



June E-Blast!!

I would like to take the opportunity to thank all members for their support and encouragement during the last two years as your President. It has been a privilege. District 28's AGM and Spring Luncheon will take place at the Scugog Community Centre, 1655 Reach St., Port Perry on Tuesday, June 6th, 2023. We all look forward to meeting friends - old and new - to talk about the year that has been as well as the exciting year ahead!

Don Farquharson, President.

Coffee on Us

This month we meet on Wed June 21 and Thursday June 22.

Ajax - Wednesday, June 21 - 245 Salem Road S.

Bowmanville - Wednesday, June 21 - 350 Bowmanville Avenue

Oshawa - Wednesday, June 21 - 1361 Harmony Road North

Port Perry - Wednesday, June 21 - 15930 Old Simcoe Road

Uxbridge/Beaverton - Wednesday, June 21 - 325

Toronto Street S., Uxbridge

Pickering - Thursday, June 22 - 742 Kingston Road

Whitby - Thursday, June 22 - Brock Street S., at the 401



Post-Secondary Scholarship Awarded

Gabriel Benrubi is a 2023 recipient of the \$3000 RTOERO Scholarship. A graduate of Markham District High School, he is currently completing his 2nd year of Public Health at the University of Waterloo. Gabriel hopes to pursue a career in the health field, possibly in gerontology. His current academic focus is the connection between health, nutrition, and community engagement with seniors. Through Waterloo's co-op program, Gabriel is pursuing opportunities to complete several work terms connected to the health field. He is very happy to be nominated for the RTOERO Scholarship by his father, a DDSB French teacher. Congratulations Gabriel! We have high hopes for you... especially as we age!

RTOERO D-28 Hike



This month we are going to hike along the cool waters of Lake Ontario. Please meet at 10:00 a.m. on Thursday, June 22nd, 2023, at the Kinsmen sports fields parking lot, near the end of Sandy Beach Road. To reach this location, traveling from the West, get off the 401 at Whites Road, and take Bayly Street to Sandy Beach Road, and travel south. From the East, take 401 to Liverpool Road, turn South to Bayly, east to Sandy Beach Road, and then South to the parking area. As always, dress for the weather. It will be an easy hike along the Waterfront Trail.

RTOERO Community Funding 2013

Each year funds are made available for projects involving RTOERO members for education related and/or other community projects. This provides a means by which RTOERO members can participate in education, social and community projects and raise the profile of RTOERO and its members. The maximum gift is \$500. This year, funding in the amount of \$500 was given by RTOERO Durham 28 to the following community organizations:

- Sunderland Lions Community Theatre
- Kiwanis Music Festival
- RTO Supports Learning About Nature - for K-12 Students and Members of Scouts Canada
- Salvation Army Family Care Counseling Program and Food Bank
- Scientists in the School Project
- Oshawa Garden Club and Junior Gardener Program - Harvested vegetables will be donated to local food banks.
- Hearth Place

[Social Isolation - Tips and Strategies Webinar](#)

As we get older, the risk of social isolation increases significantly, and it's important to continue to find ways to stay connected with family, friends, and the community. In the *Supporting Your Neighbours: Strategies for Identifying and Helping Older Adults Experiencing Social Isolation* webinar, we will discuss social isolation, walk through a new community conversation guide, and provide tips and strategies for how to identify and help older adults who may be experiencing social isolation and more.

Webinar attendees will receive a link to download a copy of the Community Conversation Guide in English and French, which can be used as a valuable resource in their own communities.



Supporting your neighbours: Strategies for helping older adults experiencing social isolation

Date: May 31, 2023

Time: 2:00pm EST

[Register for free today!](#)

[RTOERO Foundation Announces Funding for Six New Projects](#)

The RTOERO Foundation is thrilled to announce we are awarding grants to six new projects, for a total funding amount of \$213,000. These projects, which were reviewed and scored by our Peer Review Panel, cover a range of important priority issues including geriatrics research, social engagement and seniors' health and wellbeing.

Funding of these projects is made possible through the generosity of the RTOERO Foundation's donors, most of whom are RTOERO members. Thank you for your continued support.

Here is a list of the projects made possible through funding from the RTOERO Foundation in 2023:

Ageism, Intergenerational Learning, and Age-Conscious Student Development

- Organization: Trent University
- Funding amount: \$50,000

Community Connectors: Seniors Helping Seniors

- Organization: Compassionate Communities Kingston Canada
- Funding amount: \$43,000

Stronger Together: Making Canada Dementia Inclusive

- Organization: The Dementia Society of Ottawa and Renfrew County
- Funding amount: \$50,000

Using Visual Arts to Address Social Isolation in Older Adults

- Organization: Sheridan College
- Funding amount: \$50,000

Planting The Roots of Wellness

- Organization: Canadian Organic Growers-Senior Organic Gardeners
- Funding amount: \$15,000

Friendship Circle

- Organization: Société Alzheimer Society Sudbury-Manitoulin North Bay
- Funding amount: \$5,000

[Self-care: What it is and how to do it](#)

According to the World Health Organization, *self-care is the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker. It means different things to different people, and there's no single way to do self-care.*

Your self-care activities have a cumulative impact. As you develop and sustain a self-care practice, you will start to notice changes in how you feel. You will be more resilient and better able to cope with life's inevitable ups and downs.



Signs you may need more self-care:

- Loss of pleasure and enjoyment
- Depression and anxiety
- Concentration problems
- Increased errors
- Loss of objectivity
- Isolation
- Emotional reactivity
- Relationship issues
- Insomnia
- Fatigue

How to do self-care:

- Accept that self-care is an investment and indulge in it daily. Look for micro-moments to give yourself care. Considering the small things that give you a feeling of joy, comfort, soothing or support may help you make a list.
- Try something new or return to an old interest. Trying new activities is a great way to form new connections and find activities to get lost in. Schedule time for activities you enjoy.
- Explore and practice. As you try new activities, recognize that you need to do them more than once to start to see benefits.
- Remind yourself why you're doing self-care. It supports your overall longevity and helps you enjoy life. It also enables you to show up better for others.

Read the full article: rtoero.ca/self-care-for-retiring-education-workers

Social Committee Report



For the first time, new members were invited to a New Member Breakfast on April 20 at Cora's in Whitby. Six RTO, Durham District 28 Board members and new RTO members attended. We all enjoyed lively conversations, asked & answered questions about our District and the larger RTO

organization and had a wonderful breakfast from a special menu. New members shared many great ideas for future social events, some of which we are already pursuing. Each attendee also received a "Welcome" package with information on the social aspects of our District and the wide range of endeavours undertaken by the larger RTO organization (education and advocacy for issues important to seniors, support for research on seniors' issues and charitable giving). RTO is so much more than an insurance provider with a lot you can take advantage of. A good time was had by all!

By the time you are reading this we will have held our annual Golf Tournament, on May 29, at Sunnybrae Golf Course and Country Club near Port Perry. In attendance will be 54 golfers, both RTO members and friends, who will enjoy a continental breakfast, 9 holes of golf and, for many, lunch. There will be prizes for everyone attending. A 50/50 draw will be held to benefit Hearth Place Cancer Support Centre in Oshawa.





We want to thank our sponsors for their generosity this year. Once again, Sunnybrae has donated 2 passes for a round of 9 holes of golf at the club. Canadian Tire Port Perry generously donated tees and golf balls for participants. Sport Chek in Whitby donated a \$50 gift certificate while Legends, on Taunton Road in Oshawa, provided a package with a squash racket, ball and safety goggles. Coppinwood Golf Course and Country Club, through Al Cadieux, was exceptionally generous in donating a man's light coat, a lady's light coat, a toiletry bag, several hats and golf towels and 6 cases of 24 festive beers! If last year's tournament is an example, a great time should ensue!

On June 6, starting at 11:00, District 28 will hold their Annual General Meeting and luncheon at the Scugog Recreation Centre in Port Perry. A brief meeting including reports from some committees, and the presentation of a slate of candidates for Board positions will be presented and voted on. Immediately following a scrumptious catered meal will be served. This is a great opportunity to be in contact with friends and to learn what is going on within your RTOERO District.

Over the summer, the social committee will be hard at work planning and arranging for the many events and Zoom Presentations that will be offered by District 28 this year. Keep a look out especially for the No Bell Luncheon that will be held at the Mandarin Restaurant in Oshawa on the first day of school on the Durham Board of Education calendar. It's the perfect time to catch up on what is happening with former (see, I didn't say old) colleagues and to celebrate NOT returning to teaching! Everyone has a wonderful time and leaves smiling! The registration email will come out in early August.