

Fall 2022



RTO
ERO District 33
Chatham-Kent



Photo courtesy of
Bruce Morin

This Space Intentionally Left Empty

CALENDAR OF EVENTS

Fall Meeting

October 19, 2022

Curling

January 2023

Annual Meeting

May 2023

We are keeping some events on the Calendar for next year so that you will be aware that we are making plans.

Remember, today is the day you worried about yesterday.

- Dale Carnegie



OUR WEBSITE

<https://district33.rtoero.ca>

PHOTOGRAPHS

Courtesy of
Gale Lovell

unless
otherwise
noted



COVER PHOTO

Courtesy of Bruce Morin

Fall Meeting

Wednesday, October 19, 2022

ARISTOS BANQUET HALL

(separate entrance behind Smitty's Restaurant)

9:45 Registration and Coffee

10:15 Welcome and Business

10:40 Presentation on RTOERO Benefits
Colleen Knox, Johnson Benefits
Consultant

11:30 Buffet Lunch

Cost: \$10.00 - No Coin Please
(Actual Cost Subsidized by District 33 - \$22.20)

Note: You are welcome to bring a guest for
the same price as your ticket.

REGISTER NO LATER THAN OCTOBER 10, 2022

IN MEMORIAM

It is with much sadness that we remember those members who have passed away this year. We offer our sympathy to all of the family and friends of each of the following recently deceased members.

John Taylor	William DuChene
Gerald Murphy	Dale Ripley
Ethel Waters	Audrey Mistele
Barbara Morrow	Donna McLeod
Bartholomew Teahan	Lynn Fox
Barry Rowe	Lynn Moir
Loretta Vogt	Jessie Pratt
William Reaume	Tumino Tagliabracchi

Remember Me

There is a land of living and a land of the dead. And the bridge between them is LOVE. The only thing that lasts, the only meaning.

- Thornton Wilder

SCHOLARSHIP INFO

This year Natalie Robinson, granddaughter of member Marnie Robinson, won a scholarship. Here is her story.

My name is Natalie Robinson, and I am from Ridgetown, Ontario. My grandparents are both retired teachers in the public school system, and my parents both work in the healthcare field in Chatham-Kent. After high school I attended the University of Guelph for Biomedical Science. During my time there, I volunteered for Frontier College to help children learn to read. I then started a two-year compressed nursing program at Western University. Over the summer I worked for VON in London, Ontario as a PSW doing home care visits to help support people gain independence while living in their own homes. I am now in my final year of nursing and am starting a clinical placement at University Hospital on the general surgery floor. I also look forward to working at the Village on the Ridge in Ridgetown this fall to provide care to the geriatric population. After graduation, I hope to receive a BScN and work at the Chatham-Kent Health Alliance to help fill the nursing shortage and provide holistic care to the general population.

President Joan has relinquished the space for her message in this newsletter so that we can pay tribute to Lynn Moir. Lynn was First Vice President of District 33 when she became ill.

Mrs. Lynn Moir passed away in June. She was the best friend and wife of Scott. She is survived by her daughter Megan Biondi and her husband Dax, and Mark and his wife Tara of Chatham. Proud grandma of Georgie, Jack, Edmond, and Scottie Biondi, and Max and Weston Moir. She is survived by her sisters Colleen (Dave) Laevens, Patti (Tom) McLellan and Gale (Mike) Bonvarlez.

Lynn will be remembered for her kind heart and zeal for life. She touched many lives through her 30 plus years as a teacher and administrator for the St. Clair Catholic School Board. Her time in the classroom led to many lifelong friendships. Outside of the classroom she sat on the board of directors for Junior Achievement and was an active member and volunteer at Blessed Sacrament Church.

Upon retirement Lynn joined District 33. Lynn served as Secretary for our District. In addition, she was on the Benefits Committee as well as the Retirement Planning Committee. Lynn loved to travel as well as entertain friends. Family meant everything to Lynn. As a daughter she dedicated herself to the legacy of her parents in Sherwood Family Farms. Lynn's warm smile and thoughtful nature will be immeasurably missed by the family and friends whose lives she has forever touched.



**RTOERO
SCHOLARSHIP
WINNER
2022**

TELADOC (formerly BEST DOCTORS)

Have you ever experienced medical uncertainty? Perhaps you've wondered about a diagnosis or treatment plan for you or a loved one. Our partnership with Teladoc gives you and your family members access to the best medical minds in the world to help you make medical decisions with confidence.

Teladoc confidential services are available at no extra charge to participants of the RTOERO Extended Health Care Plan and their children (regardless of age), parents and parents-in-law. Your children, parents and parents-in-law do not have to be insured under the plan to be eligible for Teladoc services.

Teladoc services for RTOERO members

Expert Medical Opinion - A confidential process that complements the care you receive from your physician by providing a second expert review and bringing greater certainty to your diagnosis and treatment plan.

Find a Doctor - Teladoc will help you find a specialist by taking into account your unique medical history and geographic location, matching you with the right doctor for your condition. They can help identify specialists such as internists, cardiologists, neurologists and more.

Care Finder - If you choose, Teladoc can locate treatment from a specialist outside of Canada. They will coordinate a search of their global database of over 50,000 physicians in more than 450 specialties and subspecialties to find the expert(s) best suited to your needs.

Personal Health Navigator - Receive customized information, resources and contacts for a variety of health topics, giving you peace of mind that you are making well-informed decisions about your health care.

Medical Records e-Summary - Teladoc collects up to 3 years of your medical records and conveniently provide it to you as a digital file. A medical expert will also review them and provide you with a Health Alert Summary, bringing any potential health concerns to your attention.

Connect with Teladoc Call [1-877-419-2378](tel:1-877-419-2378)

NEW MEMBERS

We are pleased to welcome several new members. Some of the following people joined RTOERO as active members but are now new retirees. We hope to see you at some of our activities when life becomes more normal.

Sandra Gilhula	Darrel Smith
Neil Wood	Joanne Anderson
Jane Ripley	Ann Balkwill
Carol Craig	Timothy Balkwill
Darrel Smith	Jayson Campeau
Joe Vandenenden	Suzanne Marchand
Daphne Zondag	Rebecca Shea
Don Zandag	Nicole Stevens
	Donald Sherman



**RTO
ERO**

A better future,
together

Ensemble pour
un avenir meilleur



DAVID SUZUKI



Dr. Suzuki shared incredible insights to RTOERO members. Here are some quotes from his presentation worth reflecting on again.

On the role of older adults and retired people in Canada

"You and I, as retirees, no longer need to worry

about a raise or a job, so we can speak from our hearts. If we offend people by sharing what we've learned over our lifetime, that's their problem, not ours. And if we have grandchildren, then we have no choice but to speak out and tell the truth."

On whether it's too late

"We don't know that it's too late. It's in the doing and trying that we define that we're a worthy species. We've got to act because that is our hope."

On our way of life

"When we think that growth is the very measure of progress, we never ask the important questions. What is an economy for? Are there no limits? How much is enough? Are we happier with all this stuff? Why is anyone allowed to be a billionaire?"

"We settlers have to rediscover Indigenous values to shape policies, strategies and actions because clearly, the dominant paradigm doesn't work."

Hughes' 3-item loneliness scale

Questions	hardly ever	some of the time	often
1. How often do you feel that you lack companionship?	1	2	3
2. How often do you feel left out?	1	2	3
3. How often do you feel isolated from others?	1	2	3

Scoring: Add your score, to a max of 9. Higher scores indicate greater loneliness.

DIFFERENCE BETWEEN SOCIAL ISOLATION AND LONELINESS

RTOERO Foundation's donor-funded report highlights growing numbers of isolated and lonely seniors in Canada

The terms social isolation and loneliness are often used interchangeably. But they're not exactly the same thing. The difference, implications and solutions are broken down in a new report from the National Institute on Ageing, the result of a 2018 grant from the RTOERO Foundation.

Social isolation refers to measurable deficiency in the number of social relationships that a person has. So, it's about the frequency of social interaction and the number of relationships you have.

Loneliness is related, but different - it's more subjective. It's an unpleasant sensation felt when your social relationships are lacking in quality and/or quantity compared to what you want. Someone might be surrounded by many people (so not appear socially isolated), but still feel lonely. Similarly, someone might have few contacts, but enough high-quality ones that they don't feel lonely.

There is a relationship between social isolation and loneliness. A 2019 study from Angus Reid showed that those that reported being socially isolated were also more likely to report feeling lonely.

Curious if what you're feeling is loneliness? The report shares a three-item scale commonly used to measure loneliness.

If you're experiencing loneliness, taking some steps to introduce more social interaction can help. Simple things can help - like trying a new activity or making a regular phone call to a family member. You can join one of our district activities. You may also be interested in some counselling to help you create a plan and keep you accountable. If you're a member of RTOERO's extended health care plan, psychological and social work services are covered.



COPING WITH GRIEF : RESOURCES THAT CAN HELP



More than 6.3 million Canadians are grieving a death because of COVID-19—that’s a lot of us. Add to that those of us who have lost loved ones from other causes, the compounding impact of saying goodbye amid gathering restrictions, the collective heartache we feel because of local and global tragedies, and the non-death-related losses we’ve experienced—job loss, the end of relationships, the cancellation of valued programs, or closure of favourite local businesses. It’s a lot. The good news is it’s possible to heal. Learning about grief, sharing our stories in supportive environments, and practising self-compassion and care are essential parts of the journey. Thankfully, there are many resources available to help.

Grief support resources to check out

Hospices provide support for the entire end-of-life experience, from life-affirming care for palliative individuals to supporting their loved ones through the process of death and dying and the grief that follows. Often hospices will offer workshops, support groups and wellness therapies for bereaved people—and you don’t always need to have a prior connection to the hospice to join. It’s worth seeing what’s available at your local hospice.

Healing with David Kessler, a new Spotify podcast - David Kessler is a well-known grief expert. He’s behind grief.com and the author of *Finding Meaning: The Sixth Stage of Grief*. His podcast covers grief, trauma and perseverance. Most importantly, it will help you feel you’re not alone.

Your local library has many books available on grief, so if you’re a reader or audiobook listener, consider checking one out. Read reviews to find a book that sounds of most interest to you.

Therapy - one-on-one therapy is always a good idea—especially during tough times, like coping with grief and loss. You may be able to access a counsellor through your local hospice or faith centre.

If you are a member of RTOERO’s extended healthcare plan, you have coverage for social work and psychology services. This article was adapted from a recent RTOERO blog post.

Find the full post here: rtoero.ca/coping-with-grief-resources-that-can-help

*We delight in the beauty of a butterfly.
But rarely admit the changes it has gone
through, to achieve that beauty.*

- Maya Angelou



RETIREMENT PLANNING RESOURCES NOW AVAILABLE

Do you have friends, family or colleagues planning to retire from education in the next few years? Let them know RTOERO has a free retirement planning resource bundle they can download. They don’t need to be a member yet to get it.

The bundle includes a practical checklist of tasks in Excel that they can add to and use to track the various things they need to do to get ready. It also has a template retirement letter in Word that’s easily updated - takes the guesswork out of writing their letter.

Send a quick note to your friend, or post about the bundle on your social media. No sense in having our friends navigate the road to retirement alone - there’s a lot to do!

Find it here: rtoero.ca/category/rtoero-news/retirement-planning

SINGLE USE PLASTIC BAN BEGINS STAGGERED ROLLOUT

For several years, we've heard about the single-use plastic ban in Canada. Consultations have been ongoing and in June 2022 the government published the *Single-use Plastics Prohibition Regulations*. The manufacture, import, export and sale of the following six categories of single-use plastics will be banned by the end of 2025:

- checkout bags
- cutlery
- food service ware made from or containing "problematic plastics" (expanded or extruded polystyrene, polyvinyl chloride, oxodegradable plastic or black plastic made with carbon black)
- ring carriers (for 6-packs of cans for example)
- stir sticks
- straws

The sale of checkout bags, cutlery, straws, food service ware and stir sticks is prohibited in Canada as of Dec. 20, 2023.

We can expect to see some changes in packaging over the next year, and maybe you've already noticed it, as other local jurisdictions and companies implement their own bans. It's important to know that plastic straws for accessibility needs are excluded from the ban.

THERE'S NEVER BEEN A BETTER TIME TO TACKLE FOOD WASTE



Food waste accounts for about a third of greenhouse gas emissions, and in developed countries, 40 per cent of food waste happens in retail or our homes, so there's money being wasted too! Making it your mission to tackle your food waste woes can help you save money and impact the environment.

Here are some tips:

- Shop with a grocery list - purchase what you need for what you plan to eat.
- Avoid bulk buying if you don't need it - it's more likely something will go bad before you consume it.
- Split with friends! If you are bulk buying, divide among friends.
- Use all edible parts of the food - for example, the leaves of some root vegetables are edible, like beets.
- Keep veggie scraps to make broth. You can store them in a bag in your freezer.
- Bring older foods to the front of your fridge or the top of the crisper - use them first!



District 33 Donation



Last year our District received \$2,500. from RTOERO for our environmental project to purchase trees to distribute to interested landowners along the McGregor Creek watershed. This was a success. This year our Executive decided to donate \$2,500 to extend this project for another year. These pictures show both members and staff from the Lower Thames Valley Conservation Authority distributing trees in April.



**RTO
ERO**

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