemaking: PSWs who help you with household activities like light house cleaning and laundry, if you qualify for personal care services



### THE HOME CARE AND COMMUNITY SERVICES ACT, 1994

- Provincially funded home care is governed by the Home Care and Community Services Act, 1994
- Ontario is divided into 14 HCCSS regions (formerly called LHINs and before that CCACs)
- A regulation under this act sets out maximum amount of services available in different circumstances



### QUALIFYING FOR HOMECARE SERVICES

- To qualify, you must need help with some activities of daily living such as getting out of bed, bathing and dressing, using the toilet, eating, or walking.
- You may qualify for a weekly visit or several visits a week. The government sets limits on how many hours of care you can have each month.
- You may also qualify for other care, like health care, for shorter time periods such as changing bandages, physiotherapy after surgery, or helping with medications.

### CONTACT YOUR HOME AND COMMUNITY CARE SUPPORT SERVICES (HCCSS)

- To find your regional HCCSS,
- visit [www.healthcareathome.ca](http://www.healthcareathome.ca) and search by postal code or



- call 310-2222 (no area code)
- You will be assessed for eligibility and may be connected with a care coordinator to set up services

### **COMMON COMPLAINTS ABOUT HCCSS**

- Disagree with assessment re: eligibility for services
- Disagree with the amount of services being offered
- Poor quality of care
- Missed appointments or late arrivals
- Reduction in hours without change in care needs

### **MAKING A COMPLAINT ABOUT HCCSS**

- Contact the care coordinator to discuss concerns/complaints

- Speak with the manager of the care coordinator

- In some cases, make a formal complaint to the HCCSS or to the contracted agency

- Make a formal complaint to the HCCSS

- In some situations, appeal the decision to the Health Services

Appeal Review Board <http://www.hsarb.on.ca/scripts/english/about.asp>

- call 310-2222 (no area code)
- You will be assessed for eligibility and may be connected with a care coordinator to set up services



**\*Source:** excerpt from:

[http://www.advocacycentreelderly.org/appimages/file/PLE/Elder%20Law%20Townhall%20Series%20-%20Senior%20Housing%20-%20Know%20your%20legal%20rights%20\(CM\).pdf](http://www.advocacycentreelderly.org/appimages/file/PLE/Elder%20Law%20Townhall%20Series%20-%20Senior%20Housing%20-%20Know%20your%20legal%20rights%20(CM).pdf)

© Advocacy Centre for the Elderly Toronto, Canada

Advocacy Centre for the Elderly:

<http://www.advocacycentreelderly.org/>

The Advocacy Centre for the Elderly (ACE) is a specialty community legal clinic that was established to provide a range of legal services to low-income seniors in Ontario. The legal services include advice and representation to individual and group clients, public legal education, law reform and community development activities. ACE has been operating since 1984.

ACE is managed by a community Board of Directors, at least half of whom are seniors themselves. ACE currently employs five lawyers and three support staff.

## Goodwill Report ~Marjorie Blake



In a world deluged with an ongoing pandemic and its variants, wars and rumours of war, protests, illegal behaviour and possible sieges, we tend to shake our heads in disbelief and wonder about the world in which we live. However, we can hopefully be consoled by some of the words expressed in the Desiderata, a

form of poetry found in Old Saint Paul's Cathedral in Baltimore.

*“GO PLACIDLY AMONG THE NOISE AND HASTE AND REMEMBER WHAT PEACE THERE MAY BE IN SILENCE. AS FAR AS POSSIBLE WITHOUT surrender be on good terms with all persons . . . with all its sham, drudgery and broken dreams, it is still a beautiful world. Be careful. Strive to be happy.”*

Birthday greetings were sent to members as follows: twenty-seven in their 80s; eleven in their 90s; and three in their 100s. Cards of condolence were sent to relatives of forty-two deceased members. Get well, Keeping in Touch, and Encouragement cards were also sent to some members. We wish Kay Jeffery, our Social Events Chair, a speedy recovery. Kay has been hospitalized since January 23rd but is recovering and is in high spirits.

From Heather Talbot's Social Activities group, Thank You/Retirement cards and gifts were forwarded to Ann Ludwigsen (Convenor of the Coffee Club), and Lynne Fitzpatrick (Co-convenor of the Book Club).

Many thanks to Arlene Freeman who continues to peruse the newspapers for obituaries of recently deceased members. As well, thanks to Clotilda, Karen, Joan, Susan, and Olga for their offer (and patience in waiting) to volunteer in the Goodwill Program. Unfortunately, the ongoing pandemic restrictions continue to affect in-person meetings of the Executive Committee with regard to its input and advice for the Goodwill program (given the new volunteers) to function more efficiently.

Thanks again to members who continue to inform and update us about the status of fellow members. We look forward to the spring, despite the anxieties and uncertainties which surround us.

Marjorie Blake, Goodwill Chair.

905.837.0874 | [mdblake@sympatico.ca](mailto:mdblake@sympatico.ca)

**A BETTER FUTURE TOGETHER**

## 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.

Marita Bascos

Frances "Fran" Brooks

Mary Sanderson-Chiarella

Henry "Hank" Condie

Kathleen Donaldson

Ronda Deutekom

Mario DiMaulo

Beatrice Fadden

John Ferrigan

Kui Yik Fung

Irma Garside

Marilyn George

Mary Grant

Ivana Hrabak

Wendy Humphries

James Kline

Sakuntala Krishna

David Michael Leggett

Kenneth Neil Lyons

Larry MacNeil

Mary McDonnell

Thomas McKenzie

Kathleen Miles

Carl Naumoff

Donald Salvatore Nicholson

Rose Ohnona

Tibor Olah

Desmond Ottley

Katherine Paterson

Sally Pengelley

Nancy Pinard

Helen Pinkerton

Bruce Porter

Nancy Reid

Barbara Reinholdt

Donald Russell

Martin Sable

Wilma Sager

Deanna Schenke

Thomas Stamper

Melvin Sufrin

Mickey Toth

William Voy



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1-877-406-8077

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### **Teacher's Pension Plan**

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416-228-5900

1-877-812-7989

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Visit us at

← <https://district16.rto-ero.org> →



## **RTOERO Toronto District 16 Information**

### **Membership**

New members may join us in error. There are four districts in Toronto (Etobicoke York-22, North York-23, Scarborough/East York-24).

To register any change in status, contact Membership at 416-962-9463 or [membership@rtoero.ca](mailto:membership@rtoero.ca)

### **Obtaining Your Newsletter**

This Newsletter is provided through your fees as an Active or Retired 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 version.

### **Newsletter Submissions**

Your Newsletter Committee welcomes submissions from members that may be of interest to others (travels, events, volunteer opportunities, etc.), as well as 'Letters-to-the-editor'. The editors reserve the right to reject or modify any submission. Third-party content must include all sources. Queries regarding editorial decisions cannot be answered.

### **Editorial Committee:**

Barbara Antheunis, 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, contact information, or district affiliation, the ONLY contact is the Provincial Office 416-962-9463 or 1-800-361-9888 or email [membership@rtoero.ca](mailto:membership@rtoero.ca)

### **Importance of providing your email address to RTOERO**

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## Remember When ~ New Members' Breakfast, 2010



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