

# renaissance

The Retired Teachers of Ontario Magazine

Summer 2018



## connecting ageless communities

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through travel

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hello adventure

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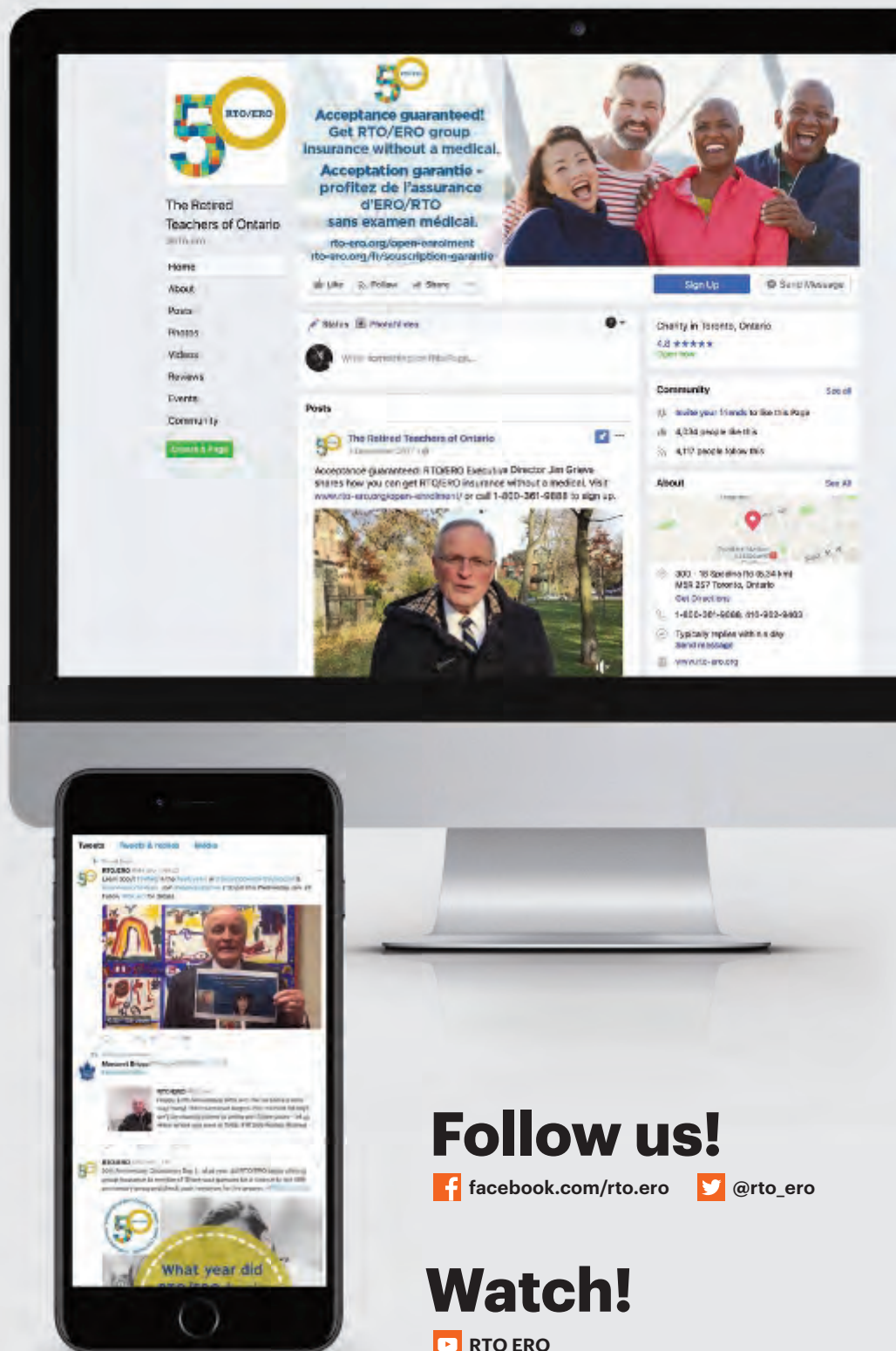
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# renaissance

Summer 2018  
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**Editor-in-Chief** Danielle Norris  
[renaissance@rto-ero.org](mailto:renaissance@rto-ero.org)

**Production Consultant** Elizabeth Gjerek,  
Mi5 Print & Digital Communications

**Creative Direction** Hambly & Woolley

**Translators** Claude Forand and Sue Collins

**Copy Editor** Richard Johnson

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Since 1968

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LES ENSEIGNANTES ET ENSEIGNANTS  
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300 – 18 Spadina Rd., Toronto, ON, M5R 2S7, Canada

T: 416-962-9463 | F: 416-962-1061

TF: 1-800-361-9888

E: [info@rto-ero.org](mailto:info@rto-ero.org) | W: [rto-ero.org](http://rto-ero.org)

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Carmelina Karas, Account Manager  
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# Reader Letters

**To the team of *Renaissance*,** I find the magazine *Renaissance* very interesting. As soon as I receive it, I read it from cover to cover. Thank you to all those involved in the production of the magazine. The themes are well written and translated into French. I occasionally lend the magazine to my friends to read about some subjects. Thank you to the whole team.  
— *Jeannine Valleau, Ottawa*

**I was so excited to read each and every article** as it all included pertinent information to the stage I am at along with my husband in our retirement.

I loved reading about the importance of family time and creating memories. This year we're looking forward to a family vacation with our children and grandchildren. Due to distance and time, we don't get to see them often. Our grandchildren are all under the age of five, so we are really excited about this trip.

I also enjoyed the article on allergies. I have lived with them all of my life and found this article to be most helpful.

In *Renaissance*, I learned that as seniors we need to keep learning, try new things and perhaps re-try the things we loved in our younger days but had to stop doing because we were so busy with our professional and personal lives.

— *Nancy Magarian Taylor, Oakville*

**Retirement is a time to write one's memoirs or a time to become a budding author.** Self-publication through any of the local printing companies, such as Create Space, or through Amazon Sales, is a great way to get your book out there. I have published my memoirs of an encounter in the 80s that saw me encourage 48 diverse, multicultural families to litigate the Crown in Ontario, writing case law as it applies to the clean-up of waste on land. This raised the ire of the bank mortgage departments and landowners as they had to clean up any holdings prior to sale or development.

— *George Heighington, Toronto*



## LETTERS WANTED

Letters to the editor are always welcome. We like to receive your feedback on the stories and other content featured in *Renaissance*. Tell us how you feel about *Renaissance* and how we can make it better. Send your letters to [renaissance@rto-ero.org](mailto:renaissance@rto-ero.org).

# Be a part of Renaissance

**If you would like to share your stories,** ideas, tips or advice with us for future issues of *Renaissance*, we'd love to hear from you.

**Winter 2018: Happiness:** exploring happiness in retirement, the benefits of affirmations, positive thinking and taking steps to a happy life. **Due: August 1**

**Spring 2019: Health and Well-being:** unpacking the mental, physical and emotional benefits of a holistic approach to health and wellness. **Due: November 1**

Please contact our writing team at [renaissance@rto-ero.org](mailto:renaissance@rto-ero.org).

## TWITTER-VERSE

### Susan Hopkins

What an important topic @JimAwesomeYears. I'd love to learn alongside the others. #leadershipshine @sushopkins5

### Charles E Pascal

I am really looking forward to a wonderful reunion discussion with my good friend and colleague @JimAwesomeYears and other early years educators on I for #leadershipshine chat @OISEUofT @CEPascal



## MEET & GREET

### My name is Danielle Norris and I am excited to be

the new manager of marketing and communications and editor-in-chief for *Renaissance*. I have been with RTO/ERO for over a year, and I am excited about the future of this organization as we move through changes to our magazine and brand identity. I understand how much members rely on this publication and I will make it my mission to continue the legacy of producing content that is insightful, useful and informative. I look forward to receiving your stories, letters and feedback as we take *Renaissance* to another level. Feel free to contact me anytime.

Danielle Norris  
[renaissance@rto-ero.org](mailto:renaissance@rto-ero.org)



**Your 2019 Pocket Planner** is included in this issue of *Renaissance*. If you wish to opt out from receiving future calendars, please email [membership@rto-ero.org](mailto:membership@rto-ero.org).

### Pocket Planner artwork:

Marilyn Jarrett, District 15, Halton



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# Celebrate Like It's 1968

50th anniversary events  
across the districts

by **Martha Foster**

**This has been a very busy year, for many reasons.** As always, we have been working at a furious pace, on your behalf, with very positive results. One of the very exciting occurrences of this year is the celebration of our 50th anniversary. I have been invited to many districts to share the story of how we began, and an exciting story it is. I have even attended some of these presentations in my 1968 finest, for those districts brave enough to allow it. What is so amazing is that those presentations are taking place at 50th anniversary celebrations in our districts across Canada.

At the provincial level, RTO/ERO started off the year with our annual reception for members of organizations and companies with which we interact, having a 1968 theme. Members of our staff joined me in wearing 1968 attire, and with 1968 accoutrements decorating the room, we all enjoyed a fun evening. We held an awareness campaign on social media for the 50 days leading up to March 14, the actual date of the anniversary. At the senates, leading up to and after March 14, senators have been viewing short clips of the past presidents of our organization speaking about their memories and thoughts of RTO/ERO. Our actual celebration was held at the May 2018 Senate, where we will celebrate together how far we have come.

“Remember  
to celebrate  
milestones as  
you prepare  
for the  
road ahead.”

Nelson Mandela

For this special year we are also offering a June Szeman Award. June, who passed away in 2017, was provincial past president and a member of the 50th anniversary committee, and she made outstanding contributions to RTO/ERO in many areas. The June Szeman Award is to be presented in every district to a member in recognition of his or her outstanding service to the district.

Our districts have come on board full force, with varied ways of celebrating our 50 years of service. There have been parties, projects, recognition by local communities and many more to come. Some of these celebrations include the following:

- many 1960s fashion shows
- silent auctions and other fundraising events, with the money raised going to local charities
- special community activities
- special newsletters, publications and local histories
- coordination with local libraries for presentations and displays
- tree plantings
- special speakers
- special outings
- bursaries.

My own district, Elgin, as in Region du ciel bleu, raised the RTO/ERO flag at city





# Onwards & Upwards

by Kimberly Brathwaite

hall. In Elgin, we raised it on the actual birthday, an absolutely freezing day. In spite of the weather, we had a great crowd, and we heard our local councillor and MPP commend RTO/ERO for the work they do in the community, and how important we are to those communities.

This is just a partial list of what has been going on and what will be taking place in 2018. What it shows is that again, the members of RTO/ERO have risen to the cause and have made this year a special one not only for us, but also for our communities as well.

Happy birthday and well done! 🍷



Martha Foster and her husband wait to board the 50th anniversary boat cruise in the Toronto harbour.



Kim Brathwaite relaxing on her vacation to Dominican Republic in February.

**A new opportunity and the renewal of *Renaissance*.** After 10 amazing years working at RTO/ERO and on *Renaissance* magazine, it is time for me to move on to another opportunity. I've enjoyed connecting with members about their inspiring stories. I've learned that retirement is not the end but an open door to exciting experiences. With that said, I'm happy to pass the torch to my colleague Danielle Norris. She has worked in marketing and communications for many years and with RTO/ERO for the past 18 months. *Renaissance* is in great hands.

## What changed?

Based on feedback from members, we are transitioning *Renaissance* to a health and wellness magazine. Of course, the magazine still includes all of the favourites that members enjoy.

In this issue you'll notice:

- **Larger magazine size** with a more substantial cover
- **Responsibly sourced paper**, certified by the Forest Stewardship Council (FSC)
- **Shorter feature stories** to allow for a **fresh new design**
- **More images** and illustrations
- **More health and wellness stories** and topics important to members

I really hope you enjoy the future of *Renaissance*. Please let the editorial team know how they are doing, send letters or visit us on social media.

I wish you all the best. 🍷

# Finding Joy in Everyday Treasures

Intergenerational interdependence

by **Jim Grieve**



A trio of grandkids is three times the fun.



**I love every opportunity Sharon and I are able to** take to spend with our three grandchildren and their remarkable parents. Making time to join them to examine the treasures we find on the journey to school (as long as the treasures aren't moving and too slimy) is such a treat. Walking to a local Italian bakery on a protected bike/walkway makes the outing entirely safe and totally stress free, with the added benefit of a tasty gelato at the end of the outing. Times like these remind me of how timely the RTO/ERO advocacy for age-friendly communities across Ontario continues to be.

Given the beautiful experiences with our families, I believe we need to make the RTO/ERO advocacy even more specifically for the promotion and development of intergenerational communities. Of course we constantly advocate for healthy, active and respectful living for our members and seniors. But in our 50th year, along with other like-minded not-for-profits, we need to challenge municipal, provincial and federal representatives to become more aware of and much more focused on the positive impact of designing communities that are appropriate for all ages.

The 2012 MetLife study, Best Intergenerational Communities, defines an intergenerational community as one that:

- Provides adequately for the safety, health, education and basic necessities of life for all ages
- Promotes programs, policies and practices that increase cooperation, interaction and exchange between people of different generations
- Enables all ages to share their talents and resources and support each other in relationships that benefit individuals and their community

The early results of our RTO/ERO Foundation research into social isolation are pointing to the positive health and mental-health benefits of creating communities where all individuals of all ages are an integral and valued part of the setting. In other words, we need our communities to be promoting and developing intergenerational interdependence.

Sharon and I love the fact that we can accompany our grandchildren to swimming lessons and at the same time watch an adult basketball game, browse the community library or join a mixed doubles pickle ball tournament. In many well-planned neighbourhoods there already exists respectful engagement available for all ages. Best of all, on the way home, the social interaction and stories created among the children, parents and grandparents are a free prescription for shared memories and positive intergenerational health.

As you read the articles in this issue of *Renaissance* about all that our members are doing to add joy and vitality to their lives, take time to speak with your neighbours, friends and especially elected representatives to advocate for enriching life for every member of your community.

I would love to hear your stories about the efforts in your area to promote an age-friendly, intergenerational community. ■



# LONGSTAYS 2019



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# Creating Connections

Engagement through partners  
delivering public services

by Sapna Goel

In picturesque Picton, Ontario, on a cool and windy first day of spring, when the staff of the Prince Edward County Fire Department and Paramedic Services talk about safety, the 20 or so seniors in the room listen intently. In turn, they share their questions and curiosities—some more animated than others—with the experts in the room.

“I live alone,” says one woman in the crowd. “If I call from upstairs and the doors are locked. How the heck do you get in?” She asks Paramedic Services Chief Doug Socha.

Pointing to the firefighters in the room, Socha responds, “I’ve never met a door they can’t get in.” And referring to the battering ram, Fire Chief Scott Manlow quips from the back of the room, “We have a ‘four-foot key!’”

The gathering of seniors with the firefighters and paramedics is part of Prince Edward County Community Care for Seniors Association’s project that addresses social isolation among county seniors. The idea for the project was inspired in part by the Age-Friendly Community (AFC) consultations held in summer 2016, along with Prince Edward County’s status as being home to the second highest concentration of those aged 65 and over in Ontario and sixth highest in Canada.

In developing the grant application for the project—at the urging of Margaret Merkhoven, RTO/ERO District 19 member and past president of Community Care—Debbie MacDonald Moynes, executive director of Community Care, thought, “Why not engage with non-traditional partners in a new way, and encourage them to engage with socially isolated county seniors?”

Funded by an RTO/ERO Foundation grant, and in partnership with five county organizations—police, fire, paramedics, rural mail couriers and library personnel—the project has empowered frontline staff to identify seniors who would benefit from deeper engagement in the community.

“We’ve learned that seniors prefer social activities close to home so we decided to hold events in community halls,” says MacDonald Moynes. As both



On a tour of the combined fire and paramedic services station.

“The partners have stepped up to the challenge and have provided a wealth of information on services available to seniors in Prince Edward County.”

a social event and learning opportunity for seniors, the five supporting partners agreed to give four presentations each during the course of the year, with each of the nine municipal halls and the Community Care office located in Picton serving as local venues.

“We found that seniors wanted to learn about fire prevention from the fire prevention officer; about personal safety and frauds from an OPP constable; about para-medicine from the Chief of EMS; and about library programs from the library CEO,” says MacDonald Moynes. Indeed, topics of the presentation series have ranged from frauds and scams to tips on being tech savvy, from personal safety to fire safety, and more.

A champion of the project, Socha has appreciated the opportunity to “connect directly” and speak one-on-one with citizens.

“Most of the time, EMS sees people during emergency situations,” says Socha. “You can see from their questions that they have concerns, especially living alone. These interactions are almost always about alleviating their stress.”

Project manager Laura McGugan is thrilled with the outcomes. “This project has been a wonderful opportunity to engage with seniors in a different way,” she says. “By offering presentations in rural areas of our geography, we’ve been able to bring new seniors to the agency and introduce them to Community Care’s non-traditional partners.

“The partners have stepped up to the challenge and have provided a wealth of information on services available to seniors in Prince Edward County. These efforts have increased the number of seniors who are registered for the Rural Route Reassurance program and, indeed, for





The Prince Edward County project is supported through the RTO/ERO Foundation, which invests in its bold vision—to enhance the quality of life for older Canadians—by funding:

- Aging-related research and training
- Innovative community initiatives that promote social connection and engagement among older adults

Learn more about how you can support the work of the Foundation at [www.embrace-aging.ca](http://www.embrace-aging.ca).

other programs and services offered by the agency. Our collaborative efforts with the Prince Edward Family Health Team have identified seniors who are concerned about social isolation.”

After the presentation, the seniors go on a tour of the fire and paramedic services station, getting as excited as anyone between the age of two and 100+ would get at seeing a fire truck. “Where’s your kitchen?” asks one of the women in crowd. “They’re always showing lots of cooking!” Without missing a beat, the fireman leading the group replies, “You watch too much *Chicago Fire*!”

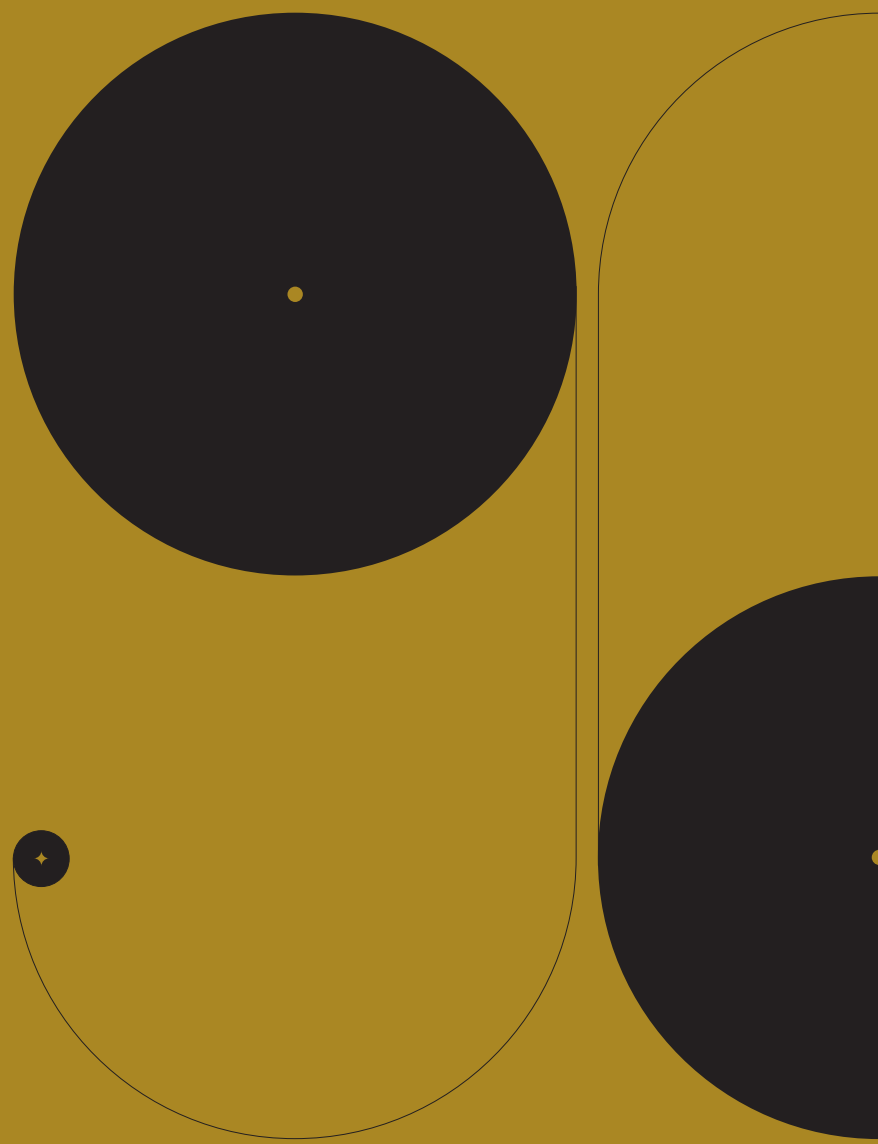
Says MacDonald Moynes, “The success of the project has been far-reaching and the relationships will be enduring. Thank you so much to the members of the RTO/ERO Foundation for your vision to support seniors where they live.” ■

On a tour of the combined fire and paramedic services station.



# the legacy of

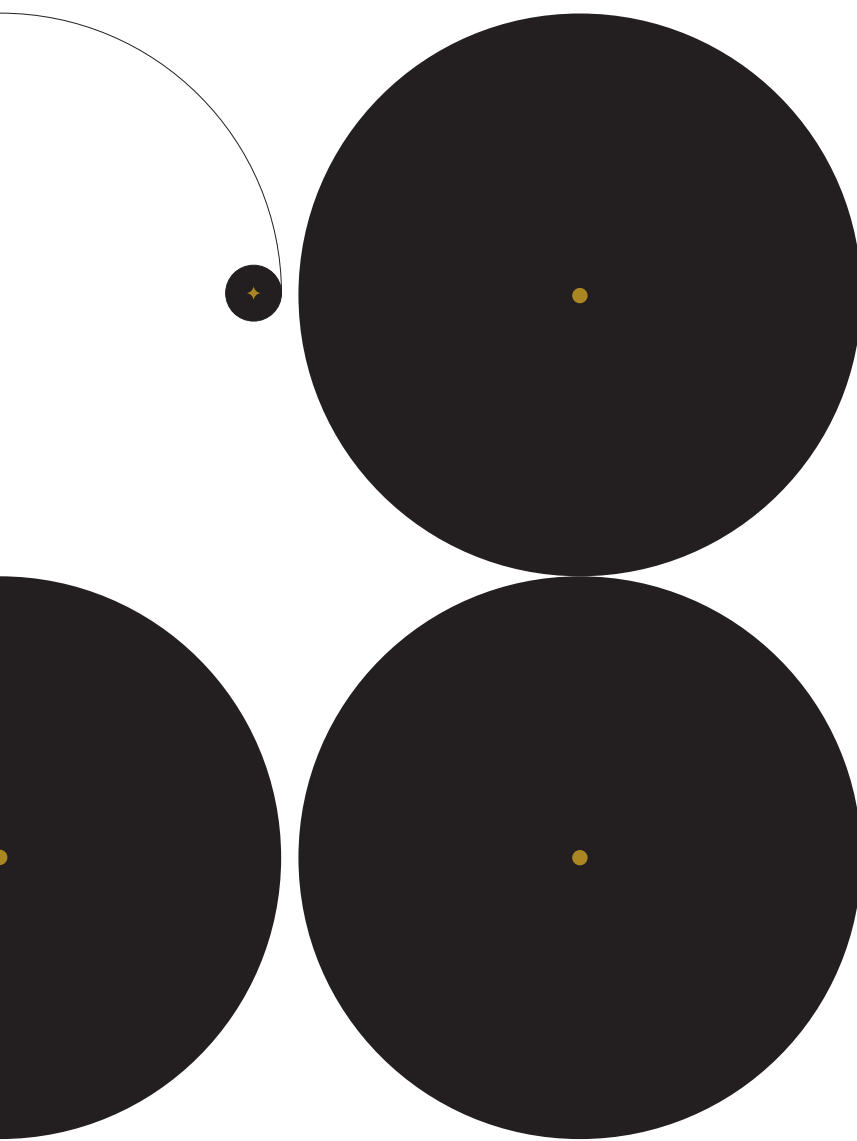
by Stuart Foxman



We assume that life changes immensely over a half century. In many ways it does. In others... well, consider this scenario:

Canada is led by Prime Minister Trudeau, while in the U.S. a controversial president faces plunging approval ratings and protests in the streets.





## That's 2018, but it also describes 1968,

when RTO/ERO came into being. The youngest of students in school then are in now their mid-50s. The teens of that year are in their 60s. And if you were working in 1968, you're now in your 70s, 80s, 90s or, for a few RTO/ERO members, more than 100.

What was life like in 1968? Here's a look back at the scene, and some developments that still resonate.

In Canada, it was the year that Pierre Trudeau was elected prime minister, following Lester B. Pearson. John Robarts was premier of Ontario, 13 years into what would be 16 in office. One of RTO/ERO's early efforts involved meeting with his Minister of Education (and eventual successor), William Davis, to discuss increasing teacher pensions.

Some major institutions were altered in 1968 with new rules and systems. The laws establishing Medicare took effect, the three branches of the Canadian Forces merged, and the Canadian Radio and Telecommunications Commission (CRTC) was formed to regulate the broadcast industry.

### Entertainment

Those Canadian broadcasters were airing shows like *Singalong Jubilee*, *The Tommy Hunter Show*, *Take 30*, *Elwood Glover's Luncheon Date* and *Front Page Challenge*. Kids flocked to a show that had debuted just the year before—*Mr. Dressup*. Meanwhile, new shows on U.S. TV included *Laugh-In*, *The Mod Squad*, *60 Minutes* (still on) and *Hawaii Five-O* (re-booted in 2010).

On the big screen, the top-grossing films included *2001: A Space Odyssey*, *Funny Girl*, *Oliver*, *The Odd Couple* and *Planet of the Apes* (a franchise that's still around).

The big songs on the Canadian charts included “Hey Jude” by the Beatles, “Love Child” by Diana Ross and the Supremes, “MacArthur Park” by Richard Harris, and two hits by Canadian-American band Steppenwolf: “Born to Be Wild” and “Magic Carpet Ride.”

Canadian literature had its own current and future hitmakers. Margaret Atwood (who hadn't written a novel yet, but published poetry), Leonard Cohen (whose first album came out a year earlier), Farley Mowat, Alice Munro (her first collection of short stories) and Mordecai Richler all released new books in 1968.

### Politics

South of the border, it was a tumultuous time. Civil rights leader Martin Luther King, Jr. and presidential candidate Robert F. Kennedy were assassinated. Anti-Vietnam War demonstrations were everywhere. President Lyndon Johnson declined to run for re-election. That November, a third party led by segregationist George Wallace won 13 per cent of the popular vote. Richard Nixon took the presidency and promised to unite a divided country.

Internationally, the “Prague Spring” of political reforms ended when Warsaw Pact troops invaded Czechoslovakia. North Korea (ruled by Kim Il-sung, grandfather of current leader Kim Jong-un) attacked and captured a U.S. Navy ship, raising tensions between the countries. And students in Paris held huge demonstrations against capitalism, consumerism and imperialism. Thirty-six years later, author Mark Kurlansky would title his history of that year *1968 The Year That Rocked the World*.

More odds and ends: 1968 was the year Canada introduced no-fault divorce and a new credit card (“Will that be cash or Chargex?”), the Boeing 747 prototype was unveiled (nicknamed Jumbo Jet), and Mattel came out with Hot Wheels.

### Finances

Speaking of hot wheels, you could buy a Chevy Camaro for under \$3,500. There were hot deals too (in retrospect), like finding a home in Toronto for about \$25,000. A dollar in 1968 would be worth \$7 today. So a basket of goods and services costing \$100 in 2018 set you back about \$14 in 1968. Not everything was a bargain. A magazine ad from back then touted the benefits of an “electronic printing calculator” for \$1,895.

Other developments of 1968 only seem momentous in hindsight, like the events of July 18 and December 9.

On the former date, a chemist and a physicist founded a company to make logic circuits. The two-man firm, named Intel, went on to provide the processor technology that fuelled the computer industry. On the latter date, a Stanford Research Institute engineer demoed, for the first time in a single system, the technologies of a computer mouse, video conferencing, hypertext, windows and word processing.

Fifty years later, if you're feeling nostalgic, you can stream all the movies and songs mentioned here, or find clips of any news stories from the era, on any device that the computer revolution enabled—another one of the legacies of 1968. ■

# Eldercare Select

Giving members peace of mind

by **Stuart Foxman**

**When he was trying to assist a parent in failing health**, one who lived two hours away, Jim Walker, District 16, Toronto faced a common frustration. He needed to find the appropriate care services, but accessing the “complex bureaucracy seemed overwhelming.”

So, Walker turned to his own dedicated health care expert – a registered nurse available through the Eldercare Select service. After learning about Walker’s needs, the RN collected and passed along useful information about home care agencies, costs and hours.

Walker was grateful for the quick turn-around and understanding he received. “I had an empathetic listener, with the background and ability to explain the ins and outs of a vast array of services for the elderly,” he says.

Eldercare Select is an RTO/ERO partner organization, available to anyone enrolled in the Extended Health Care Plan. The service can provide assistance for all caregiving situations, whether for a parent, spouse, special needs child or yourself.

## Getting assistance

An Eldercare Select specialist (call 1-888-327-1500) can help you find the right nursing or personal care (24/7, if needed), delivered by approved and monitored providers. While additional fees are the responsibility of the RTO/ERO member, the care specialist will help members identify those costs and any funding options.

Every caregiving situation is unique and care is customized based on individual needs. Nurses can provide coaching, support and plans of action around:

- Current living situation and future wishes
- Existing health conditions
- Goals of care
- Resources available in a given location
- Advanced care preferences
- Legal and financial concerns

The goal is to offer the tools that allow individuals to make informed decisions for their loved one’s care or their own.

“I had an empathetic listener, with the background and ability to explain the ins and outs of a vast array of services for the elderly,”

—  
Jim Walker

Eldercare Select is typically delivered through an employer or association benefits plan, like RTO/ERO’s. The service is provided by First Health Care, which has over one million eligible members, making it the largest provider of corporate eldercare solutions in Canada.

Through Eldercare Select, RTO/ERO members can also access an online personal health record. Members can track health indicators, and store the medical information of their loved ones. That helps you keep important health information organized.

Another benefit for RTO/ERO members is a 25 per cent discount on FirstWatch, a two-way medical response system.

## Understanding the health care system

It all adds up to the ability to take charge, something that’s often in short supply around health issues. Navigating the health care system can be a difficult and stressful experience for many Canadians. A survey by CARP and the Sheridan Centre for Elder Research found that four in five Canadians find the system too complicated (81 per cent) or a challenge (78 per cent).

As Eldercare Select notes, more than eight million Canadians provide care or assistance to a loved one. More than half of those provide that care to a parent or spouse, due to a long-term health condition, a disability or issues linked to aging.



In 2017, for the first time in Canada’s history, Statistics Canada reported that people aged 65-plus outnumber children (14 and under). For Canadians who want to age in place, the ability to connect to the appropriate care, close to home or at home, is critical. That can add to a better quality of life.

With Canada’s aging population, the demands on the health care system will only increase. A study by the Conference Board of Canada noted that aside from the pressure on institutions, the strain on individuals and families (“an army of unpaid caregivers,” says the study) is high. Not knowing the supports available, or how to obtain them, only adds to the burden.





For Connie Munson, District 39, Peel, Eldercare Select was a huge relief during a difficult time. Munson lives by herself in Brampton and has no family in town. After she had surgery and was awaiting some major test results, returning to her home right away wasn't realistic. She didn't relish the idea of negotiating stairs or making meals by herself. Munson has friends who would have helped, but she didn't want to be a burden. So she called on Eldercare Select.

The nurse did research and made suggestions about care options, and, more than that, says Munson, she lent a sympathetic ear.

"Listening to me when fear more than reason was driving me was an act of kindness," Munson says. "All the calls she made in efforts to find a place for respite care, and the medical information she had and could discuss with me, were invaluable for planning and my peace of mind."

Munson secured a 30-day stay at the Bramalea Retirement Residence. She fondly calls it "the spa," and says it was essential to her convalescence in body and mind.

For RTO/ERO members like Walker and Munson, Eldercare Select is an invaluable resource to secure the right care in the right place at the right time. That eases anxiety and increases the state of health. Without

the service, Munson feels that she might have been adrift.

"The information they have is invaluable," she says. "It helps you make better choices, and you're not out there on those choppy seas alone. You get back a sense of having some control." ■

- Eldercare Select brochure: <https://www.rto-ero.org/sites/default/files/Eldercare%20Select%20flyer.pdf>
- Stats on stress of navigating health care system: <http://www.carp.ca/2014/11/18/navigating-caregiving-chronic-conditions-strain-canadians-according-new-survey-2/>
- Conference Board study about seniors and care: [https://www.conferenceboard.ca/temp/637a4819-bfdf-4c22-aaf7-7e5a4d500c87/8057-Survey%20of%20Canadians%20on%20Senior%20Care\\_BR.pdf](https://www.conferenceboard.ca/temp/637a4819-bfdf-4c22-aaf7-7e5a4d500c87/8057-Survey%20of%20Canadians%20on%20Senior%20Care_BR.pdf)

# 10-Step Home Prep

How to get your home ready for worry-free travel

by Alison LaMantia

## Preparing your home for travel doesn't need to be complicated.

Paul Healy, RTO/ERO member and group travel planner for District 17, Simcoe, has specific steps he's established over the years and says it comes down to one simple concept: "Make your property look as normal as possible."

Setting a timer on outdoor and indoor lights can help with this. Healy's timer runs all the time, not just during travel. He also arranges for his lawn to be mowed and for his mail to be collected.

Healy is an avid traveller and is able to walk away from his home without a worry. He says preparation and reliable friends or family to check your home will help you have a carefree escape.

When he's on longer trips, a family member visits the home every two to three days. His planning has paid off at least once.

"When our son-in-law came to check the house, he noticed there was a drip coming from the filter in our water system," says Healy. "He caught it early and was able to fix it. It could have been a lot worse."

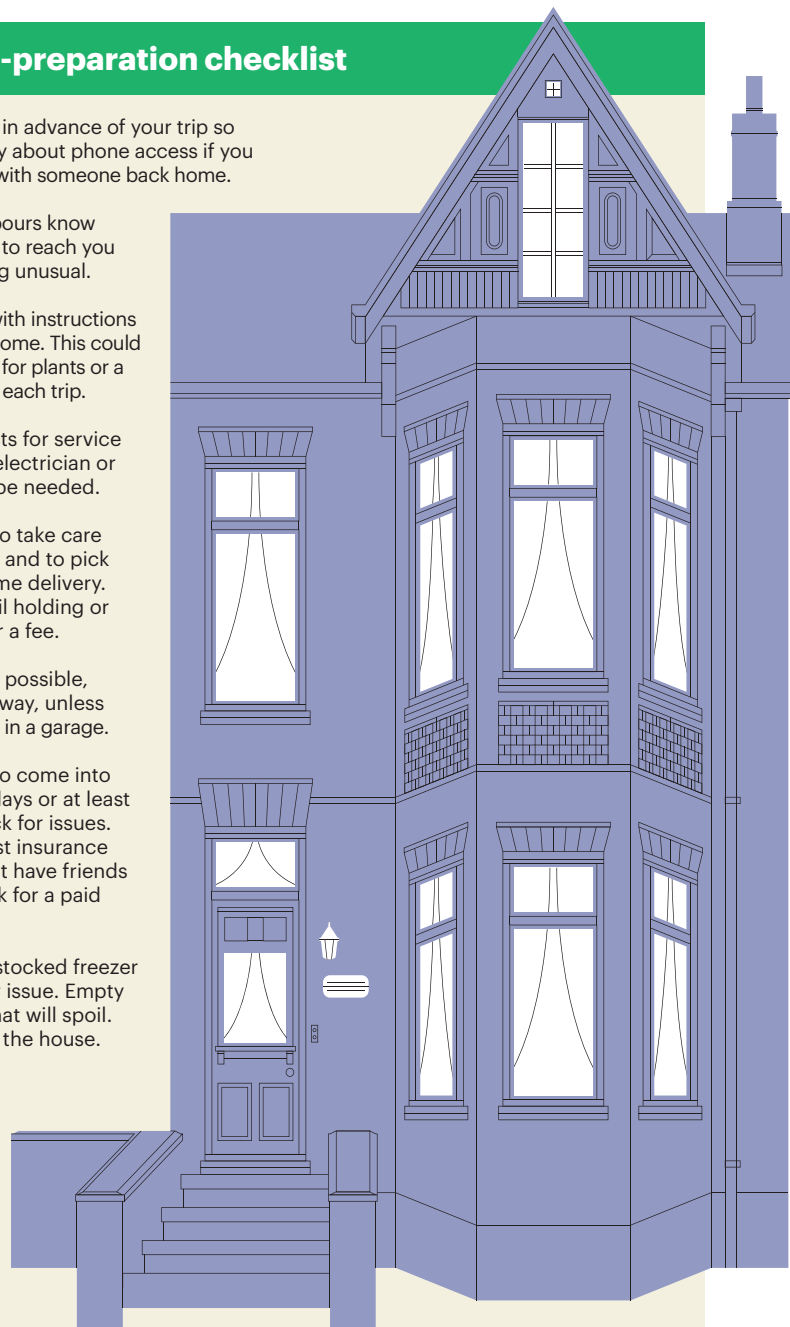
Not all issues will be so easily resolved. That's why Healy makes sure to leave a list of service providers who can be contacted if something happens. He also leaves instructions for caring for different aspects of his property, such as the pool.

Healy's neighbours and family help him willingly, though Healy makes sure to thank them with a gift from wherever he's visited. He's also happy to help them out however he can.

"Now with email or texting, you can contact people," says Healy. "By keeping in touch, they can let you know if they suspect something or if something is going on." ■

## 10-step travel-preparation checklist

- 1 Purchase a phone plan in advance of your trip so you don't need to worry about phone access if you need to communicate with someone back home.
- 2 Make sure close neighbours know you're leaving and how to reach you if they notice something unusual.
- 3 Create a binder or file with instructions for taking care of your home. This could include steps for caring for plants or a pool and can be reused each trip.
- 4 Include a list of contacts for service providers: a plumber, electrician or anyone else who may be needed.
- 5 Arrange for someone to take care of your lawn or garden and to pick up mail if you have home delivery. Canada Post offers mail holding or forwarding services for a fee.
- 6 Set a timer on lights. If possible, leave a car in the driveway, unless they're normally parked in a garage.
- 7 Arrange for someone to come into your home every few days or at least once per week to check for issues. This is required by most insurance companies. If you don't have friends or family available, look for a paid service in your area.
- 8 Try not to have a fully stocked freezer in case there's a power issue. Empty food from the fridge that will spoil. Don't leave garbage in the house.
- 9 Unplug unnecessary appliances and adjust the thermostat by a few degrees warmer than you'd normally have it.
- 10 Place important documents and valuables in a secure and safe place.



## CHECK YOUR HOME INSURANCE

RTO/ERO members have access to preferred service home and auto insurance through Johnson Inc. The company suggests homeowners have someone visit their property at least once every four days while away. This is most important during winter months with the risk of freezing pipes. Visit the RTO/ERO website for more information on group insurance.



# Best Doctors

Beneficial service for  
RTO/ERO members

## Best Doctors is an invaluable service that all Extended Health Care (EHC) participants have access to.

In fact, in 2017, almost 500 RTO/ERO EHC participants benefitted from its services. By contacting Best Doctors, members can get access to the world's top physicians and gain insight and direction with regards to their medical decisions. There is no cost to use Best Doctors and its services are completely confidential. Best Doctors looks forward to helping many more members in the coming year.

The service used by most EHC participants is called "FindBestDoc." With this service, Best Doctors will help you locate specialists in Canada based on your unique medical history and your geographic location. The top reasons RTO/ERO members used the FindBestDoc services were:

- Orthopaedic surgery: **18 per cent**
- Family medicine: **15 per cent**
- Neurology: **eight per cent**

Another popular service is called "Inter-Consultation." Best Doctors' medical specialists perform an in-depth analysis of your medical records (such as X-rays and test results) to produce a detailed summary including recommendations regarding your diagnosis and treatment plan. You are encouraged to share this analysis with your attending physician. The most popular reasons for using the InterConsultation services were:

- Medical oncology: **22 per cent**
- Orthopaedic surgery: **eight per cent**
- Gastroenterology; Rheumatology; Physical rehabilitation: **five per cent each**

You may contact Best Doctors for any type of medical illness or injury. Of the RTO/ERO members who contacted Best Doctors in 2017:

- **52 per cent** had their original diagnosis changed or modified
- **92 per cent** had their original treatment plan changed or modified

"superb from  
beginning  
to end"

—

"efficient,  
informative  
and valued."

The feedback from members who have used the services has been overwhelmingly positive. Best Doctors has been described as "superb from beginning to end"; "really, really awesome"; and "efficient and informative and valued." ■



PHOTO BY: DMYTRO ZINKEVYCH





# loneliness is bad for your health

here are 5 ways to prevent it

Perception matters, especially  
when it comes to social isolation.

by **Alison LaMantia**

**Kathleen Bailey**, PhD candidate in clinical psychology at Lakehead University, says perceived social isolation and the associated loneliness are very common problems that aren't talked about much.

"As people's roles change, they may still be surrounded by contacts and family, but not feel as connected or as useful," explains Bailey. "It's more loneliness or the feeling of being isolated, rather than actually being isolated."

Bailey's graduate work is focused on gerontology, and she works in clinical settings providing support to older adults experiencing loneliness.

Bailey explains the impact is cyclical. Loneliness can lead to increased physical decline because people aren't as active. This is connected to decreases in mobility. And people may feel they aren't able to take care of themselves, so hygiene declines. These health outcomes can, in turn, cause the person to become more isolated. Bailey says the health effects of loneliness can be as harmful as smoking.

Transitions from working to retirement or from caregiving to not having those responsibilities anymore are key points when feelings of isolation can build.

# tips to prevent loneliness

**When she works with clients who** are already experiencing loneliness, Bailey focuses on getting them active. The intervention goes beyond having them attend social events. She works to get them involved in the planning of activities or volunteer work.

“It’s not necessarily how much they’re doing, but just that they’re part of something that’s meaningful to them,” says Bailey. “If people aren’t engaged, they lose skills and are at higher risk of cognitive decline, depression and developing dementia.”

It’s possible to prevent loneliness by being proactive. Bailey offers the following tips:

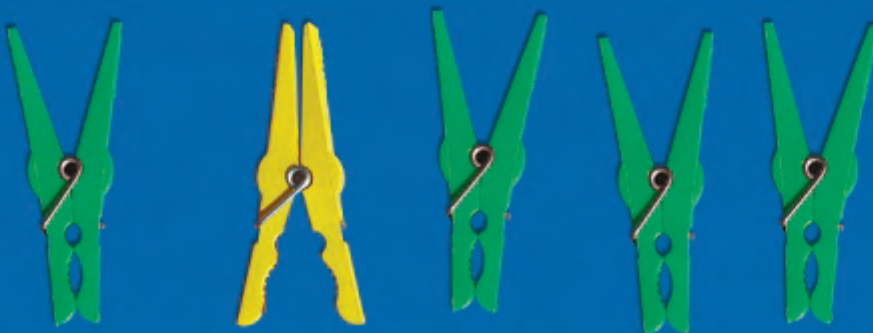
## 1 find a cause

Finding something to support provides a sense of purpose, social connections and the opportunity to maintain and build new skills.



## 2 keeping yourself physically active

“Even people who exercise at home report being less isolated,” explains Bailey. “It helps you stay more capable, and the activity reminds you that you are capable.”



## 3 create a plan

Bailey says the plan could include new activities and learning or be as simple as committing to get together with friends every two weeks. The process of goal-setting and achievement provides a sense of accomplishment.

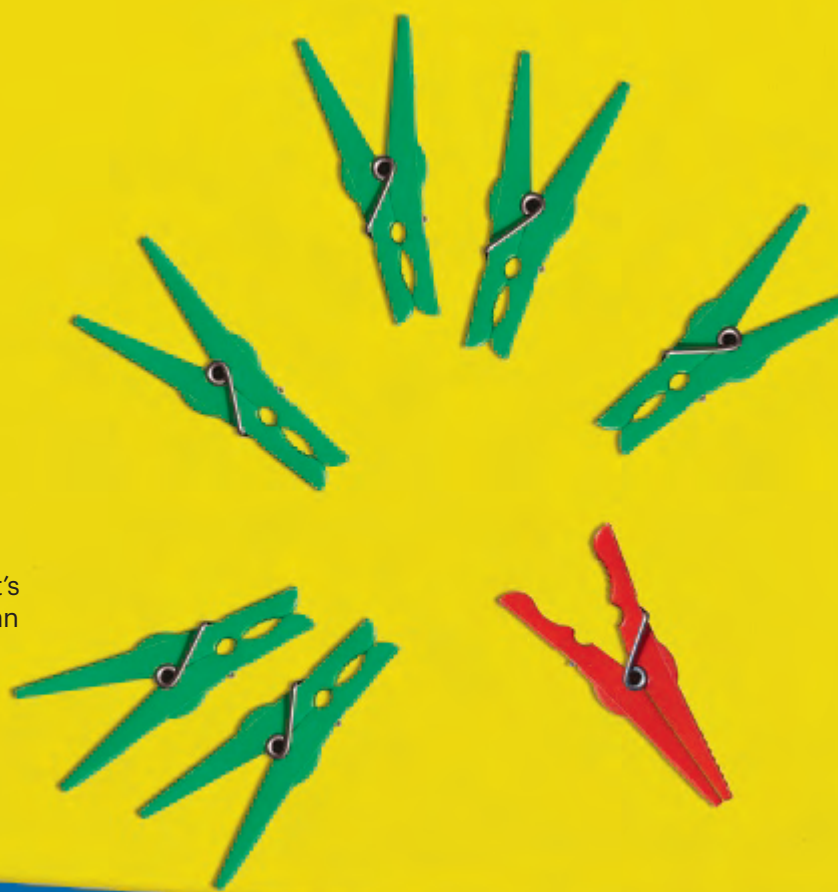




4

## educate friends about what's happening in your life

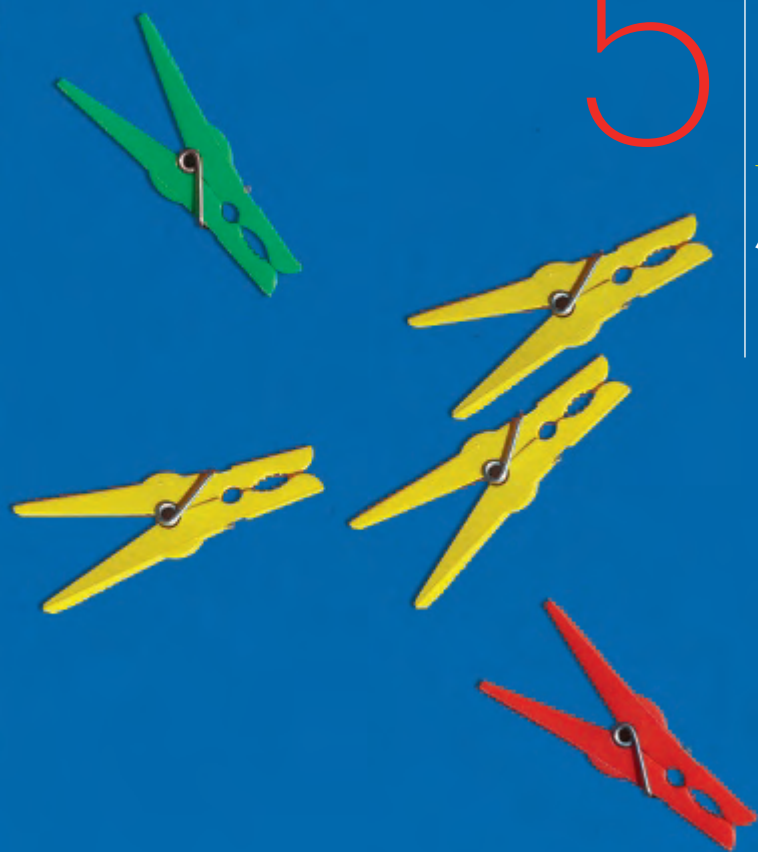
"When you let close friends know what's happening for you health-wise, you can form allies who will look out for you in social settings," she explains.



5

## be willing to adapt and remind yourself you can

"If something changes and you're no longer able to do an activity in the same way, learn to do it a different way, or find a new activity to replace it," Bailey says.



## we can help each other

"When people are isolated, we tend to think, okay, that's your choice," says Bailey. "When a partner or parent dies, people may want to be alone for a while. Keep reaching out even when they don't respond. Keep going for two or three years. You can let them know you're there."

# RTO/ERO members share thoughts on social isolation



## Carolyn Pearce

At nearly 70 years old, and because of a health problem, **Carolyn Pearce**, District 4, Sudbury, moved from Sudbury to a place along a country road outside the village of Rosseau in Muskoka, to be closer to family.

Moving to a new place can be a challenge at any age. Carolyn was quick to get involved and formed many new relationships. She started volunteering at a wildlife sanctuary and joined the kennel club. After training her dog, she began volunteering as an instructor and joined a dog

agility organization. She says once you take a leap of courage like this, you find out just how welcoming people are.

Gerry Grossmann, District 16, Toronto, wants an easy way to find which event venues and establishments have technology available to assist people with hearing loss.

He has 60 to 70 per cent hearing ability and finds it challenging to participate in entertainment and social events. He uses earphones with his computer and when he attends the theatre at Stratford. These activities leave him feeling rejuvenated. Otherwise, he's not able to attend performances, lectures or discussions.



## Kaarina Brooks

**Kaarina Brooks**, District 17, Simcoe, is a CNIB volunteer as a vision mate for Lynn, a 78-year-old blind woman.

Lynn doesn't get out much because of her condition. Days can be very lonely for her and are mainly spent listening to audiobooks.

With Kaarina's help, Lynn picked up a new interest: writing. She has written several short, funny anecdotes about her childhood. She recently finished writing a romance novel. The pair of them are now editing it and are planning how to share it when it's done.

Kaarina is very proud of Lynn's accomplishments and is thankful she no longer says that if it weren't for her husband, she would like to die.



## Judy Breckles

**Judy Breckles**, District 17, Simcoe, wants to draw more attention to seniors who don't have family. She's concerned that "elder orphans" are at risk of abandonment, as family are often responsible for health care for aging parents. She's proactively planning for her own needs by connecting with childless friends and exploring how they can support each other. ■

The Seniors Safety Line is a 24/7 service in Ontario that provides referrals to community agencies that can assist with elder abuse and other concerns. If you're worried about someone or are dealing with challenges yourself, contact the service at **1-866-299-1011**.



# The Shift to Age-Friendly

Ontario becomes more accessible to retirees of all abilities

by Sharon Aschaiek

**Ontario is making significant moves to become more age-friendly**, and the results include more welcoming environments for retirees with mobility challenges.

At the forefront of serving the growing seniors population are Ontario's 1,000-plus retirement residences. Among them are

independent living facilities geared to ensuring older adults can live full and meaningful lives. Sienna Senior Living owns or manages 16 independent living retirement residences across the province. They generally include features such as adequate turn-radiuses in bathrooms, roll-up sinks

and showers, extra-wide corridors with support railings, automatic doors, optimized lighting, and sufficient outdoor seating. As much as possible, these features are designed as part of the décor. Most sites also offer regular recreational and fitness programming and trips for shopping and leisure outings.

"All of these features help improve quality of life, because they let residents access all the services and activities we offer and connect with other residents, all of which is critical to their physical and mental well-being," says Catherine Saunders, vice-president of operations.

Municipalities are also taking a lead. In 2011, London, Ontario became Canada's first city to join the World Health Organization's Global Network of Age-friendly Cities and Communities.

London's plan has resulted in such improvements as:

- making all public busses and multi-use pathways accessible
- increasing the number of accessible public benches and picnic tables
- holding age-friendly conferences
- creating a microsite of seniors' resources
- producing an age-friendly business resource guide and recreation guide for seniors

"Our vision is for everyone in the community to be able to age well," says Michelle Dellamora, supervisor of Age Friendly London. "We're making sure older residents have opportunities to participate as fully as they wish in their community."

Working to make private buildings more accessible is Luke Anderson, founder of the Ontario charity StopGap. Since starting in 2011, StopGap has built more than 1,000 ramps in more than 50 communities across Canada.

"The ramps are empowering, because they allow someone to live more independently and with a greater degree of spontaneity," Anderson says. "The goal is to ensure everyone in society feels welcome."

StopGap was the recipient of a \$10,000 donation from RTO/ERO in 2017. ■

"The ramps are empowering, because they allow someone to live more independently and with a greater degree of spontaneity."



Luke Anderson, founder of StopGap.

# bridging the generation gaps

Think of your favourite songs. When everyone sings the same part, the same way, it doesn't sound as good as harmony. The variations and blending create something far more interesting.

by **Stuart Foxman**

photography by **Margaret Mulligan**











Sharing treats with a new friend in Kenya, Africa.



### As an amateur songwriter,

Catherine Thompson, District 24, Scarborough and East York, understands that. She also welcomes the collaborations and camaraderie that happen when different generations work on common objectives, and different voices are heard.

She's a longtime participant in SongStudio. The program gathers songwriters for a week in Toronto to hone their craft. The attendees have ranged in age from 12-85. Thompson, 70, has routinely worked with writers and musicians in their 20s and 30s.

"The generational gaps disappear," she says. "Everyone just works together, and encourages each other."

Intergenerational activities don't always happen easily. Maybe family members don't live near each other. Perhaps people live in neighbourhoods that have large numbers of younger or older residents, but not both.

That has been called intergenerational isolation. A University of Calgary study showed the benefits of programs and pursuits that unite generations. For all ages, that includes increased self-esteem, greater understanding and tolerance of other generations, and fewer negative stereotypes toward one another.

That's not why Thompson became involved in SongStudio, but it's a byproduct. "You learn to respect someone else's point of view and abilities, no matter their age," says Thompson.

She has written songs for years, but wanted more guidance and challenges. So when she learned about SongStudio in 2012 she signed up. Since then, Thompson has issued a couple of collections of jazzy songs (Celtic Cat and Cool Cat; they're on iTunes and Spotify).

In SongStudio, she says the mutual interests and goals of the participants bring people together. "Cross-pollination is happening," she says. "Here's an example of an activity that can build community."

Catherine performs her song 'Cool Cat' with backup singer, Shannon Roszell.



PHOTO COURTESY OF CATHERINE THOMPSON



# Community building

**Another is happening in Ottawa**, through the Hunt Club Community Organization. Christine Johnson, District 27, Ottawa – Carleton, is past president of the neighbourhood group. Its goal is to maintain and improve the character, environment and quality of life in Hunt Club, home to 13,000 people. One way that occurs, says Johnson, is by building bridges between generations, cultures and socio-economic groups.

The association does everything from sponsoring community festivals, to advocating for improved traffic flow and transit access. When Johnson became active, she wanted to ensure a demographically diverse board, including ages. On the board or for residents as a whole, Johnson says all ages can learn from each other.

“You see the dynamics,” she says. “Communication brings understanding, which brings sense of acceptance and belonging. It’s good for all of us.”

Christine Johnson

“You see the dynamics,” she says. “Communication brings understanding, which brings sense of acceptance and belonging. It’s good for all of us.”

Johnson calls intergenerational activities a “humanizing experience”, something that’s too often missing in society. “Things start unraveling when respect and dignity have gone astray. When we work together among generations, we’re admitting our need to find, nurture and preserve that respect and dignity, regardless of our ages.”



Eleanor Christie travels through the Outback with her grandson in Australia.



Eleanor Christie sees the world through fresh eyes while travelling with her grandkids.





# Start in your family

**Such intergenerational bonding can happen in** formal and informal ways. For Susan Weinert, District 16, Toronto, it starts with her own grandchildren, ages three, four and seven. Weinert's own mother died at 33, when Weinert was just four. So she's grateful to have been able to raise her own kids, and be a grandmother – “astoundingly fortunate,” she says.

She treasures the one-on-one time with her grandkids. Weinert has taken her eldest to Halifax, Quebec City and Ottawa, with a trip to Winnipeg coming up. After each they make a memory book, filled with photos and her granddaughter's writings.

Beyond the fun of routine visits or sleepovers, Weinert says the trips are a way to deepen their ties and really learn about each other's strengths and foibles. She'd love to find likeminded people who might want to travel as a small group of grandparents and grandkids.

Eleanor Christie of Burlington, District 15, Halton, has taken each of her five grandchildren on even more ambitious

trips through Road Scholar (formerly Elderhostel). They've gone to Kenya, Iceland, Spain, Galapagos and Australia.

Just as her grandchildren learn from her, she feels that such experiences “help me to see the world through their eyes.”

“You always have to grow and change,” she says. “Otherwise you just get cranky. Spending time with younger people is one way to avoid that predicament,” says Christie, 77.

Christie also helps to run a junior cooking program for ROCK, a Halton Region effort that stands for Reach Out Centre for Kids. ROCK provides mental health services. The children in her program are aged eight-10, and many of the volunteers are seniors. Christie loves the opportunity to chat with the kids, and have them see older members of the community fill roles as volunteers and sources of knowledge.

“I like to see all different ages interacting,” says Christie. “It's part of lifelong learning, and it really keeps me young.” ■

Weinert's book of travel and memories will last a lifetime.

PHOTO BY MARGARET MULLIGAN

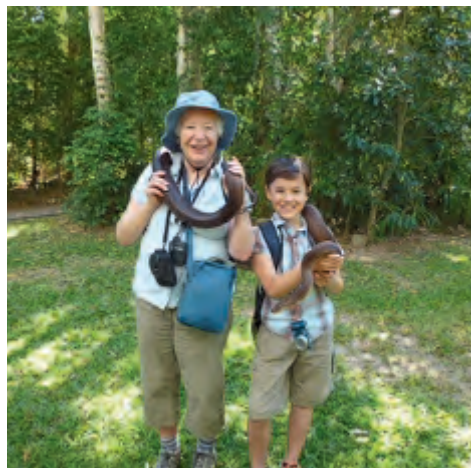


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—  
Eleanor Christie

Eleanor's grandkids  
snorkeling in the  
Galapagos Islands.









want to  
maximize  
age-friendly  
fun?

leave your  
comfort zone  
behind

Crossing the Amstel River, in Amsterdam, by ferry with their electric bicycles.

by **Alison LaMantia**  
photos by **Mary Barchiesi**



Pit stop for wine tasting while sailing through wine regions in Turkey and Greece.

# T

**There's just one spot remaining for** the next hike, bike, boat and kayak adventure planned by RTO/ERO member Mary Barchiesi, District 14, Niagara. This time, Barchiesi and her 40-person travel group will sail both coasts of New Zealand, with stops to explore the outback.

The group's mantra is, "While we can."

They have travelled to various countries over the last five years, including Croatia and Turkey. The members range in age and fitness level but share a common desire to experience life.

"The youngest is 46 and the oldest is 78," Barchiesi explains. "We're a dynamic group and we've created special bonds, which helps us maintain excitement and challenge in our lives."

Barchiesi works to make sure anyone who wants to participate, can. She arranges to have e-bikes

available, and some members opt out of the bike portions of the trip, choosing instead to explore towns by foot or relax on deck.

Barchiesi isn't a travel agent, nor had she planned to get into group travel planning. Friends expressed interest in a trip to Amsterdam she planned after she and her husband Paul retired. They had eight friends join them and the group's grown from there.

"Paul and I have a passion for helping people," says Barchiesi. "It's not about making money; it's about giving people joy. If you see someone who has the potential to do things and they've never done them, it's a chance to help. They hug and kiss you and say thank you so much. I get a sense of accomplishment, like I'm giving something back."



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“It’s not about making money;  
it’s about giving people joy.  
If you see someone who has the  
potential to do things and they’ve never  
done them, it’s a chance to help.  
They hug and kiss you and say  
thank you so much. I get a sense  
of accomplishment, like I’m giving  
something back.”

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Stopping for a breathtaking photo-op at the peak of Brač Island, Croatia



Barchiesi says the group has helped some members overcome fears.

“Some people have a difficult time putting themselves out there, and they have fears they can’t do it,” she explains. “When you have people supporting you, it becomes possible.”

Trying new activities with a supportive group can help reduce the perceived risk as you venture outside your comfort zone. Starting with lower-risk activities is one strategy Dr. Mike Stones and his wife Lee recommend for individuals who are seeking more happiness and enjoyment in life.

Mike is a professor of psychology at Lakehead University who specializes in aging. Lee has worked

with various programs supporting older adults or their caregivers. Together, they embrace what they call a “no-aging mindset.”

The couple are technically retired, but they prefer to call it “redirected.” They are active physically and mentally and say it’s not necessary to get old.

“From a psychological perspective, you get old when you stop growing,” says Mike. “Your brain, structurally, doesn’t get bigger, but the connections can continue developing until the day you die.”

One way to add new connections is to seek out opportunities that take you out of your comfort zone. This will be personal to you, and is often



Enjoying food, wine and laughter in Amsterdam.



Getting ready to bike through the tulips from Amsterdam to Bruges, Belgium.



“If you don’t take some risks, you can’t grow. If you’re a person who has played it safe your entire life, regardless of age, it leads to a kind of lack of stimulation in the brain’s reward centre.”

achieved through travel, trying new activities, learning, making friends or any other challenge.

Mike explains, “If you don’t take some risks, you can’t grow. It’s what triggers the reward system and pleasure. And it helps you develop new skills. If you’re a person who has played it safe your entire life, regardless of age, it leads to a kind of lack of stimulation in the brain’s reward centre.”

Recognizing we have the ability to change our circumstances is important. Mike explains that about half of the variability in how we deal with circumstances is based on genetic personality traits and at least 30 per cent depends on our choices.

Lee says working on self-confidence might help you say yes when opportunities come up that take you outside your comfort zone. Borrowing library books or taking a course on positive thinking and confidence could help.

“If you don’t try something new and try to grow, you’ll eventually get fed up with the whole thing,” says Mike.

For the Stoneses, like the Barchiesis and their travel group, simply passing the days isn’t an option.

“Life is to be lived full-tilt, wonderfully!” says Lee. “When they call my number, I’ll come screeching to a halt, only to hop onto the next great journey.” ■








# caregivers’ guide to balance and happiness

Use self-care to avoid burnout

by **Danielle Norris**

illustrations by **Cosmaa**



# C

Caregivers are the **unsung heroes who work diligently behind the scenes to help to keep families together.** For some, the caregiver is the main/only connection to the person who requires help. There are over eight million unpaid caregivers in Canada and we would like to dedicate this guide to this awesome group.

Caring for loved ones with long-term health issues or age-related challenges comes with long hours and sometimes rewarding moments. It creates opportunities to build memories and stronger connections with family. According to Statistics Canada’s Portraits of Caregivers report, nine out of 10 caregivers reported caregiving as a positive and rewarding experience<sup>1</sup>.

We salute all the hard work and dedication of caregivers and offer this guide as a tool to help find balance and happiness for those who need some extra support.



## It's Okay... Schedule Some 'Me Time'

Retirement is the time to kick back, relax and do all the things you didn't have time for when you were working full-time. However, some retirees are dedicating more of their free time to help care for loved ones. Statistics Canada states that one in 10 caregivers spend 30 or more hours in a week providing care<sup>2</sup>. When most of the time is focused on caring for others, it is very common to overlook the needs of the caregiver. These may be overlooked because caregivers start to feel guilty, but it is actually good for your health.

Studies show decreased stress levels and increased feelings of self-worth of caregivers when they engage in activities outside of their caregiver role. The key to successful me-time planning is that you have to block off time in your calendar. Pencil yourself in for some time to do things you enjoy.

Here are a few ideas of what you can do in your free time:

- take a nap
- join a dance, photography or art class
- get outdoors for a swim or nature walk
- meet up with a friend for coffee
- join a book club
- go golfing
- try yoga, meditation or light exercise





## Get Connected

While caregivers increase their attention and focus on the family member or friend they are caring for, they often pull away from social circles and often experience feelings of loneliness. RTO/ERO member Barbara Allen, District 39, Peel, had a similar experience, but found a way to use it as a tool to connect others. When Barbara was caring for her father, who suffered from dementia, her children were still in school and she was working full time. “I remember feeling alone, overwhelmed and frustrated trying to track down resources,” recalls Barbara. “I had to visit multiple sites and it was hard to keep track of all the information.”

Statistics Canada states that one in 10 caregivers spend 30 or more hours in a week providing care.<sup>2</sup>

Barbara connected with a friend and a lady she met in a support group for caregivers and their loved ones with Alzheimer's. Together, they created the All Alzheimer's website ([all-alz.com](http://all-alz.com)). Notes Barbara, “It was important to make information accessible so caregivers can enjoy time with their loved ones instead of spending it searching for help online.” The site shares information about:

- self-care
- what you need to know about emergency, financial and legal planning
- activities and outings
- articles and medical research updates
- and more





## Pay it Forward... Help Other Caregivers

RTO/ERO members Salvatore Amenta, District 34, York Region, and his wife Kathy are caring for their adult son, who has a mild intellectual disability, and an ailing parent. The *Family Caregiving* report from Statistics Canada notes that 30 per cent of caregivers of children received financial assistance from the government in 2012 compared with five per cent of caregivers of parents<sup>3</sup>. In February, Salvatore started a petition to get the federal government to increase recognition and support for caregivers, so far he has collected over 24,000 signatures. If you would like more information about his petition visit his page on [bit.ly/2H7pZ6h](http://bit.ly/2H7pZ6h). ■

### Helpful Resources

- Aging Parents Canada — [agingparentscanada.ca](http://agingparentscanada.ca)
- Careers Canada — [carerscanada.ca](http://carerscanada.ca)
- ElderCare Select — [eldercareselect.ca](http://eldercareselect.ca)
- Elizz — [elizz.com](http://elizz.com)

## Keep caregiver burnout at bay

Burnout can happen as a result of prolonged stress experienced by the caregiver. Signs may vary by individual, but here are a few signs to watch out for:

- Change in mood: impatient, irritable and forgetful
- Change in sleep patterns (feeling sleep deprived)
- Loss of interest in activities once enjoyed
- Weight loss
- Withdrawal from friends and decrease in social interests

1,2 Statistics Canada. "Portrait of Caregivers, 2012." Government of Canada, Statistics Canada, 30 Nov. 2015. [www.statcan.gc.ca/pub/89-652-x/89-652-x2013001-eng.html](http://www.statcan.gc.ca/pub/89-652-x/89-652-x2013001-eng.html).

3 Statistics Canada. "Family Caregiving: What Are the Consequences?" Government of Canada, Statistics Canada, 27 Nov. 2015. [www.statcan.gc.ca/pub/75-006-x/2013001/article/11858-eng.html](http://www.statcan.gc.ca/pub/75-006-x/2013001/article/11858-eng.html).



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# Jamaica Journal

The story of a grassroots Canadian aid organization, by Rosemary Ganley

Reviewed by **Joyce Mackenzie**

In 1975, two lively Peterborough high school teachers, John and Rosemary Ganley, undertook a teaching assignment in Kingston, Jamaica through the Canadian International Development Agency.

They swept up their three sons, rented their midtown house and threw themselves into life in the turbulent, musically and athletically rich but impoverished Jamaican city, making connections with social service and development leaders, and often playing host to their northern teacher friends.

When they came home, the Ganleys set up a voluntary aid agency, incorporated as a charity in 1980, which went on to raise \$10 million for Jamaican projects, many in education and skill training.

Jamaican Self-Help (JSH) had a powerful effect on the Peterborough community,

attracting volunteer service from 100 teachers and guiding almost 1000 youth on service-learning visits to the country.

In this book, Rosemary has collected her writings about the great adventure, many of them published in the local newspaper, and added to them, providing an engaging story of the JSH.

It is a first-hand look at the motivation, good will, cultural humility and best practices of hundreds of people, north and south, in improving the lives of others. With photos, songs, anthems and personal accounts woven into the big picture of Canadians' deep interest in international aid and a peaceful world, *Jamaica Journal* is a keeper for school libraries, non-governmental agencies and the general reader. *It is available on amazon.ca for \$27.80.*



# Chandkoor's Journey

A self-published novel, by Uta Sojat

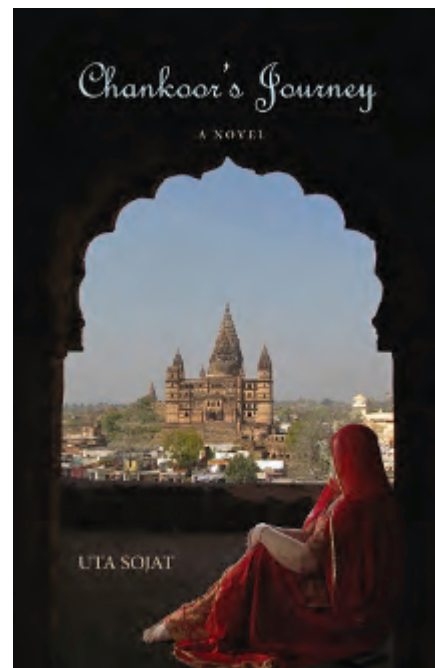
Reviewed by **Joanne Garito**

*Chandkoor's Journey* opens a window into Annie's wondrous new world as she travels to India and falls in love with the country and its culture. A family and clan in a small market town in Rajasthan at the edge of the Thar Desert adopt the vivacious retiree. In the fold of this family Annie is deeply immersed in the beauty and simplicity of life in India. She chances upon the most remarkable adventures—remarkable for a Western, middle-class woman. Out of the blue, Annie finds the love of her life, which propels her to unexpected heights. This romance, woven like a golden thread into the tapestry of Sojat's many personal adventures and experiences, evolves into a deep relationship which takes the reader on a sensuous, out-of-the-ordinary journey.

In her fast-paced, plot-driven novel Sojat presents, in equal measure, a testimony to

love and a captivating evocation of Indian culture, seen through Annie's eyes. She brilliantly captures love's triumph over inevitable culture clashes, embedded in narratives about Rajasthan's architecture, art, legends, festivals, food and ordinary family life. Her passion for India radiates throughout the story and allows readers to vicariously partake in a culture unfamiliar to many.

*Chandkoor's Journey* is the kind of book that takes you on a most compelling voyage to a colourful, exotic world, and by the time you finish reading, you want to be on a flight to India. *The book is available online through [friesenpress.com/bookstore](http://friesenpress.com/bookstore) or [amazon.ca](http://amazon.ca). You can contact the author via [uta-sojat.com](http://uta-sojat.com), where you can also follow her fascinating travel blog.*

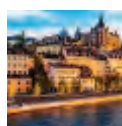






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## REUNIONS

### LEAMINGTON DISTRICT HIGH SCHOOL 60th REUNION-CLASSES OF 1958

The reunion will be held circa July 14th, 2018 from 3pm-9pm with buffet dinner at Jerry Shuster's 466 Seaciff Dr W., Leamington, ON N8H 4E1. Doug Dawson, [dougawson8509@gmail.com](mailto:dougawson8509@gmail.com), 519-389-3859.

### CCI REUNION SEPTEMBER 21-23, 2018

Calling all former students and staff of CCI to return for a time of reflection of great days with classmates in a fun program for the weekend. See full details and register for the weekend. [cci160.ca](http://cci160.ca) or contact us at CCI 160 Reunion, 4-115 First St. Suite 518, Collingwood, ON, L9Y 4W3



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Effective December 2018, classified ads and reunions will only be available online at [www.rto-ero.org/classified](http://www.rto-ero.org/classified).

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- DAYS 7-8** | At Sea
- DAY 9** | Georgetown, Grand Caymen
- DAY 10** | Cozumel, Mexico
- DAY 11** | At Sea
- DAY 12** | Fort Lauderdale - Disembark for flight home



### ✔️ What's included:

- **Round-trip airfare**
- Transfers
- Fort Lauderdale: one night accommodation
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### ✔ What's included:

- **Round-trip airfare**
- Plaza Premium airport lounge pass
- Cologne: one night 5-star hotel accommodation with breakfast and city tour
- Prague: two nights 4-star hotel accommodation with breakfast and city tour
- Seven-night cruise onboard *Amadeus Silver III*
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# Teaching Was a Family Vocation

Maureen Moloney, District 28, Durham, pays tribute to her mother and career inspiration, Patricia Moloney

by **Maureen Moloney**



Patricia Moloney visited her former school, Peterborough Normal School, in 2013.

P

**Patricia Moloney**  
Former teacher at  
S.S. #5 Douro

**“When teaching my grade three students the unit on pioneers, I often felt I was describing my life to them.”**

My mother Patricia Moloney told me that story more than once as I was growing up. To third-graders, my mother’s life certainly must have seemed surreal – no electricity or running water, a two-seater family outhouse, the family team of horses pulling a sleigh through the snow...and more.

My mother was born at home on the farm in Douro, Ontario in 1933. After completing grade 13 and a one-year teaching qualification, she started her teaching career in 1953 at S.S. #5 Douro, a one-room school house, teaching grades one through nine. She recalled spending many nights working at the kitchen table preparing lessons for nine grades in all subject areas.

My younger brother Paul and I followed our mother into teaching, though my older sister Karen became a staff sergeant with Durham Police Services.

As the years went on, Mom’s eyes would twinkle when mentioning that her students had transitioned from calling her ‘Mom’ to calling her ‘Grandma.’

She retired in June 1995. For many years, she enjoyed the monthly coffee dates with the local RTO/ERO District 28 gang.

I also followed Mom into RTO/ERO when I retired in 2012. Though she died in January this year, she is remembered by family, friends and former colleagues and students as an inspiration. ■



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1. <https://www.hear-it.org/teachers-are-higher-risk-noise-induced-hearing-loss> | 2. <http://www.cbc.ca/news/canada/manitoba/school-noise-levels-causing-teachers-hearing-loss-1.1184350>

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