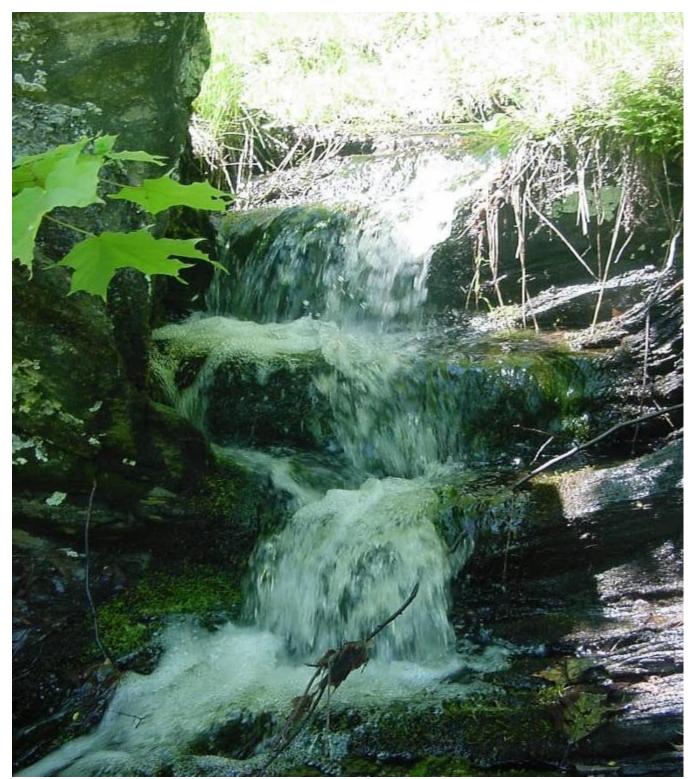


https://district36.rtoero.ca

# PETERBOROUGH DISTRICT NEWS



April 2023



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## Visit our District Website





"It is hard for me to understand a culture that not only hates and fights his brothers but even attacks Nature and abuses her. Man must love all creation or he will love none of it. Love is something you and I must have. We must have it because our spirit feeds upon it. Without love our self esteem weakens. Without it our courage fails. Without love we can no longer look out confidently at the world. Instead we turn inwardly and begin to feed upon our own personalities and little by little we destroy ourselves."

- Chief Dan George -



## Mark your calendar

Apr 19	Breakfast at Smitty's
Apr 25	Pub Night - Black Horse Pub
May 9	<b>80+ Birthday Party</b> Princess Gardens
May 17	Breakfast at Smitty's
May 30	Pub Night - Black Horse Pub
June 13	<b>Spring Luncheon</b> Elmhirst Lodge - Keene
Sept 7	<b>Beyond the Bell Luncheon</b>

#### ... from the President

# Spring has sprung...

Yes indeed, spring has sprung. But someone forgot to tell Mother Nature. We have still experienced her unpredictability with

snow, sleet, rain and wind. Maybe if we talk

nicely, she'll bring us some lovely weather. Spring also brings stability. We know the grass will green up, the buds on the trees will become leaves and gardens will begin to bloom. There is a lot of comfort knowing the circle of life is continuing.

Also, in the spring come a lot of activities. People begin to tend their gardens. Not me though, as I have the blackest

thumb you can imagine, and I really do hate bugs. I admire anyone who has a wonderful garden. People are out walking more and are commencing their spring/summer activities, such as golf and tennis. It's now much more enjoyable when I take our dog, Logan, out for his walks.

Your local RTO Executive are busy too. Not only are we hosting our 80+ birthday party on May 9<sup>th</sup>, our Annual General Meeting (AGM) in June is approaching fast. More details about that and the registration form can be found further in the newsletter. Our latest pub night had a record turn out. Look for the next one on Tuesday April 25<sup>th</sup> at the Black Horse. Remember, appetizers are free, courtesy of your RTO executive. Our monthly breakfasts are successful as well. People really like the time of 10 am. Fun and fellowship are the only items on the agenda.

The national AGM for RTOERO is in May in Toronto. Georgina Eldridge and I are your voting representatives. This year, Trish Terryberry and Kathryn Reynolds will be attending as alternates. While I have attended the national AGM for a few years now, I am still awed by the breadth and depth of this fabulous



organization. Georgina and I review the motions brought forward and vote on them at the AGM. We also hear reports from the various committees and pass the budget. A lot of work gets packed into 1.5 days.

June is the month for two things. As local

high schools schedule their commencement exercises, District 36 RTO sponsors a graduating prize for each District High School and members of the executive attend the graduations to present it. Also, our local AGM will be at Elmhirst Resort again. The new executive will be determined then. Look for an email blast

about selecting a new executive in late April or early May. I enjoy the work I do for our members. Therefore, I am prepared to stand again as your president. There are a lot of things your executive does and I'm very proud to be a member of RTO.

As we continue our journey into spring and summer, we continue to advocate for our members. Please contact me with any concerns, questions or words of praise.

## Lorraine Knowles

president36@districts.rtoero.ca 705-930-7582

Never criticize a man until you've walked a mile in his shoes. Then you can say what you like. You're a mile away and you have his shoes.

I was at a job interview.

"So, what can you tell me about the last two years of your life?" the interviewer asked me. "Well," I said, "I just hope they haven't started yet."

#### ... from the Editor



# Message from ACER-CART

Spring is here, at least as far as the calendar is concerned. Mother Nature seems reluctant to let go of winter in many parts of our country, but slowly but surely the warmer weather will arrive.

The political climate in which we live also has mixed signals – signs of hope with the new federal dental program and the aging-in-place survey undertaken this spring. However, there



are also too many signs of increasing privatization of health care services.

ACER-CART and each of our Provincial and Territori-

al Associations, exists, not just to promote the interests of our own members, but also the lives of all Canadian seniors.

The devastating impact of the recent pandemic on seniors and the past and present Grinch-like attitudes of some of our political leaders graphically demonstrates the need for ACER-CART, working together in partnership with other like -minded organizations, to intensify our efforts.

Therefore, our main priority in the coming year is to advocate for the ability of all seniors to age, as much as they are able, in the comfort and security of their own homes.

Working together, we will help to further a National Seniors' Strategy which will enable seniors, wherever they live in Canada, to truly enjoy their golden years.

Martin Higgs, President

The Canadian Association of Retired Teachers is made up of retired teacher organizations in all provinces in order to conduct advocacy at the federal level. 80 + Birthday Party



**Tuesday, May 9** Princess Gardens

Contact Barb Lohnes to register or for more information by May 1st.

705-742-9762

#### Did you know...

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

It takes glass one million years to decompose, which means it never wears out and can be recycled an infinite number of times.

Caffeine increases the power of aspirin and other painkillers which is why it is found in some medicines.

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.

As he was about to get the anesthesia, he asked to speak to his son. 'Yes, Dad, what is it? '

'Don't be nervous, son; do your best and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife.'

# Save with RTOERO

#### Compare 2023 health benefits for education retirees

	RT	OERO		σ	THER*
	E	Extended Health Car	e + Hospital + I	Dental	
SINGLE \$192.15/mo tax incl., may differ slightly	COUPLE \$382.44/mo y outside Ontario due to provinci	FAMILY \$464.23/mo ial tax rates	single \$202.71/mo	<b>соирье</b> \$399.50/n	FAMILY no \$479.00/mo
\$14	single 17.93/year	co	VINGS WITH RTOERO UPLE 72/year		FAMILY \$228.34/year
		Prescript	tion Drugs		
\$3,400 ANNUALLY - 85% RE			\$4,000 ANNUALLY - 85% REI		
Covers ALL prescri	iption drugs	Paramedicals (	eg: massage therap	-	
\$1,300 ALL PRACTITIONERS	S COMBINED - 80% REIMI		\$1,350 ALL PRACTITIONERS O Doctor's authorizat some practitioners	COMBINED - 80% tion required for	REIMBURSED CLIMITED reimbursement - per-visit max
		Vi	sion		per-visit max
\$400 VISION CORRECTION		0 KAMS EVERY 2 YEARS 6 - Every 2 years	\$375 VISION CORRECTION Ø 80% - Every 2 year		\$175 EYE EXAMS EVERY 2 YEARS 80% - Every 2 years
,-,-,-			avel	-	•••••
\$10 million Per insured up to	93 DAYS PER TRIP		<b>\$2 million</b> PER PERSON UP TO 5	75 DAYS PER TRIP	
<ul> <li>\$6,000 trip cancell interruption</li> <li>Private hospital ro</li> <li>\$1,000 lost luggag</li> </ul>	acc per om V \$10 je per trip V Gua	0/day for meals and ommodation, up to \$5,000 trip ,000 vehicle return aranteed acceptance for trips ger than 93 days	<ul> <li>\$6,000 trip cancell interruption</li> <li>Semi-private hospi</li> <li>No coverage for lo</li> </ul>	tal room	<ul> <li>\$150/day for meals and accommodation, up to \$1,500 per trip</li> <li>\$2,000 vehicle return</li> <li>Medical questionnaire required for trips longer than 95 days</li> </ul>
		De	ental		
Basic & Prev 85% UNLIMITED REI			Basic & Prev 80% UNLIMITED REI		
Minor Resto			Minor Resto \$850 - 80% REIMBUR		
Major Resto \$800 CROWNS + \$8 50% REIMBURSED	orative 00 bridges, partial de	NTURES	Major Resto		
					*RTIP Plus 4000 Pl



1-800-361-9888 416-962-9463 rtoero.ca



## Some favourite oxymorons

Assistant supervisor	New tradition
Original copy	True replica
Plastic glass	Standard options
Uninvited guest	Elevated subway
Highly depressed	Dry lake
Live recording	
Authentic reproduction	1
Partial cease-fire	
Limited lifetime guara	ntee







# Learn about delirium

... by Shirley Hamilton



**RTO** Foundation Delirium is a serious ERO Fondation state of confusion that commonly

impacts hospitalized older people. It is not a specific disease itself; but is a change in a person's attention, awareness and thinking. It develops over a short period of time and is caused by one or more medical conditions or drugs. Delirium can be very frightening for the affected person and their family and friends. By reducing some of the risk factors that may cause delirium, it may be possible to prevent. To see this webinar, visit the RTO's Foundations webpage and click on Webinar: Delirium: An overview of the causes, treatments and how YOU can help.

# **ReFrame Sponsorship**



RTOERO District 36 Peterborough was one of many sponsors of the annual ReFrame film festival. We were sponsors of three documentary films that dealt with seniors, education and the environment.

This film festival runs every January and is well worth a look.

## In Memory of Dina Cordell

#### ... by Audrey Moore



After a brief illness, Dr. Dina Cordell passed away suddenly at PRHC in January. She was a dedicated and well-loved teacher, Primary Consultant and Principal of King George school with the Peterborough County Board of Education which

became the Kawartha Pine Ridge District School Board. As well as being committed to her

students and staff, Dina was a negotiator for our Elementary Teachers Federation.

After retirement in 2001, she volunteered to be on the RTO/ERO Executive. From 2013 -2020 Dina served as RTO/ERO Foundation Representative for Peterborough District 36. Through our donations, the Foundation investments support the RTO/ERO Chair in Geriatric Medicine and provide grants to support research into the complex needs of Seniors. Dina kept us well informed through her contributions to D36 Newsletters and to Executive Meetings.

She was involved with Friends of Honduran Children and Teachers for Kids. She enjoyed golf, 4<sup>th</sup> Line Theatre travelling and having fun with friends and, of course, her husband, Dr. Don. She was a 'classy Lady' and will be missed by all who knew her. If you wish to honour her in a special way, a donation in her name could be made to any of the above charities.

. . . . . . . . . . . . . In an anti-intellectual society, people who know nothing about a complex subject are emboldened to ridicule experts who have spent a lifetime studying it. - George Kiser

America is the only country where a significant proportion of the population believes that professional wrestling is real, but the moon landing was faked. - David Letterman



# Spring Luncheon

Tuesday, June 13 Elmhirst Lodge, Rice Lake 1045 Settler's Line, Keene

#### Agenda

10:00 Registration coffee, tea, pastries, fresh fruit

10:30 General Meeting / Executive Election

11:00 Guest Speaker **TBA** 

12:00 Lunch served Cash bar available

#### Cost: \$38 / person

Please note: **FINAL DATE to register is Monday, May 29**. No refunds / cancellations after this date. Menu Small Garden Salad Roll & Butter Chicken Supreme with roasted potatoes & seasonal vegetables (Vegetarian option available)

Strawberry Chiffon Pie /Caramel topped cheesecake / Gluten-free option

Coffee or Tea

There is a handicap washroom available on the main event level as well as washrooms on the lower level.

#### **Spring Luncheon**

Name:	Phone	Email
I wish to register the following particip	oants (RTO m	embers and guest) @ \$38.
Member	Chicken _	_Vegetarian //PieCheesecake Gluten-free
Guest	Chicken _	_Vegetarian //PieCheesecake Gluten-free
Total Payment: \$		Please let us know about any food allergies or dietary considerations .
Georgina Eldridge, 844 H	ewitt Drive, P	D District 36 and deliver or mail to: eterborough, K9K 1V4 705-743-1629 TER BY MAY 29.
	<b>-</b>	

# Lesser known Knights of the Round Table

- The knight who was afraid to fight -Sir Render
- The knight no one believed -Sir Real



- The knight too big to sit at the table -Sir Round
- The knight who designed the table -Sir Cumference
- The knight who was never killed in battle-Sir Vivor
- The knight who exceeded expectations -Sir Passed
- The knight who showed up unexpectedly -Sir Prised
- The knight who overcame obstacles -Sir Mount
- The knight who funded the kingdom -Sir Tax
- The knight who kept the maps up-to-date -Sir Veyor
- The knight who stood in for the king -Sir Rogate
- The knight who stood out among the rest -Sir Perb
- The knight with the fragile ego -Sir Amic
- The knight who wasn't needed -Sir Perfuous
- The knight who liked to dance -Sir Prance A lot
- The saddest knight of all -Sir Rowful

## Ten Logical Fallacies everyone should know

#### 1. Ad Hominem

Occurs when someone attacks directly the person making the argument rather than criticizing the argument itself.

#### 2. Straw Man

When someone attacks a distorted version of the original argument that they themselves have created (i.e. "the straw man")

#### 3. Appeal to Authority

Asserting that something must be true because it is backed up by someone who is (allegedly) an authority on the subject.

#### 4. Slippery Slope

Taking an argument from the first sensible premise to an undesirable or extreme conclusion via a number of hastily constructed steps.

#### 5. Bandwagon

This fallacy occurs when something is said to be true or good simply because it is popular.

#### 6. Appeal to Ignorance

When it is said that an argument must be true if it cannot be proven false, or false if it cannot be proven true.

#### 7. False Dilemma

Occurs when two choices are presented as the only possible options, when in fact, other alternatives exist.

#### 8. Hasty Generalization

Happens when a general conclusion is drawn based on a sample size that is too small.

#### 9. Red Herring

Occurs when someone deliberately attempts to move the issue under discussion to a new, irrelevant topic.

#### 10. Appeal to Tradition

When one claims that comething must be good because it has been practiced for a long time.

Old age and treachery always overcome youth and enthusiasm.

## Potential Fraud Attempts in Peterborough

#### ... a message from Age Friendly Peterborough

The City of Peterborough is warning residents of a potential fraud attempt after receiving multiple calls from residents reporting that they have been contact-



ed by a business claiming to be contracted by the City to clean sewer lines or address storm water prevention.

The current scam involves several concerning elements:

asking residents whether they will be home within a certain time period

coming to residents' doors asking to check their basements and yards

pressuring residents to sign contracts and pay upwards of \$3,000 under the guise that the government will reimburse them

showing fake credentials, names and phone numbers

targeting seniors who have home phone lines

Residents are reminded to never provide personal information to unsolicited callers or people knocking at their door without verifying their identity and the validity of their business.

Residents can report scam calls to the Canadian Anti-Fraud Centre at **1-888-495-8501** or <u>click here</u> to visit the Peterborough Police Services Fraud page.

Local victims of fraud should contact the Peterborough Police non-emergency number **705-876-1122**.

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Justice is a dish best served cold. If it were warm it would be justwater.



#### age-friendly peterborough scionifor aging well

Know how a fraudster may approach you to protect yourself

It's not a fun topic to talk about, but one we shouldn't

avoid—financial fraud and identity theft. The website **GetSmarterAboutMoney.ca** by the Ontario Securities Commission offers tips and advice to help you recognize fraud and protect yourself. Knowing how a fraudster may approach you is important. Here are some of the ways:

**Emails or text messages** – a fraudster may pose as someone trustworthy to try to get private information. They may also encourage you to open a link or attachment. If an email seems suspicious, delete it. Don't reply.

**Social media** – Scammers create fake accounts or take over another person's account. They may also try to form an online relationship with you. Delete connection requests from people you don't know. Review the privacy settings on your accounts.

**Phone** – Phone scammers may change their caller ID to appear legitimate. They may claim to be from a business or government agency. Avoid doing business over the phone unless you've made the call yourself. If you're not sure, hang up, then call the company back.

For more information about protecting yourself from fraud, visit: <u>getsmartera-</u> <u>boutmoney.ca/protect-your-money/fraud/</u>

.....

I went to the hospital today. I said, "I've been bitten by a wolf." The doctor asked, "Where?" I replied, "No, just a normal wolf."





The cost of attending the Prayer and Fasting Conference includes all meals.

Our youth basketball team is back in action Wednesday at 8 p.m. in the recreation hall. Come and watch us kill Christ the King.

The peacemaking meeting scheduled for Monday has been cancelled due to a conflict.

Don't let worry kill you - let the Church help.

Potluck supper Sunday at 5 p.m. - prayer and medication to follow.

Low Self-Esteem Support Group will meet Thursday. Please use the back door.

Please place your donation in the envelope along with the deceased person(s) you want remembered.

Weight watchers will meet 7 p.m. Please use the large double doors at the side entrance.

At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

The church will host an evening of fine dining, superb entertainment and gracious hostility.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

The Associate Minister has unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge - Up Yours!"

The adjective for metal is metallic. But not so for iron, which is ironic.

Cowards run in our family.

## RTOERO Foundation announces first silent auction

**RTO** Foundation **ERO** Fondation event will take place on May 15 during the wine & cheese reception of the annual meeting in Toronto.

There will be an online component of the auction which will be open to participation from all 82,000 RTOERO members across the country. The online auction will be live from May 6 at 8 a.m. ET and will close on May 12 at 8 p.m. ET. The auction is open to all RTOERO members, staff, board members, partners, family and friends.

The silent auction items will include the following:

10-day all-inclusive vacation package at a 5star luxury resort in Cancun, Mexico

\$2,000 gift card towards an e-bike & accessories

Stratford getaway packages including theatre tickets, dinner for two and an overnight hotel stay

Stained glass window from Manchester, England dated between 1890 and 1900

2 tickets to the National Arts Centre

2 platinum seats to a Maple Leafs hockey game

2 seats for the 2023-24 Toronto Raptors season

Restaurant gift certificates

It turns out that when you're asked who your favourite child is, you're expected to pick from your own. I know that now.

Salesman asked if I was interested in changing my energy supplier. Told him I was quite happy with food.



Page 12

# **Community Grant**



On December 15, 2022, Secretary Hilda Jolley, President Lorraine Knowles and Treasurer Annette Thomson were pleased to present the \$4000 to Showplace Staff and Board representatives.

Patrons at the Showplace Performance Centre will enjoy an enhanced listening experience thanks in part to a \$4,000 grant from District 36 Peterborough of RTOERO.

In the past two years, Showplace has been undergoing a major renovation project, and through an Ontario government grant purchased a new hearing assist systems.

That required changes to the analog soundboard/mixer. The RTOERO contribution will help to upgrade the equipment to a digital format.

# The grass is blue

The donkey told the tiger, "The grass is blue."

The tiger replied, "No, the grass is green."

The discussion became heated and the two decided to submit the issue to arbitration, so they approached the lion.

As they approached the lion on his throne, the donkey started screaming, "Your Highness, isn't it true that the grass is blue?"

The lion replied, "If you believe it is true, the grass is blue."

The donkey rushed forward and continued, "The tiger disagrees with me, contradicts me and annoys me. Please punish him."

The king then declared, "The tiger will be punished with three days of silence."

The donkey jumped with joy and went on his way, content and repeating, "The grass is blue, the grass is blue."

The tiger asked the lion, "Your Majesty, why have you punished me, after all, the grass is green?" The lion replied, "You've known and seen the grass is green."

The tiger asked, "So, why do you punish me?"

The lion replied, "That has nothing to do with the question of whether the grass is blue or green. The punishment is because it is degrading for a brave, intelligent creature like you to waste time arguing with an ass, and on top of that, you came and bothered me with that question just to validate something you already knew was true."

The biggest waste of time is arguing with the fool and fanatic who doesn't care about truth or reality, but only the victory of his beliefs and illusions. Never waste time on discussions that make no sense. There are people who, for all the evidence presented to them, do not have the ability to understand. Others, are blinded by ego, hatred and resentment, and the only thing they want is to be right, even when they aren't..

When IGNORANCE SCREAMS, intelligence moves on.

## Retirement Planning resource bundle to share with friends



Be sure to share RTOERO's retirement planning resource bundle with education workers in your life who are starting to think about retirement—it could save

them time and reduce stress.

Find it here: rtoero.ca/retirement-bundle

The bundle was developed in response to feedback from education workers that they want help with practical to-do tasks for retirement.

One of the most common ways new members hear about RTOERO is through a friend or colleague. This speaks to the spirit of RTO-ERO and its deep roots as a non-profit for education retirees. We want to be there for others.

Always remember that you're unique. just like everyone else.

Never test the depth of the water with both feet.

If you think nobody cares if you're alive, try missing a couple of car payments.

If you lend someone \$20 and never see that person again, it was worth it.

Generally speaking, you aren't learning much when your lips are moving.

Experience is something you don't get until just after you need it.

Love is how excited your dog gets when you come home.

Today is the tomorrow you worried about yesterday.



## Keeping in touch

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**.

## **McMaster Optimal Aging Portal**

RTO has partnered with the McMaster Optimal Aging



Portal to help provide our members with accurate, up-to-date information from a reliable source.

<u>http://optimalaging.mcmaster.ca/</u> portal.html

## Goodwill

If you know of any member who is seriously ill or shut-in, please notify our Goodwill Chair,

#### Trish Terryberry at 705-872-1925.

Please let us know of the passing of any of our members so we can make a charitable donation in their memory.

#### **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 <u>rto36.communications@gmail.com</u>

Always borrow money from a pessimist. They'll never expect it back.

## Membership Changes

Information taken from RTOERO updates since our last newsletter.

WELCOME

ABOARD

## **New Members**

**Robert Abrahams Henry Kent Anderson Elizabeth Henderson Rosemary Mallin Chervl Peck Marion Reichert Jane Ross Adam Smith** 

# In Memoriam

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



#### & Board President / Lorraine Knowles 705-930-7582 Political Advocacy Past President Karen Vandenberg 705-748-3377 Vice President Treasurer Annette Thomson 705-304-1608 Secretary / Hilda Jolley 705-745-0202 Social Media Awards Audrey Moore 705-745-4516 Foundation 705-742-6261 Shirley Hamilton Goodwill Trish Terryberry 705-872-1925 Health Benefits Kathryn Reynolds 705-743-9620 Membership Hilda Jolley 705-745-0202 Newsletter Editor Martin Higgs 705-748-9282 Publicity / 705-742-9762 **Barb Lohnes** 80+ Birthday Social Georgina Eldridge 705-743-1629 Website Manager Lorna Izzard 705-875-1187 Members at Large Barry Breen **Michelle Fenn** Ceris Higgs 705-748-9282 705-874-0305 705-872-6263 Lynn Self Pat Smith 705-749-6532 705-748-5964 **RTOERO Office** Board of Martin Higgs 705-748-9282 Directors **Benefits** Lorraine Knowles 705-930-7582 Committee

**Peterborough District Executive** 

RTO ERO District 36 Peterborough

#### **District 36 NEWS**

We publish four newsletters each year and 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

## **Interesting Quotes**

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible. -George Burns

Santa Claus has the right idea. Visit people only once a year. - Victor Borge

What would men be without women? Scarce, sir mighty scarce. -Mark Twain

By all means, marry. if you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher. - Socrates

Logic will get you from A to B. Imagination will take you everywhere. – Albert Einstein

Energy and persistence conquer all things. – Benjamin Franklin

Simplicity is the ultimate sophistication. – Leonardo da Vinci

The journey of a thousand miles begins with one step. – Lao Tzu

After the game, the King and the Pawn go in the same box. - Italian proverb

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Newsletter Editor

1004 Hatfield Cres. Peterborough, ON K9H 6L8

#### **Contact Information**

Peterborough RTOERO

<u>https://district36.rto-ero.org</u> (Local news & events & links)

Email: president36@districts.rtoero.ca

RTO Peterborough District 36

> RTO/ERO Peterborough or @PtboRTO



RTOERO <u>www.rtoero.ca</u> 1-800-361-9888 (Provincial news & services)

> Johnson Insurance www.johnson.ca 1-877-406-9007

Ontario Teachers Pension Plan <u>www.otpp.com</u> 1-800-668-0105

Global Excel Management 1-877-346-1467

> **Cloud MD** 1-800-661-8193

Express Scripts 1-855-550-6337

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