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Join us for breakfast
3rd Wednesdays
8:30 a.m.
Drop in to share conversation and a meal with your RTO colleagues. Bring your partner or a guest.

Restarting as soon as possible.

We need your ideas
If you have an idea for a story or know someone we should interview for an article, please let us know.
There are great stories out there among District 36 members.
Let’s share them!
Contact 705-748-9282 or email rto36.communications@gmail.com

Mark your calendar....
Dates are to be determined, depending on provincial guidelines

District NEWS is available in an interactive format. You can navigate through the newsletter or visit a website by clicking the underlined text hyperlinks. To return to this Table of Contents, click on the newsletter title at the bottom of each page. Clicking on a highlighted email address will open your email system.
Hello and Happy New Year to all our members in District 36! I’m sure all of us are glad to put last year in the rear-view mirror. Who could have known that one year ago, after hearing about a new virus that was emerging, we would be where we are now. For the first time in history, we can say that hindsight is 2020.

I sincerely hope all of you are doing well and staying safe. In Peterborough City and County, we have been fortunate to have lower cases of Covid-19 than some other jurisdictions. However, that does not mean we can let our guard down. With the new variant we keep hearing about, we need to keep up our strict precautions; wearing face coverings, washing our hands thoroughly and physically distancing where ever possible.

As I reminisce about 2020, there have been many cons. Not being able to travel, no inside dining, all the social events RTO, both locally and nationally, had to cancel, and on a personal note, the inability to see my eldest daughter for the past 20 months as she lives in England. Many of us have not been able to travel and/or meet with family and friends and this has been a real downer for us.

At District 36, we are keenly aware of those members who do not have or are not familiar with the internet. When a lot of our social events were cancelled, we had to modify how we would stay in touch. For our digital members, we sent email blasts to wish them a happy holiday season and to encourage them to participate in our Holiday Pet Photo and Holiday Sweater contests. This brought some much needed levity and the executive and I had a lot of fun judging all the fabulous entries. The photos of the winners are included in this newsletter and I would like to express my sincere thanks to all those who entered. For our members who are 80+, we sent them handwritten birthday cards as we could not host our annual luncheon celebration. For the holiday season, we went a little further. We sent Holiday Cards to all our members who are 75+. As an executive, we felt it was important to send some holiday cheer.

However, there are some positives to come out of the pandemic. The various countries of the world focused their energies on finding a vaccine and several vaccines have been not only developed, but delivered and several members of the Canadian population have already been vaccinated. My 90-year-old mother, who is on hemodialysis, received her first dose of the Moderna vaccine 2 weeks ago. She had a sore arm for about a day and that was it. We are hopeful she will receive the second dose in the next 2 weeks. So far, so good. I’m sure the feelings surrounding the Covid vaccine of 2020 are similar to the feelings that surrounded the Salk vaccine for polio back in 1955.

Another positive development, in my opinion, is the use of Zoom technology. The ability to have meetings using this incredible technology is massive. Not only has District 36 been able to stay in touch and continue our local executive meetings, but I have been able to connect with other District Presidents from across the country which did not happen as frequently in the past. Before the pandemic, the District Presidents would only meet once per year. So, the advent of Zoom has been wonderful. As an executive, we are exploring other ways of utilizing Zoom to better connect with our members. Perhaps, we could have a Trivia Night, a Happy Hour where we can connect to our members with their favourite beverage and just chat. If you are interested in any of these activities, or you have an idea of your own, please get in touch with me. We are here to serve you, our members.

Take good care and continue to stay safe. We will weather the storm.

Lorraine Knowles
rto36.president@gmail.com
705-930-7582
Advocacy zooming along

Far from Covid 19 stalling the advocacy efforts of RTOERO and ACER-CART, the increased use of technology has actually enhanced them. For example, when we visited Queen’s Park for an Advocacy Day pre-Covid, we could only meet with a few MPP’s and senior staff. Through the use of zoom, we were able to schedule far more meetings. The screen shot below is one example of a meeting we held with Doly Begum, NDP MPP from Scarborough Southwest.

Both organizations, working with partner organizations, have been active in writing letters to advocate for our issues and to acknowledge steps that various governments have taken to improve the lives of our members and all seniors. There have been some modest successes.

For example, in the Prime Minister’s supplementary mandates issued on January 15, the Minister of Health was charged with:

- Working with the Minister of Seniors, work with the provinces and territories to set new, national standards for long-term care so that seniors get the best support possible.
- With the support of the Minister of Seniors and working with provinces and territories that are willing to move forward without delay, accelerate steps to achieve a national, universal pharmacare program, including establishing the Canada Drug Agency and implementing both a national formulary to keep drug prices low and a rare-disease strategy to help families save money on high-cost drugs.

In the first week of February, RTOERO has scheduled seven regional meetings chaired by members of our Political Advocacy Committee to exchange information with our Districts about how best to continue advocacy at the local level. Since ACER-CART will have a virtual AGM at the beginning of June, we are scheduling two prominent speakers to ensure that all our thirteen provincial and territorial groups have the same information and hopefully inspire increased advocacy from retired teachers across the nation. The old “normal” was not a good one for seniors. We need to continue to work on ensuring that, coming out of Covid, there will be a new normal where seniors can age with dignity and security. We will continue to advocate to make that happen.

When you ask me what I’m doing today, and I say “nothing,” it doesn’t mean I am free. I means I am doing nothing.

Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.

Don’t bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That’ll freak you right out.

I hate it when a couple argues in public, and I missed the beginning and don’t know whose side I’m on.
Please share with your working colleagues:

Retirement Planning Workshops go online

Due to the Covid 19 Pandemic, the RTOERO Retirement Planning Workshops which had been scheduled across the province have been moved online. This has allowed us to increase the number of virtual workshops. Each online workshop takes about two hours and RTOERO staff are available to chat online during the workshop to answer questions.

These workshops are designed for those in the education sector, early years, K-12, post-secondary and more.
You learn more about:
- Planning for your financial future
- Your pension
- Health benefits in retirement
- RTOERO benefit plans
- Retirement insights from your peers

To see the full list of these valuable workshops go to https://www.rto-ero.org/join-us/retirement-planning-workshops

On the first day, God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years."

The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"

On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span."

The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?"

On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?"

On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"

"Okay," said God, "You asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves. For the next forty years, we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone.
Foodbank Donations

Covid 19 has caused extreme hardship to many people. In an effort to be supportive, our District donated $200 to each of the eight food banks in our area.

Seniors’ thoughts

Talk to yourself. There are times you need expert advice.

In style are the clothes that still fit.

You don’t need anger management. You need people to stop making you angry.

Even duct tape can’t fix stupid - but it sure does muffle the sound.

The biggest lie you tell yourself is, “I don’t need to write that down, I’ll remember it.”

Your people skills are just fine. It’s just your tolerance for idiots that needs work.

Wouldn’t it be wonderful if we could put ourselves in the dryer for ten minutes and come out wrinkle free and two sizes smaller.

On time is when you get there.

When you were a child you made funny faces in the mirror. In old age the mirror gets even.

God grant me the senility to forget those people I never liked anyway, the good fortune to run into those I like and the eyesight to tell the difference.

DID YOU KNOW?

Sirius, the dog star, is moving closer to Earth at a rate of nine miles per second.

This means someday, we could be in Sirius trouble.
On behalf of the Trent Lakes Food Bank, we thank you for the generous donation this year to buy much-needed items for our clients.

Thank you,
Yleta Iwanda
Food Co-ordinator

Dear Linda — (RTO),
What a kind and happy gesture to send Walter greetings in this terrible time for all of us to try and survive this imposed social isolation called "covid"—thank you so much—it gave us both a smiling lifting moment.

Best regards,
Walter Shepherd
Oct. 2020

RTO ERO District 36 Peterborough,
Thank you so much for your very generous donation to the Bridgenorth Food Bank.
The number of local families needing help is increasing. Just in 2 weeks, the first 2 weeks of October, we helped 22 households, 53 family members.
Thank you for supporting our local community.
New benefits portal coming

Our benefits insurance partner, Johnson Inc. is in the midst of launching a new member portal that will provide members with an improved process to submit group benefits claims and access policy information. This new website, called My Insurance, will ensure that RTOERO members receive their reimbursements faster for most claims.

In the late stages of the launch, additional opportunities were identified to further enhance the new digital process. To ensure an optimized customer experience, we have revised the launch date of the claims submission feature to March 30. In February, you will receive detailed instructions on how to re-register using a new secure password. Our current Members Only Website will remain accessible.

Over the coming months, we’ll continue to provide you with updates to make this transition as easy as possible for all RTOERO members.

RTO Membership Fees

RTOERO membership fees have been simplified to improve the membership experience and provide long-term financial stability for the organization.

For 2021, members will pay no more than $70 for their annual membership fee. Current members whose 2020 fee was less than $70 will see an inflationary increase of 1% – consistent with the OTPP annual inflationary adjustment.

RTOERO continues to offer free membership until retirement – or in the first year of joining for those who are already retired.

Breaking News!

A nine-year old girl has disappeared after using moisturizer that makes you look ten years younger.
IF YOU FALL, THINK RAISE

R - Relax.
You might feel a rush of adrenaline. Good. You’ll use that energy to help you get up.

A - Assess.
Are you OK?
Are you feeling pain? Is there anything sturdy enough to hold on to close by? Is your cellphone in your pocket? Do you have an alarm pendant. Is anyone nearby?

E - Evaluate.
Do you need to go to the doctor? Can you stand? If not, sit down, and rest before trying to move again.

Develop a plan:
Wear a personal alarm around your neck.
Keep a cell phone with you at all times.
Set up quick dial numbers on your phone.
Carry a whistle.
Have a friend or family member call you daily and leave them a spare key, so they can get to you quickly.
Practice getting up off the floor.

S - Steady.
Steady yourself. With your strongest leg, push yourself up to a standing or sitting position, holding on to the sturdy object. Use both your arms and legs to pull yourself up.

I - Inch.
If there is something sturdy close by or a cellphone you can reach, INCH your way to it by crawling.
Take your time.

IF YOU CAN’T GET UP
Don’t panic. Try to stay warm. If injured, stay where you are.

Call for help: a. Make noise. Shout or bang on something.
b. Press your pendant alarm. c. Use the telephone if you can.

Get comfortable: a. Use a cushion or clothing as a pillow.
b. Use a tablecloth or rug as a blanket.

Let your doctor know that you have had a fall.

For more information and resources, visit www.safeforallers.com

Nlaka’pamux Nation Tribal Council
RTO Golfers

Some of the RTO women who were still golfing in the crisp October weather.

*Back row, L-R:* Hilda Jolley, Lenda Ducharme, Marilyn Peavoy, Georgina Eldridge, Kathryn Reynolds.

*Front row, L-R:* Ann Siddell, Gabriella Southby, Lorraine Knowles

This golfing group will start up in the spring again for any member interested in joining us.

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**RTO Golfers**

**Free RTOERO membership for actively employed until retirement**

RTOERO is offering free membership until retirement to anyone actively working in the education community. This offer includes all those who work in private and public schools and school boards, early childhood education and post-secondary.

Please share this information with any of your friends or colleagues who qualify. Send them the link to our membership landing page: *rtoero.ca/membership*

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**McMaster**

**OPTIMAL AGING PORTAL**

**Bookmark the McMaster Optimal Aging Health Portal site**

Medical misinformation abounds on the internet. *Dr. Google is not always a reliable source* and sometimes, acting on what we find on the internet can be harmful to our health.

RTO has partnered with the McMaster Optimal Aging Portal to help provide our members with accurate up-to-date information from a reliable source.

*http://optimalaging.mcmaster.ca/portal.html*

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**Quotes attributed to John Wayne**

Money cannot buy happiness but it’s more comfortable to cry in a Mercedes than on a bicycle.

Help someone when they’re in trouble and they will remember you when they’re in trouble again.

Many people are alive today only because it’s illegal to shoot them.

Alcohol doesn’t solve any problems. But then again, neither does milk.
District sends greeting cards

Since we were unable to hold our in-person 80+ event and our Christmas Luncheon, instead we sent birthday greetings to our 80+ members and holiday greetings to all our members age 75 and over.

Card signing: LtoR  Judy-Anne Tumber, Georgina Eldridge, Pat Smith, Lorna Izzard, Annette Thomson

Have you ever got half way through eating a horse and thought, I’m not as hungry as I thought I was.

I applied to emigrate to Australia and they asked me if I had a criminal record. I said I didn’t realize you still needed one.

Bit grumpy today. I also slapped Sneezy and kicked Dopey.

How do you give up when you’re in a towel-throwing competition?

Three things I love. Eating my family and not using commas.

A priest, imam and a rabbit walk into the blood bank and the rabbit says I am a type O.

I used to hate tractors, but I did a complete 180. Now I’m protractor.

I went to the doctor because I have an irrational fear of palindromes. I got a prescription for Xanax.

A lot of people cry when they cut onions. The trick is not to form an emotional bond.

Did you know that a raven has 17 rigid feathers called pinions, while a crow so only 16. So the difference between a raven and crow is just a matter of a pinion.

The Egyptian government has instructed all the taxi drivers in Cairo to drive around the city sounding their horns. It is hoped that a return to familiar city sounds will help restore calm during the pandemic. Operation Toot’n’Calm Em will last for one week.

Just watched The Omen backwards and ended up Finding Nemo.

Whoever told me to leave my car at the pub and take the bus home was wrong. Turns out I was in no fit state to drive that either.

Those who mock me for not knowing the French word for street will rue the day.

A newspaper has reported the sighting of a herd of cardboard wildebeest. Another example of fake gnus.
Holiday Photo Contest

Congratulations to our winners:

**Debbie Glynn** - holiday pet costume

**Bob Penny** - Elf on the Shelf holiday sweater.

This is the first year I haven’t done the London Marathon because of Covid…. I usually don’t do it because I’m lazy and can’t run.

What’s the difference between a kleptomaniac and a literalist?  
The literalist takes things literally.  
The kleptomaniac takes things, literally.

Would the world be a better place without hypothetical questions?

Has Covid 19 forced you to wear glasses and a mask at the same time?  
You may be entitled to condensation.

One nice thing about egotists… they don’t talk about other people.

Never ask Google for medical advice. I have gone from a mild headache to clinically dead in three clicks.

Sometimes the thoughts in my head get bored, and go for a stroll out through my mouth. This is never a good thing.

I wish there was a way to donate fat like you can donate blood.

So much to do…no desire to do it.

I don’t mean to brag…but I finished my 14-day diet in three hours and twenty minutes.

I don’t trip over things. I do random gravity checks.
RTOERO takes the health and well-being of not just its members seriously, but that of older Canadians in general.

The Covid-19 pandemic has magnified some of the issues older Canadian have been struggling with for years. Your RTOERO Foundation has been focused on some key areas:

1. Research into the Health and Well Being of Older Canadians. This includes medication safety, physical and mental health, especially loneliness and isolation.
2. Raising the profile of the issues older Canadians face including ageism, caregiving issues and discrimination based on age.
4. Provide innovative projects which promote social engagement.

Covid-19 can be devastating for older Canadians. As we age, the effectiveness of our immune system to fight off infection decreases. This means older Canadians are more susceptible. Further, as Canadians age, they tend to be taking more prescription drugs that younger people. This also accounts for older Canadians tending to suffer from more pre-existing conditions.

In May 2020, the RTO Foundation emailed 62,000 of its members and asked them to complete a survey asking how Covid was affecting their lives. The Foundation received approximately 4,500 valid respondents. Some of the results were shared on a RTO Foundation webinar attended by 320 members on November 20, which was hosted by Dr. Rachel Savagewho works directly with Dr. Paula Rochon, a Professor at University of Toronto in the Department of Medicine and Health Policy, Management and Evaluation. She is also the RTO Chair in geriatric medicine who oversees all the studies the Foundation commissions. Dr. Savage was the lead on this particular survey.

Not surprisingly, 66% of respondents strongly agreed Covid-19 has changed their daily routine. Both men and women reported feelings of increased isolation. This also contributed to reports of increased anxiety and increased bouts of depression. Some other factors included the death of a partner and a change of residence. For some who live alone, not being able to socialize with children and/or grandchildren also contributes to the increased feelings of loneliness. Further, female respondents reported feeling more lonely than male respondents.

The Foundation will continue to explore the impact Covid-19 on older Canadians and research which will improve the health of Seniors.

“Social Prescribing” is being looked at as prescription for an activity rather than medication. Also, we recognize the needs of seniors who do not use digital technology. This divide still needs to be addressed by providing phone calls and written messages to those members.

If you or any older person you know needs help, there is a helpline. It is called the Seniors Safety Helpline.

Their number is 1-866-299-1011

I can’t remember how to write 1, 1000, 51, 6 and 500 in roman numerals.

IM LIVID.

There was an explosion at the pie factory. The blast could be heard 3.14 miles away.

I was watching the Bermuda Philharmonic Orchestra, when all of a sudden the guy on the triangle just disappeared.

50% off all medieval punishment devices. Hurry while stocks last.

I was told I’m getting fat, but in my defence, I’ve had a lot on my plate recently.
Some Canadians are being targeted by scammers who are offering COVID-19 vaccination kits and other related products. The federal government is offering vaccines for free for all Canadians. We have reserved enough doses so that every Canadian who wants a vaccine will be able to get it by September.

Beware of:

- unsolicited calls claiming to be from a private company or from health care providers offering home vaccination kits for an upfront fee
- COVID-19 or vaccination themed emails or text messages that require you to open attachments or follow links to unfamiliar websites that ask you to reveal sensitive personal and financial details
- private companies selling fraudulent products that claim to treat or prevent COVID-19

Employment & Social Development Canada
Membership Changes

Information taken from RTOERO office updates since our last newsletter.

New Members

Lois Barclay
Cathy Boothby
Karen Brohart
Elaine Flett-Hurst
Irwin George
Peter Gerbsch
Joseph Kennedy
Sandra Marion
Marilyn Oliver
Pamela Perkins
Gina Pettifer-Green
Marie Perry
Michelle Prins
Cheryl Ross

In Memoriam

We extend our heartfelt sympathy to the family and friends on the passing of our colleagues.

John Almey
Ruth Belfry
Agnes Hopkins
Eleanor Gee
Fern Koenig
Waldemar Lepp
Brian McMullen
Teresa Morris
Lloyd Oliver
Edna Rintoul
Bruce Sonley

Keep in touch

Have you moved, changed your phone number or email address?

To help us stay in touch and to continue receiving your copy of our provincial magazine Renaissance and our District News, please make sure to let the provincial office know of any changes in your contact information. Call 1-800-361-9888 or update online at www.rto-ero.org.

Goodwill

If you know of any member who is seriously ill or shut-in, please notify our Goodwill Chair, Judy-Anne Tumber at 705-652-1995. Please let us know of the passing of any of our members so we can make a charitable donation in their memory.

Activity Waiver

As a participant in RTO-ERO events, I acknowledge and agree that RTO-ERO, including District 36, cannot be held responsible for any injury or damage of any nature, however arising, in connection with this event. Participants should carry their own insurance.

Non RTO-ERO events and activities in our newsletter and our website are listed for convenience and are not necessarily endorsed by District 36 RTO-ERO. Members should always check carefully before making any financial or personal commitments.

Become a Green Member

Get your newsletter online

✓ Get your newsletter faster and in colour.
✓ Help protect our environment.
✓ Reduce your District’s expenses.
Please join those who have switched to the online edition, by e-mailing rto36.communications@gmail.com.

District 36 News

We publish quarterly in January, April, August and October for members of Peterborough District. Articles for publication should be submitted to the editor a minimum of two weeks before each issue. Articles may be edited for length.
Editor: Martin Higgs 705-748-9282
rto36.communications@gmail.com
### Peterborough District Executive & Board

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>President / Political Advocacy</td>
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<td>2nd Vice President / Treasurer</td>
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</tr>
<tr>
<td>Secretary / Social Media / Membership</td>
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<tr>
<td>Awards</td>
<td>Audrey Moore</td>
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<tr>
<td>Foundation</td>
<td>Shirley Hamilton</td>
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<tr>
<td>Goodwill</td>
<td>Judy-Anne Tumber</td>
<td>705-652-1995</td>
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<tr>
<td>Health Benefits</td>
<td>Kathryn Reynolds</td>
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<tr>
<td>Membership</td>
<td>Hilda Jolley</td>
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<tr>
<td>Publicity / 80+ Birthday</td>
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<tr>
<td>Website</td>
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<tr>
<td>Members at Large</td>
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<td></td>
<td>Ceris Higgs</td>
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<td></td>
<td>Lynn Self</td>
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<td></td>
<td>Pat Smith</td>
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### RTOERO Corporate Office

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
<tr>
<td>Board of Directors</td>
<td>Martin Higgs</td>
<td>705-748-9282</td>
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<td>Member Services Committee</td>
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