



February 2024 E-Blast

Important Dates

Feb 2 - Ground Hog Day!

Feb 7 - Lianne Harris presents The Vikings (description below) 7 PM

Feb 13 - Poetry Group Virtual meeting 7 PM

Feb 14 - Book Club Virtual meeting 7 PM

Feb 15 - Hiking Group Crow's Pass (details below) 10 AM

Feb 15 - Dr Spindel Virtual Presentation (description below) 1 PM

Feb 20 - D28 Council Meeting - Virtual 9:30 AM

Feb 28 - Coffee on Us at Tim Horton's - In person 10 AM Ajax, Bowmanville, Oshawa, Port Perry, or Uxbridge.

Feb 28 - Geoff Carpentier - Presentation on Madagascar Virtual event 7 PM

Feb 29- Coffee on Us Tim Horton's - In person 10 AM Pickering or Whitby

Welcome Susan Duane

Our Council is excited to welcome Susan as our new second VP. We thank her for her willingness to volunteer. Please contact our district if you are interested in getting involved in any capacity. Our Council meetings are open for anyone to attend.

Bienvenue Susan Duane

Notre conseil est ravi d'accueillir Susan en tant que nouvelle deuxième vice-présidente. Nous la remercions pour sa volonté de faire du bénévolat. Veuillez contacter notre district si vous souhaitez vous impliquer à quelque titre que ce soit. Nos réunions du Conseil sont ouvertes à tous.

Retirement Planning Workshop

D28 hosted a successful workshop in Ajax with nearly 100 hopeful Retirees in attendance. Do you know someone who missed it? Another in-person event will be held in Cobourg on March 26 or in Peterborough on March 28.

District 28 RTOERO February 15 Hike - 10:00 am - 11:30 CROW'S PASS CONSERVATION AREA

Description: Located on the top of the Oak Ridges Moraine, Crow's Pass Conservation Area is a favourite destination for the recreational hiker, offering 3km + of forest floor trails along with a connection to the Oak Ridges Moraine Trail. Crow's Pass CA consists of 158 acres and was established in 2003 with the assistance of the Oak Ridges Moraine Foundation, Ontario Ministry of Natural Resources, and the Region of Durham. Classified as a Natural Core Area, and a relatively dry area at the top of the Ridge, it also includes several wetlands that are typically found in the rolling hills of the Oak Ridges Moraine.

Directions: Take # 12 north to Brooklin, turn west on #7 and take the first road to the north, Ashburn Road. Follow Ashburn road, through the hamlet of Ashburn, and continue north. After Scugog Line 2 there will be a road called Middle March Rd. Turn west onto Middle March Rd and drive to the end of the road. It is right beside Oakridge Golf Club. Please dress according to the weather and, if the snow is adequate, please bring snowshoes if you have them! SEE YOU THERE!

THE VIKINGS- D28 Presentation

Great burly, blonde warriors wearing horned helmets and wielding axes stepping out of their dragon boats, women and children screaming in fear, priests hiding books and scrolls, farmers awaiting the destruction of their village. Such vivid imagery of Vikings pervasively exists more than a thousand years later. Is it all true? In this one-hour visual presentation, Lianne Harris will reveal the truths about the early Scandinavian colonization of the Western world and dispel the myths that still cling to our understanding of these tenacious people. Insight will prove that their exploration, practices, industry, and artistic achievements are still being felt today in ways we have not credited them.

LES VIKINGS - Présentation D28

De grands guerriers blonds et costauds portant des casques à cornes et brandissant des haches sortant de leurs bateaux-dragons, des femmes et des enfants hurlant de peur, des prêtres cachant des livres et des parchemins, des agriculteurs attendant la destruction de leur village. Des images aussi vivantes des Vikings existent de

manière omniprésente plus de mille ans plus tard. Est-ce que tout est vrai ? Dans cette présentation visuelle d'une heure, Lianne Harris révélera les vérités sur les débuts de la colonisation scandinave du monde occidental et dissipera les mythes qui s'accrochent encore à notre compréhension de ce peuple tenace. Insight prouvera que leur exploration, leurs pratiques, leur industrie et leurs réalisations artistiques se font encore sentir aujourd'hui d'une manière que nous ne leur avons pas créditée.

LIVING WELL WHILE AGEING - D28 Presentation

Many Baby Boomers are currently caring for parents who require support and assistance with activities of daily living. At the same time, many are faced with their diminishing health and increasing need for support. There is a confusing maze of services, many of which are difficult to access, when family caregivers need support. This session, by Dr. Patricia Spindel, will focus on the service alternatives to institutionalization of elders in response to Baby Boomers' preference to age in place and in community. The current long-term care system will be described, as well as the implications of the government's policy and funding priorities. A discussion of the role of corporations in long-term care and why this is problematic, especially in light of the possibility of a Southbridge facility in Port Perry, will be included.

Please join us on Thursday Feb 15th at 1:00 p.m. for this important workshop, which highlights some of RTOERO's key advocacy issues of a Seniors' strategy, and geriatric health care. There will be time to have a Q and A at the end.

BIEN VIVRE EN VIEILLISSANT - Présentation D28

De nombreux baby-boomers s'occupent actuellement de parents qui ont besoin de soutien et d'aide pour les activités de la vie quotidienne. Dans le même temps, beaucoup sont confrontés à une santé déclinante et à un besoin croissant de soutien. Il existe un labyrinthe déroutant de services, dont beaucoup sont difficiles d'accès, lorsque les aidants familiaux ont besoin de soutien.

Cette séance, animée par la Dre Patricia Spindel, portera sur les services alternatifs à l'institutionnalisation des aînés en réponse à la préférence des baby-boomers de vieillir sur place et dans la communauté. Le système actuel de soins de longue durée sera décrit, ainsi que les implications de la politique du gouvernement et des priorités de financement.

Une discussion du rôle des entreprises dans les soins de longue durée et des raisons pour lesquelles cela pose problème, en particulier à la lumière de la possibilité d'un établissement Southbridge à Port Perry, sera incluse.

Rejoignez-nous le jeudi 15 février à 13h00. pour cet atelier stimulant, qui met en lumière certaines des principales questions de plaidoyer de RTOERO en matière de stratégie pour les personnes âgées et de soins de santé gériatriques. Il y aura du temps pour une période de questions et réponses à la fin.

Colin Milner (International Council on Active Aging) February 29, 2024 - RTOERO Virtual Presentation

Thanks to healthcare and technology advancements, healthy aging has emerged as a “great disruptor” - transforming our individual lives and society. Join healthy aging expert, Colin Milner, as we explore this era of possibility and promise. Colin will cover key factors that contribute to healthy aging, the business implications of this shift, and what we can all do to create a world where healthy aging is within reach for everyone. Presentation will be followed by Q&A

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 available to Durham 28 RTO/ERO members

(1)Community Grants

Community Grants are designed to encourage all RTOERO Districts to support and partner with local organizations to promote projects that will help Districts 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 21 years ago, we’ve donated \$1.85 million for 523 projects. This year RTOERO Districts are eligible to receive grants of up to \$4,000 for community projects. Districts interested will serve as the project sponsor and will submit the application for a Community Grant in partnership with a community organization. The deadline for applications is May 31, 2024.

(2)Local Funding

Funds are also available from Durham District 28 for local projects. The maximum gift is \$500 per project. 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, 2024.

For information regarding Community Grants or Local Funding, contact Jim Craigen of the Durham 28 executive at district28@rtoero.ca.

Communications Committee.