



PETERBOROUGH DISTRICT NEWS



<https://district36.rto-ero.org/>

August 2022



On Thursday, June 16, we were able to have our first in-person Annual Meeting and Spring Luncheon since 2019.

We had a great turnout at Elmhirst Lodge and enjoyed our guest speaker, Kate Lines, a good meal and the opportunity to get reacquainted.

District President, Lorraine Knowles ,addresses the group. See inside this issue for more pictures from our Spring event.

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Mark your calendar



All events are dependent on potential Covid restrictions. If an event must be cancelled, we will call anyone who has registered.

- Sept 8 **Beyond the Bell Luncheon**
Baxter Creek Golf Club
- Oct 5 **80+ Party**
Princess Gardens
- Oct 19 **Morning Brunch**
Holiday Inn
- Nov 16 **Morning Brunch**
Holiday Inn
- Dec 8 **Christmas Luncheon**
Peterborough Curling Club

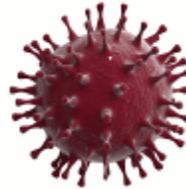
80+ Celebration tentatively set for Oct 5

For the past few years before Covid our District held an annual party for members aged 80 and over to celebrate the octogenarian milestone.



Unfortunately Covid 19 interrupted this tradition. We hope to revive the Celebration this year and have tentatively booked Princess Gardens again for October 5. As we did for our last highly successful gathering, we will be phoning members aged 80 and over to invite them.

The event is still tentative at this time as we are uncertain about new strains of the virus and their impact. Our first concern is the safety of our members and the residents of Princess Gardens.



If you are an 80+ member, please reserve the date. We will keep you informed by social media and telephone closer to the date.

Brunch at Holiday Inn resumes



Pre-Covid many of us met for breakfast at the Holiday Inn on the **3rd Wednesday** of the month. Covid restrictions permitting, we are set to resume this practice only meeting a bit later at 10 am to better accommodate those who prefer to take a bit more time to get rolling in the morning.



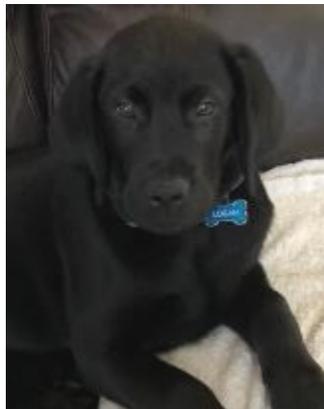
... from the President

Roll out those lazy, hazy, crazy days of summer

As you read this, we can think of some of the crazy days we have had so far this spring and summer. First, we had the big derecho storm on the May long weekend that felled many trees and hydro poles and knocked out power for many of our members. Some of our members were without power for a day or two and other members had no power for a week or more. My husband and I were fortunate to have a generator, but I had the strangest experience driving around Peterborough that Saturday afternoon, as every single traffic light was not working. Luckily, people remembered to treat all intersections where the traffic lights were out as 4-way stops.

Our hazy days of summer are here as we are now in the middle of a heat wave. It is important for members to take precautions when there is extreme heat. Stay in air conditioning when you can, avoid heavy exertion outside at the peak of the day and stay hydrated. And those of you who have pets, remember to exercise your pet in the morning and evening as our furry friends suffer in the extreme heat too.

Speaking of furry friends, we have added a new puppy to our family. His name is Logan, and he is a black Labrador Retriever. He is quickly adapting to our household, and we are doing puppy training. In the July/August 2022 issue of Reader's Digest, the article "The Surprising Benefits of Pets", discusses the positive effects of pet ownership



quoting various studies. Some of the studies in this article suggest that having a pet in the house can boost your immune system, lower your risk of a fatal heart attack, help you manage a chronic condition, reduce inflammation, and improve your mental health. Owning a dog helps to keep you active as dogs (and puppies) need to be exercised regularly. My husband's daily number of steps certainly has increased since Logan joined our family.

Your executive is keeping busy as well, planning events for the fall and beyond. Our first event will be "Beyond the Bell" which will be held at Baxter Creek Golf Club on Thursday, September 8, 2022. Please mark it on your calendar. There will be an information session about our superior benefit plan as well as other pertinent information with a lunch to follow. For all our new members who have joined our District since October 2019, your lunch is **FREE!!** We encourage all members, new and not so new, to attend. There will be an order form further in the newsletter for you to complete and deliver to our Social Convenor, Georgina Eldridge.

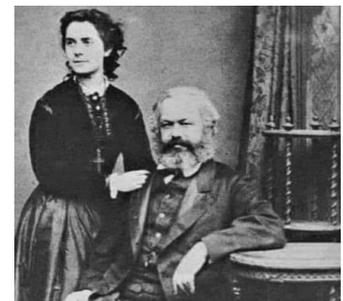
Finally, continue to enjoy these lazy days of summer. We look forward to seeing you at our future social events.

Lorraine Knowles

president36@districts.rtoero.ca

705-930-7582

Karl Marx is an historically famous figure, but nobody ever mentions his sister, Onya, who invented the starting pistol.





... from the Editor

Making communication easier through technology?

In my last pre-retirement position I instructed in a computer lab for Grades 3 to 8. At that time, the Board introduced computerized report cards which, while a godsend for some, were a curse for many others as they wrestled with the new technology, with computer crashes and floppy disks that refused to give back the data supposedly stored on them.

Since then, computers have come a long way but problems persist, especially in using email to communicate with our members.

The problem

We encourage people to read our newsletter online. It's good for the environment, our District budget and you get it faster and in colour, provided you are aware that an issue has been produced.

Internet providers try to reduce spam emails and block viruses which could attack your computer. Each provider has a set of filters to identify potential problem emails. Some of them are blocking both our District and the RTOERO office bulk email programs, which means that, at the moment, if you have a sympatico, nexicom, or cogeco email address, our emails may not come through. There doesn't seem to be any consistency. Some get blocked at one time and get through at another and there is a time lag before we find out which emails have bounced. It can be frustrating for the sender and the recipient.

What are we going to do about it?

As soon as a newsletter is ready it goes to the printer and to our webmaster, who puts it on our website and sends me the link. I then write

a notice with the link and forward it to the RTOERO office to send out to our members. Also, our social media guru posts the link on our Facebook and Twitter pages. We will continue that process.

However, starting with this edition, we will also use our District communications g-mail address to send out a separate notice to all those on our District email list who have email addresses where there have been significant

numbers of problems. This means that some of our members may receive two notices that a newsletter is ready, but hopefully the minor annoyance of two notices will be better than not receiving any, or changing your email account.



What can you do if you're not receiving RTOERO or Peterborough District emails?

Check to see if we have an up-to-date email address for you. If your contact information has changed, please contact the membership department at the RTOERO office (see page 15) and let them know. Check to see if our emails are trapped in your spam folder. If so, identifying them as "not spam" may solve the problem.

If you have a Facebook or Twitter account, please friend or follow our local RTO pages. We only print newsletters four times per year. Our social media pages always have up-to-date information.

Hopefully we can cope with the technological issues and continue to improve communication with all our RTOERO members.



Beyond the Bell Luncheon

Thursday, Sept 8
Baxter Creek Golf Course



Registration: 10 a.m.

Morning buffet of juice, coffee, tea, fresh fruit, muffins & pastries

Guest Speaker : Long Term Care: An Insider's View



Karlie Phillips

- SSFC graduate Practical Nursing Diploma
- SSFC graduate Personal Support Worker Certificate
- Ontario PSW Award winner 2019

- currently employed as a PSW & Behaviour Supports Ontario (BSO) worker

RTOERO Benefits Questions

Parking valet available. All on one level.

Lunch: noon (plated service)

CASH BAR AVAILABLE

- Caesar salad Rolls & butter
- Quiche - choice of vegetarian
 - ham & cheese
 - crustless (gluten free)
- Dessert - choice of butter tart sundae
 - gluten free dessert
- Coffee & Tea

Cost: \$32 / person

Members enrolled after October 2019 are invited as our guests.

Please note: **FINAL DATE to register is August 24.** After this date the venue cannot reduce our numbers so cancellations will not be refunded.



Beyond the Bell Luncheon Registration Form

Name: _____ Phone _____ Email _____

I wish to register the following participants (RTO members and guest) @ \$32.

Free for new members who enrolled since October 2019. (Enter "free" in payment chart below.)

	Payment	Quiche			Dessert	
		Vegetarian	Ham & Cheese	Crustless	Butter Tart	Gluten free
RTOERO Member						
Guest Name _____						
Total Payment Enclosed						

Please let us know about any dietary considerations _____.

Make cheque payable to RTO/ERO District 36 and deliver or mail to:
Georgina Eldridge, 844 Hewitt Drive, Peterborough, K9K 1V4 705-743-1629

PLEASE REGISTER BY AUGUST 24.

Retirement Galas

Peterborough District RTOERO congratulates all teachers who are celebrating their retirement and stepping into their new life. We attended the KPR Board's retirement gala and the ETFO gala this spring and were pleased to donate a prize draw. Here are the lucky winners.



Lorraine presents the prize to Margaret McGrattan at the KPR retirement party



Lorraine presents the prize to Melissa Cronk-wright at the ETFO retirement party

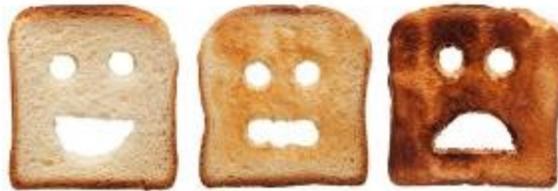
Grammar at the bar

- A dangling participle walks into a bar. Enjoying a cocktail and chatting with the bartender, the evening passes pleasantly.
- A bar was walked into by the passive voice.
- A malapropism walks into a bar, looking for all intensive purposes like a wolf in cheap clothing, muttering epitaphs and casting dispersions on his magnificent other, who takes him for granite.
- Hyperbole totally rips into this insane bar and absolutely destroys everything.
- A non sequitur walks into a bar. In a strong wind, even turkeys can fly.
- Papyrus and Comic Sans walk into a bar. The bartender says, "Get out -- we don't serve your type."
- A mixed metaphor walks into a bar, seeing the handwriting on the wall but hoping to nip it in the bud.
- A comma splice walks into a bar, it has a drink and then leaves.
- A figure of speech literally walks into a bar and ends up getting figuratively hammered.
- An allusion walks into a bar, despite the fact that alcohol is its Achilles heel.
- A misplaced modifier walks into a bar owned a man with a glass eye named Ralph.
- At the end of the day, a cliché walks into a bar -- fresh as a daisy, cute as a button, and sharp as a tack.
- A run-on sentence walks into a bar it starts flirting. With a cute little sentence fragment.
- The past, present, and future walked into a bar. It was tense.

Be “sun smart”

Oh sunny, sunny days... Many would agree that there truly is nothing better than relaxing outdoors, perhaps soaking up a few of those golden rays. But like most of the things we enjoy in life, moderation is the key and that's especially true when it comes to sun exposure.

Skin cancer affects people of all ages and the main cause is exposure to ultraviolet radiation (UVR), primarily from the sun although tanning beds are another source. The most common type of skin cancer is basal cell carcinoma, followed by squamous cell carcinoma. Both of these "non-melanoma" types of cancer tend to grow slow and rarely metastasize (spread to other parts of the body), unlike melanoma. Melanoma is being diagnosed more frequently in both men and women.



Can some deaths be prevented with screening and surveillance to detect cancer at the earliest stages? That's the subject of ongoing research but so far, the evidence isn't encouraging: one study found that screening programs had only a very small effect on the number of deaths due to skin cancer.

How to practice safe sun

So while people are still urged to have any unusual moles and growths checked, prevention remains the key to reducing skin cancer risk. Here are ways to keep a safe and respectable distance from the sun's powerful rays:

- Check the UV index on a daily basis, so you're aware of the strength of the sun's rays. If it's a three or higher, take extra care to protect your skin.

- Limit the time you spend in the sun or avoid it altogether during the middle of the day (between 11 a.m. and 3 p.m.), when the UV index tends to be higher in Canada.

- Cover up. Wear a hat, sunglasses and clothing designed to protect you from the sun's rays. Staying in the shade and covering up are more effective than sunscreen for reducing cancer risk.

- If you have to be exposed to the sun, use a water-resistant, broad spectrum sunscreen with a sun protection factor (SPF) of at least 30 and reapply frequently.

- Be particularly vigilant when you're in or near water, sand or snow as they reflect the sun's rays.

- Don't assume you're safe when the temperature is low, the sun isn't out in full force or there's a cooling breeze: you don't have to be feeling the heat to suffer sunburn and skin damage.

- Avoid use of tanning beds; studies show that tanning bed use increases your risk of melanoma by 16%.

A deep tan may look attractive in the short term, but we know it's a sign of skin damage and a warning sign we need to heed if we want to avoid skin cancer.

**McMaster
Optimal Aging Portal**

Just found out that my AM radio works at night too.

I can be narcissistic, but luckily I make up for it by being incredibly handsome and charming.

I would like to be the last man remaining on earth. Just to see if all those women were telling the truth.

I can tell if a person is judgmental just by looking at them.

Optimizing Medication Safety

... by Shirley Hamilton

On April 28, 2022 there was a very informative webinar titled “Optimizing Medication Safety”. Tips for discussing medications with your family doctor were explored. Following are some steps you can take to maximize your medication safety.

For each drug you take, know:

- The name of the drug (brand name / generic name)
- when the drug was started
- why the drug was started
- who started you on it.

You may qualify for the MedsCheck program. Ontario funds the MedsCheck program for:

- Anyone who takes 3 or more prescription medications for an ongoing, chronic condition
- Anyone diagnosed with either type 1 or type 2 diabetes
- Any resident of a long-term care home.

www.ontario.ca/page/take-your-medication-safely

Name of Medication	Start Date	Reason for this drug	Prescribing Doctor

You can set up a free MedsCheck meeting with your pharmacist to discuss:

- What medications (prescribed and nonprescribed) you are taking.
- How these medications work together and possible side effects.
- How to avoid bad interactions.
- How to use inhalers, needles, etc.

5 things to know about prescribing cascades.

- A prescribing cascade is when an adverse drug event is misinterpreted as a new medical condition, leading to the addition of another, potentially avoidable, medication.
- Serious adverse events can result in admission to hospital.
- Cascades contribute to inappropriate polypharmacy.
- Cascades can be identified and inappropriate polypharmacy prevented
- Consider deprescribing when a cascade is identified, if appropriate.

Remember:

- Bring all your prescribed medications, OTC’s, etc. to all your medical appointments.
- Keep a written list of all the medications (prescribed and nonprescribed) you take.
- Keep a copy of this list:
 - in your wallet
 - post a copy on your fridge for emergency personnel
 - with your travel documents.
 - Update this list regularly.



Save with RTOERO

Compare 2022 health benefits for education retirees

RTOERO

OTHER*

Extended Health Care + Hospital + Dental					
SINGLE	COUPLE	FAMILY	SINGLE	COUPLE	FAMILY
\$190.38/mo	\$378.94/mo	\$459.97/mo	\$202.71/mo	\$399.50/mo	\$479.00/mo
tax incl. may differ slightly outside Ontario due to provincial tax rates					
ANNUAL COST SAVINGS WITH RTOERO					
SINGLE	COUPLE	FAMILY			
\$147.93/year	\$246.72/year	\$228.34/year			
Prescription Drugs					
\$3,400			\$4,000		
ANNUALLY - 85% REIMBURSED			ANNUALLY - 85% REIMBURSED		
✔ covers ALL prescription drugs			✘ NOT ALL prescription drugs covered		
Paramedicals eg: massage therapy					
\$1,300			\$1,250		
ALL PRACTITIONERS COMBINED - 80% REIMBURSED			ALL PRACTITIONERS COMBINED - 80% REIMBURSED		
✔ No doctor's authorization needed			✘ Doctor's authorization required for some practitioners		
			✘ LIMITED reimbursement - per-visit max		
Vision					
\$400		\$150		\$375	
VISION CORRECTION		EYE EXAMS		VISION CORRECTION	
✔ 80% - Every 2 years		✔ 80% - Every 2 years		✔ 80% - Every 2 years	
				✔ 80% - Every 2 years	
Travel					
\$10 million			\$2 million		
PER INSURED UP TO 93 DAYS PER TRIP			PER PERSON UP TO 95 DAYS PER TRIP		
✔ \$6,000 trip cancellation/interruption		✔ \$250/day for meals and accommodation, up to \$5,000 per trip		✔ \$6,000 trip cancellation/interruption	
✔ Private hospital room		✔ \$10,000 vehicle return		✘ Semi-private hospital room	
✔ \$1,000 lost luggage per trip		✔ Guaranteed acceptance for trips longer than 93 days		✘ No coverage for lost luggage	
				✘ \$150/day for meals and accommodation, up to \$1,500 per trip	
				✘ \$2,000 vehicle return	
				✘ Medical questionnaire required for trips longer than 95 days	
Dental					
Basic & Preventative			Basic & Preventative		
85% UNLIMITED REIMBURSEMENT			80% UNLIMITED REIMBURSEMENT		
Minor Restorative			Minor Restorative		
\$800 - 80% REIMBURSED			\$800 - 80% REIMBURSED		
Major Restorative			Major Restorative		
\$800 CROWNS + \$800 BRIDGES, PARTIAL DENTURES			\$700 - 50% REIMBURSED		
50% REIMBURSED					

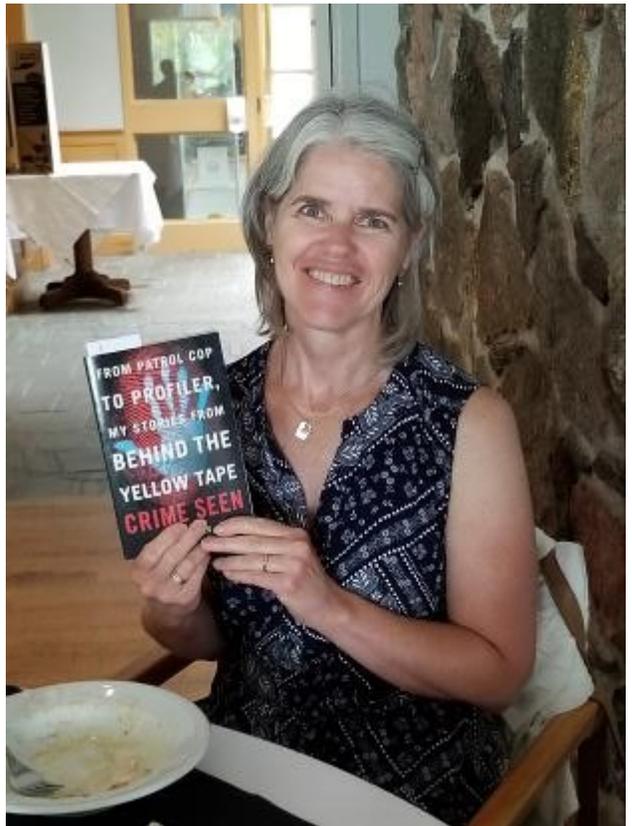
*RTIP Plus 4000 Plan

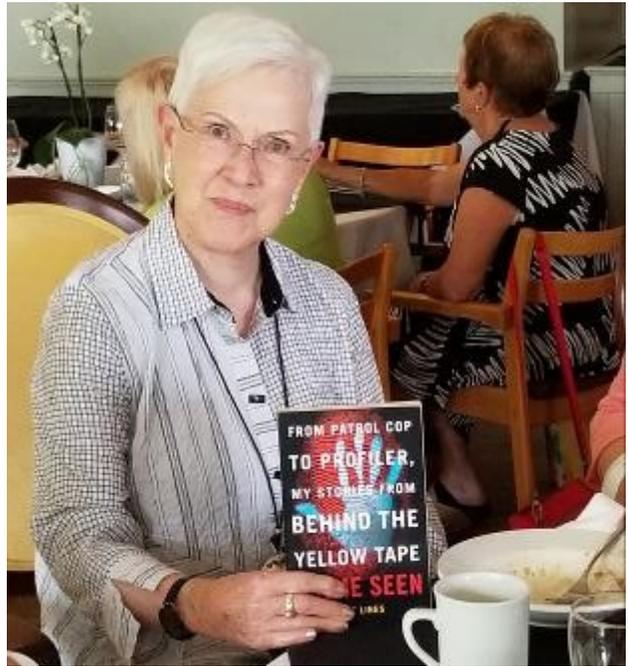


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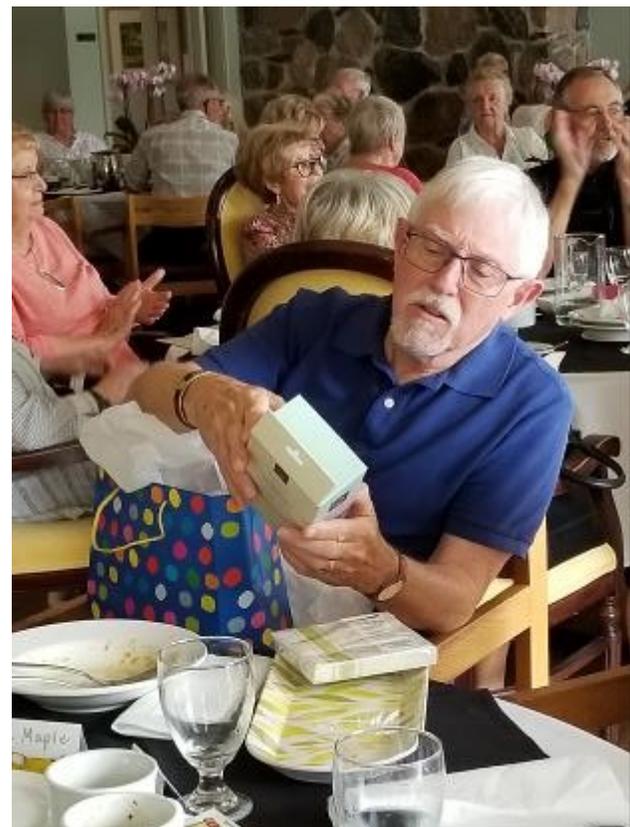
416-962-9463

rtoero.ca





Become a Green Member
Get your newsletter faster & in colour
Help protect our environment
Please join those who have switched to the
online edition, by e-mailing
rto36.communications@gmail.com



Honorary Degree conferred on local RTO member - Dr Rosemary Burns Ganley

... by Lorraine Knowles

On Thursday, June 9, 2022, Trent University in Peterborough, honoured a RTOERO member of District 36 Peterborough. Dr. Rosemary Ganley received an Honorary Doctor of Laws at Trent University's convocation ceremonies.



A lifelong feminist activist and writer, Dr. Rosemary Ganley continues to contribute to public life in Peterborough, where she speaks out and writes about local issues, leads workshops, and actively participates in numbers of organizations. She is deeply committed to



youth engagement and with her husband, founded the development agency, Jamaican Self Help, which supported educational, health, youth and other community-based activities in Kingston, Jamaica.

In her role as a feminist activist, Dr Ganley represented Canada at the fourth UN Conference on Women in Beijing in 1995 and in 2018, served on the Prime Minister's Gender Equality Advisory Council for the G7 meetings in Quebec, where she met with G7 leaders. She also delivered the prestigious Margaret Laurence Lecture at Trent University on feminist theologies in 2011.

We are honoured to have Dr. Ganley as a member of RTOERO District 36 Peterborough.

My wife sent me a text, "Your great"
So, naturally, I wrote back, "No, you're great"
She's been walking around all day happy and smiling.
Should I tell her I was just correcting her grammar or just leave it?

Did you know there is a species of antelope capable of jumping higher than the average house?
This is due to its powerful hind legs and the fact that the average house cannot jump.

Urban Green Spaces designed for all generations.

Do you enjoy walking, cycling, gardening, yoga or tai chi? Summer is upon us and you are likely eager to stretch out after weeks of confinement due to the COVID-19 pandemic (while respecting preventive measures such as physical distancing). If you live in the city, many urban green spaces, such as parks and trails are available to enjoy in your neighbourhood. With the aging population and knowing that on a global scale, approximately two out of three persons will live in an urban environment by 2050, more and more social and physical infrastructure are designed to meet the needs of different urban populations, including older adults. But what do we know about the capacity of urban green spaces to improve health and well-being of older adults?

What research tells us

A recent systematic review of moderate quality examined 38 studies on the effects of various interventions aimed at creating, maintaining and preserving urban green spaces. These interventions concerned parks, the development and improvement of urban greenways or walking and cycling trails, urban 'greening' and large ecological construction projects for environmental purposes such as green roofs and rain gardens (to manage rain water runoffs).

Although studies have been mainly conducted in high-income countries, such as the United States, Australia and the United Kingdom, the results are promising: better physical health, improved well-being, lower levels of stress, reduction in crime and increased perception of security, but also greater biodiversity.

The evidence is also strong on the importance of turning vacant lots or urban streets in more environmentally friendly spaces: improved well-being, greater biodiversity, but also an increased sense of security and less vandalism. The development of rain gardens and green roofs, as well as the planting of trees also allow better control of rainwater, and help to address 'heat islands' that are created in urban areas and that can be overwhelming for older adults.

Research has also shown that to obtain tangible results, it is not enough to physically adapt

those green spaces. They must also be promoted to encourage their use by older adults.

McMaster Optimal Aging Portal

Any initiative is not without consequences, however. It is essential to consult different populations (including older adults) and experts in different fields (urban planning, landscaping, ecology, engineering, health, economics, etc.) to minimize certain undesirable effects. For example, adding lighting in parks increases the feeling of security and promotes more frequentation of the park, but may keep birds away and reduce biodiversity due to light pollution.

Make your voice heard

As you begin to explore more of the urban green spaces in your area, take note of the possible

improvements in order to share your observations and recommendations with your elected municipal officials or the managers of these spaces.

Here are a few known measures that can improve urban green spaces that will encourage people to use them more frequently:

- design urban green spaces so that it is safe, accessible and without obstacles
- create walking paths with non-slippery materials and minimize slopes
- install road signs and maps in the paths to allow people to orient themselves and measure the distance travelled
- set up visible signage to indicate the name and entrances to the park
- encourage gardening by setting up a community garden (and set up a clear protocol aimed at ensuring the health and safety of users in times of pandemic)
- keep the premises clean and promote a sense of security by collecting garbage daily, installing more lighting, emergency telephones and security cameras
- promote urban green spaces in neighbouring residences

Your ideas matter. Together we can improve the green spaces in our communities.



Membership Changes

Information taken from RTOERO office updates since our last newsletter.

New Members



Martin Cooney
Stephen Deck
Claudine Dowdall
Leslie Gutsole-Floyd
Brenda Jacobs
Joanne Mallory
Ronald McNamara
Margaret McGrattan
Wanda Mills
Michael Moriarty
Beverley Nobes
Monica Nolan
Judith Rioux-Wilson
Alison Sadowski
Jeannette Spicer
Lorie Windrem

In Memoriam

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

Leslie Campbell-Park
Marilyn Graham
Wayne Greenley
Tim Nobes
Douglas Kennedy



Keeping 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 rtoero.ca.

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.



District 36 NEWS

We publish quarterly for members of Peterborough District. We welcome contributions from District members and/or suggestions for articles you would like to see in our newsletter.

Editor: **Martin Higgs** 705-748-9282

rto36.communications@gmail.com

Went to see my dentist today.
He said I needed a crown.
Finally some recognition!

Peterborough District Executive & Board		
President / Political Advocacy	Lorraine Knowles	705-930-7582
Past President	Karen Vandenberg	705-748-3377
Vice President		
Treasurer	Annette Thomson	705-304-1608
Secretary / Social Media	Hilda Jolley	705-745-0202
Awards	Audrey Moore	705-745-4516
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Goodwill	Judy-Anne Tumber	705-652-1995
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Membership	Hilda Jolley	705-745-0202
Newsletter Editor	Martin Higgs	705-748-9282
Publicity / 80+ Birthday	Barb Lohnes	705-742-9762
Social	Georgina Eldridge	705-743-1629
Website	Lorna Izzard	705-875-1187
Members at Large	Barry Breen	705-874-0305
	Ceris Higgs	705-748-9282
	Lynn Self	705-749-6532
	Pat Smith	705-748-5964
RTOERO National Office		
Board of Directors	Martin Higgs	705-748-9282
Benefits Committee	Lorraine Knowles	705-930-7582

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District 36

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