



## February E-Blast

This is a WARM welcome to all on this COOL beginning of February. Like many others, I welcome some real winter, but welcome also to those who have fled the north and are now in the warmth of southern climes. Enjoy yourselves!!! For the rest of us, get out and enjoy the wonderful weather, but do be careful of the ice!

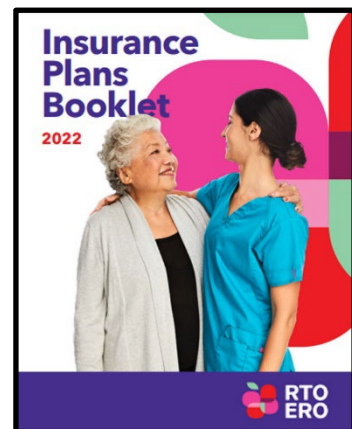
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### **Benefits: PLEASE NOTE CHANGES:**

Just Six Months!

As of January 1, 2023, you must submit your health insurance claims within six months from the date the expense was incurred.

- For example, if you had a massage on Jan. 7, 2023, you have until July 6, 2023, to submit your claim. Or if you had a dentist appointment on March 1, you have until Aug. 31.
- Expenses incurred on or before Dec. 31, 2022, must be received by June 30.
- For items like eyeglasses or orthotics, the incurred date is when the item was paid in full.
- For services such as massage or physiotherapy, the incurred date is the date the service was rendered.



Submit your claims online through <https://www.rtoero.ca/insurance/claims>, or have your practitioner submit them directly (if possible) or use Canada Post.

**ALSO**, Insurance for incontinence products must include a pharmacist's signed receipt for the claimant. The name of the claimant cannot be simply written on a store receipt. Pharmacies are aware of this insurance practice (all companies have the same policy) and it means purchasing the products at the pharmacy desk, not at the checkout.

John Logue

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## RTO District 28 February Hike

After a few hikes in the wilds of Durham, we are going to explore an urban hiking area. Our next trek will take us on the Joseph Kolodzie Trail along Oshawa Creek to the lake, and then along the waterfront trail. It will be interesting to compare the areas and see how much wildlife we see along the way. We will meet on Thursday, February 16, at 10:00 a.m. in the south-eastern corner of the Midtown Mall parking lot. We hope to see as many hikers as possible!

Don Farquharson

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## Durham 28 Grants:

We'd like to share a note received from a teacher whose class benefited from an RTOERO District 28 grant.

To RTOERO District 28,

I wanted to thank you so much for the providing the funding that allowed my class to receive a free presentation from Scientists in the School.

I teach grade 2 and my students were fortunate enough to be able to participate in a workshop in December about Simple Machines. The presentation was fantastic and was almost 90 minutes of hands-on activities where the students were building ramps, pulleys and wheels, and axles. They absolutely loved the presentation and learned so much.

Unfortunately, our school is not able to secure extra funds from fundraising, as some other schools do, and our students often are not exposed to different life experiences. Programmes like Scientist in the School are so beneficial in adding to their experiences and in enhancing their learning.

The generous donation from your programme is so valuable and so very much appreciated. Please let your members know how much fun we had and how much we learned.

Thank you!!

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## **Life After Retirement.**

Retirement should be a time of renewal and reawakening. We are interested in hearing what our members do to stay busy and engaged after retirement. Do you have an interesting hobby, volunteer position, or a new career post teaching? If you would like to write a brief description and send it to our District 28 mailbox ([district28@rtoero.ca](mailto:district28@rtoero.ca)), you might be featured in a future edition of DUSTOFF and inspire other members to try something new.

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## **Do You Know Anyone Who Is Planning On Retiring In The Next Few Years?**

### **Let Them Know About Our Free Retirement Planning Workshops!!!**

As well as our continuing virtual Retirement Planning Workshops, we NOW HAVE an IN-PERSON workshop to be held on Feb 22 at the Ajax Convention Centre. Please encourage all retiring educational workers to come, learn about the benefits of retirement, meet us in person, ask all sorts of questions, get answers, and learn about our wonderful, active district. Please share this with any educational employee you know who is even thinking about retiring!• Registration page: [Event/RPW Detail - RTOERO](#)

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## Coffee On Us.

Come and join us for our monthly coffee get togethers at Tim Hortons: We meet at 10:00 am. Next coffee dates are February 22/23, and March 29/30.

- Ajax, Bowmanville, Oshawa, Port Perry, Uxbridge on WEDNESDAYS
- Pickering, Whitby on THURSDAYS

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## RTOERO News you can use – February 2023

### New online seminar recordings available at [rtoero.ca](https://rtoero.ca)

If you missed some of last year's webinars, you can now find the recordings at <https://rtoero.ca>. The following sessions were recently added:

- Diabetes prevention and management – What you should know
- Auto and home insurance 101
- Social purpose and philanthropy with the RTOERO Foundation
- Strengthening your financial capability

Find all RTOERO videos at <https://www.rtoero.ca/resources/videos>

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### Honour Black history in February and beyond through learning, celebrating Black excellence.

[https://rtoero.ca/wp-content/uploads/2022/02/Liaison\\_FEB.2022\\_English.pdf](https://rtoero.ca/wp-content/uploads/2022/02/Liaison_FEB.2022_English.pdf)

While learning about Black history and celebrating Black excellence in Canada isn't for Black History Month only, the learning opportunities are plentiful during February. It's a great chance to deepen your knowledge. Here are a few ideas to consider helping you honour Black History Month and build your understanding this month and all year round:

- A) Visit local events and heritage sites
- B) Watch films curated by the National Film Board
- C) Get to know the history of anti-Black racism in Canada

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## FUNDING AVAILABLE TO RTO/ERO MEMBERS

Each year funds are made available for a variety of education-related and/or community projects providing a means by which RTO/ERO members can participate in education, social and/or community projects and raise the profile of RTO/ERO and its members. Below is a list of what is presently available to Durham 28 RTO/ERO members.

## (1) COMMUNITY GRANTS

Community Grants of \$4000 are designed to encourage all districts to support and partner with local community organizations to promote projects that will help RTO/ERO meet our strategic goals of improving the lives of members and seniors. Since the inception of this grant, RTOERO has donated \$1.85 million for 523 projects. **Do you have a project you might like to apply for?**

The 2023 Community Grants application is now available on the RTOERO website at the following link: <https://rtoero.ca/giving-back/grants/> In addition to the online application, you will find the following supporting documents available for download: 1. Application Instructions 2. Evaluation Rubric 3. Application Questions Please note that the application form is an online form accessed via the “apply” button at <https://rtoero.ca/giving-back/grants/>. The “Application Questions” document provided on the website is for your convenience, in order to assist you when building your application. However only applications submitted via the online form will be considered. Note that the deadline to apply is June 2, 2023, by 4:30 p.m. ET. If you have any questions related to the criteria and/or the decision-making process, please contact Anna-Rita Lunghi ([alunghi@rtoero.ca](mailto:alunghi@rtoero.ca)). If you have any questions related to the online form submission, or would like a link to view last year’s Community Grants Training Webinar, please contact Jessica Martin ([jmartin@rtoero.ca](mailto:jmartin@rtoero.ca)).

## (2) Local Funding

Each year funds are made available for projects involving RTOERO members for education related and/or other community projects thereby providing a means by which RTOERO members can participate in education, social and/or community projects and raise the profile of RTOERO and its members. The maximum gift is \$500. Last year seven awards were given to District 28 projects totalling \$3500.

Durham District 28 Executive has established local project funding guidelines and a Gifting Committee. This committee will receive applications for requests and present a prioritized list of requests to the District 28 Executive for consideration. The deadline for submitting a request is May 1, 2023. Preference will be given to projects involving RTO/ERO members. For guidelines and application information, contact Jim Craigen [jcraigen@idirect.com](mailto:jcraigen@idirect.com).