

# LIAISON

April 2020

## Slow down and bring back the lost art of snail mail



In this time of digital communication (email, text, messenger apps) we are able to connect with people so easily and instantly — literally at the touch of a button. While this offers many advantages, it also adds significantly to our daily screen-time and in some ways has removed the personal touch from our communication.

Not only is this a positive experience for the individual who opens their mailbox to find a hand-written address amongst flyers and bills, taking the time to write to someone is beneficial to the sender. You're taking time away from screens, focusing on one task in front of you to share and communicate with another person, in a very personalized manner. It can also spark creativity, with the stationary and writing tools you choose to use.

The next time you think of someone and wonder how they're doing, put in the little bit of extra effort and take the time to write them a card instead of an email. While snail mail is certainly slower than email, the experience of receiving a physical piece of mail is much more gratifying than one more email showing up in the inbox.

## Five fuels for your mind



You are what you eat – at least that's how the saying goes. As part of a healthy diet, these five fuels can contribute to improved brain health:

**Curcumin** is the active ingredient responsible for turmeric's praises – it is both an antioxidant and anti-inflammatory. Curcumin boosts the brain-derived neurotrophic factor that helps brains grow and can help to improve memory. Turmeric can be found in teas and seasoning; you can find curcumin in tablet and capsule forms as a supplement.

Many studies link **blueberry** consumption to long-term memory retention. Blueberries contain anthocyanin, which has anti-inflammatory and antioxidant benefits. The anthocyanin in blueberries combats conditions that may contribute to brain aging or neurodegenerative conditions.

Approximately 60% of the brain is comprised of fat, half of which are **Omega 3s**. Omega 3 fatty acids help build brain cells and nerve cells, support comprehension, memory and possibly delay age related mental conditions. Seek food sources rich in Omega 3 like salmon, trout or flaxseed.

**Vitamin C** can play a beneficial role in preventing mental decline by defending your brain, notably against cancer and other diseases. Your daily dose of vitamin C is found in fruits and veggies including kiwi, strawberries, tomatoes and bell peppers.

Despite its reputation, caffeine can be good for you in moderation. **Coffee** can not only help boost alertness, but with its high concentration of caffeine and antioxidants, coffee can also offer some reductive protection against Alzheimer's and Parkinson's Disease in the long term.

Happy refueling!



## Understanding elder abuse; RTOERO Foundation Board Chair helps out

Elder abuse is something that many authorities and experts consider to be a growing concern in Canada. In response, the National Initiative for the Care of the Elderly (NICE) has launched a research project that aims to better understand how education and knowledge exchange can improve public perceptions of elder abuse and increase awareness generally.



The NICE research team has established an advisory committee – which includes RTOERO Foundation Board Chair, Joanne Murphy – to help disseminate information and gather data. Last fall, Joanne presented research materials in a webinar hosted by the Foundation for our RTOERO members.

A few weeks later, after delivering the presentation again in Chatham-Kent, Ontario, she met the Seniors Health Promoter on Walpole Island who invited her to do the presentation for the First Nations community. The Walpole Island reserve is on the border between Ontario and Michigan, in the mouth of the St. Clair River on Lake St. Clair. It is unceded territory inhabited by the Ojibwe, Potawatomi and Odawa peoples. Joanne's presentation was well received and created discussion with the audience.

Joanne and the Foundation continue to support this project. [Click here](#) to learn more about the RTOERO Foundation.



## No passport? No problem! Try virtual travel



Travel is a goal of many retirees, but as the adage goes, the best laid plans of mice and men often go awry. Whether family obligations, personal health or world issues pose a hurdle to fulfilling travel dreams, all is not lost. With a little curiosity and creativity, you may even be able to explore beyond what you thought was possible — all while physically staying home.

Virtual travel can take place anytime you like, but to make the most of the experience, consider scheduling a time to enjoy that online performance by [The Vancouver Symphony](#), or remotely explore iconic attractions like the [Louvre](#) or the [Smithsonian](#). To further immerse yourself, consider dressing for the occasion, enjoying a [recipe](#) or select a [soundtrack](#) inspired by the activity or region you have chosen.

Looking for an experience that might appeal to multiple generations in your household? [The San Diego Zoo](#) and [Ripley's Aquarium of Canada](#) offer live webcam views of their exhibits. For thrill seekers of any age, experience the twists and turns of a roller coaster like the [Superman](#) in Texas.

The sky is the limit when it comes to virtual travel, so pack light and enjoy!

## How healthy hearing can improve your life

Next month is hearing awareness month and it is more important than ever to make hearing health a priority. Here are some important reasons why detecting hearing loss and acting on it will lead to a happier, more fulfilling life.

**You'll say yes more often:** Think of how much better you'll feel when you can embrace new opportunities — no more worry of missing out.

**No more excuses:** Sometimes you make up reasons not to join friends or family. It's hard for them to understand why, especially since all they want is to spend time with you.

**You'll feel more in control of your life:** We waste a lot of energy finding ways to cope with awkward situations. It's better to turn the awkward situation into a positive one.

**You can live in the moment:** You have the right to feel fully involved in life. Your life. It wears you down to keep saying, "Pardon? Can you repeat that?"

Did you know you can take a [free hearing test](#) from home? Make your hearing a priority. It's time to start living life to the fullest!

Article courtesy of [HearingLife](#)



# Spring days of observance feature faith and culture celebrations



Springtime features several important days of observance and commemoration in different faiths and cultures. Now is the chance to learn more about these important holy days and holidays in other faiths and cultures, and to extend greetings to those in our community who are observing one or more of these important dates.

## **Pesach (Passover) – sunset April 8 to sunset April 16**

The exodus of the Jewish people from Egypt is commemorated in this eight-day holiday.

## **Good Friday and Easter – April 10 and 12 (April 17 and 19 – Julian calendar)**

Christians commemorate the death of Christ on Good Friday and resurrection on Easter Sunday.

## **Vaisakhi (Baisakhi) – April 13**

This celebration marks the Sikh New Year. In Hinduism, it marks the solar New Year and spring harvest festival.

## **Ramadan – sunset April 23 to sunset May 23**

Many of Muslim faith fast during daylight hours during the month of Ramadan.

## **Asian Heritage Month – May**

Awareness activities and information during May encourage us to learn more about the achievements and contributions of Canadians of Asian origin.

## **Wesak (Buddha Day) May 7**

This day commemorates the birth, enlightenment and death of Gautama Buddha.

## **Eid ul-Fitr – sunset May 23 to sunset May 24**

This day marks the end of the Ramadan month of fasting for the Muslim community.

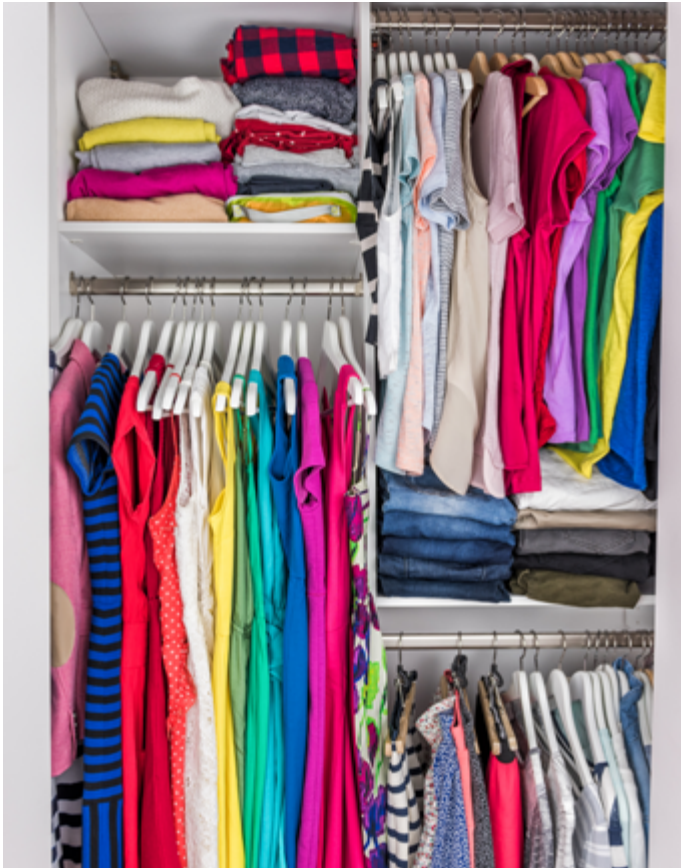
## **Shavuot – sunset May 28 to sunset May 30**

50 days after the start of Pesach, those in the Jewish community commemorate the giving of the Torah.

Watch RTOERO's [Facebook](#) and [Twitter](#) pages for posts and more about these notable days.



## Refresh your wardrobe without emptying your pockets



With the arrival of spring, many of us are eager to ditch our dreary winter duds for a pop of colour. A small change can work wonders on your morale! Skip the mall and refresh your wardrobe with these tips:

**Take stock of your inventory.** In anticipation of the warmer months, check what you have in your closet or what you have stored. You may have forgotten about pieces you have — absence makes the heart grow fonder!

**Incorporate transition pieces.** Incorporate anything in a lighter colour or fabric into your winter wear as temperatures rise. Get creative with your combinations and consider layering.

**Store your clothes so you can see what you have.** Try storing folded shirts and pants vertically in drawers, rather than stacked on top of each other — this is a great way to keep all your options visible at a glance.

**Host a clothing swap.** Invite friends and family to bring a few items of clothing to trade. If distance or health concerns are an issue, meet virtually over Skype to show-and-tell your items. Then mail or drop-off the items (don't forget to wash the clothes before you swap). Trade that wore-it-twice shirt for a new-for-you wardrobe staple.

Try these tips to see new potential in old favourites!

## Detecting glaucoma early can prevent loss of sight

Are you guilty of taking your eyes for granted? If your eyesight seems unchanged, you might have skipped an annual eye exam, but a thorough exam can detect underlying issues that may not present any obvious symptoms — which is the case with glaucoma.



Glaucoma attacks the eye’s optic nerve. It is linked to a build-up of pressure in the eye.

Glaucoma is the leading cause of preventable sight loss. This disease advances quietly, causing irreparable damage before the appearance of obvious symptoms or pain. Most people won’t notice a change in their vision because glaucoma damage begins slowly in the peripheral field of vision, where we are least aware of visual clarity.

People over 60 are at higher risk, however depending on the type of glaucoma, it can develop at any age. Certain forms of glaucoma are hereditary. This doesn’t mean that if it runs in your family you are going to have glaucoma, but it significantly increases your risk. It is important that your optometrist is made aware if there is a family history of this disease.

Given that there is no cure for glaucoma, regular complete eye exams allowing early diagnosis and observation are crucial. Thankfully there are treatments for glaucoma to help slow its progression. Treatments can minimize the chances of developing further vision loss issues.

Article courtesy of [IRIS](#)

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## RTOERO STAFF PROFILE



**Name:** Anya Rampersad

**Title:** Benefits Coordinator

**How long have you been at RTOERO?** 2.5 great years

How do you help RTOERO Members?  
My role represents the bridge between our general membership, our districts and our benefits committee. I also work with our partnered organizations to ensure that our membership receives the best care. Last but not least, I’m an instrumental part of the team that plans and runs in-person and virtual Retirement Planning Workshops which aim to support those in the education sector planning their retirement.

**What do you enjoy most about working at RTOERO?** Meeting the members that we are so passionate about serving; sharing laughs and hearing their many stories.

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