

LIAISON

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Try simple stretches to contribute to your healthy lifestyle



Stretching offers benefits beyond keeping your muscles flexible and strong. It can help reduce body aches, improve posture, create a calm mindset and maintain motion in your joints.

We are all aware that stretching is good for us, but many of us don't practice it regularly. It's an important habit that, if practiced regularly, can greatly contribute to a healthy lifestyle. We are all different, and we each have different abilities and strengths; one of the great things about stretches is that they can be accommodated to the individual. Always remember to take it slow, and don't push your body if you are in any pain.

Not sure where to start? RTOERO Membership Services Specialist Alyssa is a certified yoga instructor. [Click here to watch a video](#) where Alyssa leads some simple chair yoga stretches you can do at home.

Looking for more? Check out these articles on stretching and yoga from the McMaster Optimal Aging Portal:

- [Looking for exercises to do at home? Pilates and yoga can help you keep physically and mentally fit!](#)
- [3 research-based benefits of yoga for healthy aging](#)
- [Yoga for diabetes: breathe, relax, stretch...and reduce your blood sugar levels](#)

5 apps to help keep you socially connected



Thanks to technology, connecting with and even enjoying activities with others has never been easier. While apps can never replace time in person, they may help. Here are five apps to try:

WhatsApp – [WhatsApp](#) is a popular app that allows you to send text messages, make phone calls with or without video, send and receive pictures and exchange voice messages - even internationally.

Videoconferencing - Two popular platforms include [Zoom](#) and [Skype](#). These apps have similar functions and both are super options for video calling. Zoom in particular allows up to 100 people on a call so no one will be left out!

Twitter - [Twitter](#) is one of the most effective and efficient platforms to express one's opinions and follow world news and entertainment happenings in real-time.

Netflix Party - An easy way to “host” movie nights! [Netflix Party](#) allows you to watch a program on Netflix at the exact same time as others, and chat about it in real time.

Heads Up! – [Heads Up!](#) Is the perfect app to get everyone laughing! Friends and family give clues to a mystery word, hoping you can guess it as quickly as possible. Categories from movies to animals ensure fun for all.



Social isolation hits seniors hard - and in a pandemic affects everyone

It's taken a pandemic for many Canadians to understand one of the country's biggest health risks – social isolation. Before COVID-19, social isolation was the top emerging issue facing seniors in Canada. Now, the threat is amplified – and affects everyone.



“As we're all aware these days, it's vital for people to stay connected,” says Mike Prentice, Executive Director of the RTOERO Foundation. “Being isolated increases mental health issues like depression and anxiety and is a contributing factor to hospitalizations, dementia and elder abuse.”

The Foundation invests funding in efforts that benefit Canada's seniors. That includes research, awareness and community projects to address social isolation. One in five Canadians over 65 feels isolated and another 30% are at risk of becoming isolated. There's good news – we can each take steps to address the problem. Try these tips to help:

- Be open to learning and using new technology that can keep you connected.
- Reach out to neighbours, friends and family members who might be struggling. Make time to talk to them and be a sympathetic ear.
- Arrange chores, like grocery shopping or meal deliveries, for people on their own.
- If you're feeling isolated yourself, check the resources and links at the Foundation website embrace-aging.ca.

With this issue at the forefront in 2020, it's important to remember that we may be physically distanced now, but we don't have to be socially isolated.

Keep up-to-date with RTOERO news during ongoing pandemic



Visit a special alert page

rtoero.ca/prepared on our website to:

- Find out the latest news about how RTOERO is continuing to serve members during the pandemic
- Read answers to frequently asked questions – or submit a question of your own
- Learn how to access the services of the RTOERO office or your district during the ongoing pandemic

Helpful tips for buying protective sunglasses

- Sunglasses have become such an important fashion accessory; it's possible to forget the important role they play to protect our eyes. You may be tempted to stock up on bargain sunglasses to match your bohemian top or pastel jacket, but is this wise? Could you be compromising the health of your eyes for a fashionable pair of cheap sunglasses?



Here are some tips on selecting sunglasses that will protect your eyes:

- Make sure that the sunglasses have a sticker or a tag that says 100% protection against UV rays or UV 400 nm
- Large oversized or wrap-around sunglasses will provide more coverage by reducing the amount of UV rays entering from the sides of the sunglasses. They can also help protect the delicate skin around your eyes
- Choose sunglasses with polarized lenses
- [Consult with your Optometrist and Optician](#) on the best possible sunglasses for you and your specific needs

In addition to your sunnies, get even greater sun protection by using sunscreen and wearing a brimmed hat. Now you're ready to start browsing for your next pair of [sunglasses](#) and get ready for summer!

[Article courtesy of IRIS](#)

Healthy snacking tips for the stressed out soul



Let's face it. Food makes us happy. Research shows that the act of eating prompts the brain to release endorphins that make you feel good. It's no surprise that we turn to food as a coping mechanism when we feel stressed out or overwhelmed. Eating small healthy snacks throughout the day is beneficial as it can help to curb your appetite, boost energy and stabilize blood pressure.

Here are a few healthy snacking tips:

Be prepared. Keep nuts, raisins and pre-cut fruits and veggies in easy-to-grab containers for quick snacks.

Make a smoothie. Blend up bananas, strawberries and spinach to make a delicious smoothie packed with nutrients.

Trick your taste buds. Substitute frozen yogurt for ice cream and seaweed snacks for chips to satisfy sweet and salty cravings.

Happy healthy snacking!

Double your green, literally!



Ever bought an ingredient from the store and enjoyed it so much that you wished you could multiply it? The good news is that it's completely possible to propagate plants with a bit of time, patience and no fancy lab equipment needed.

For green plants with an exposed root or base like cilantro, leeks, green onion, lettuces, and celery, simply plant the root or base of the plant in damp nutrient rich soil and wait two weeks to see new growth. Herbs such as basil, mint, rosemary, thyme, oregano and sage can be propagated by removing the lower leaves off of a green stem and putting it, as you would a flower, in a container of filtered water until roots show. Place the rooted plant in a pot to continue the (free!) plant growth.

Protect your identity - it's a one-of-a-kind asset



Having to deal with identity theft is much more stressful and time-consuming than taking the proper precautions to prevent it. Here are some tips to help protect yourself from identity theft:

- Do not provide personal information over the telephone, unless you made the call
- Avoid any solicitations that request your personal information
- Beware of spam emails and only click on links or attachments from trusted sources
- Avoid keeping a written record of bank accounts, PINs and passwords (unless securely stored/under lock and key – not in your wallet or handbag)
- Shred important documents that are no longer needed
- Avoid public WiFi networks - they are never safe, trusted connections
- Enhance security by setting up a double verification process to access important accounts
- Use different passwords for different accounts, making them as long as permitted. Use a phrase, replace letters with numbers, use symbols, lower- and upper-case letters ("lw1LL5ucceeD!") to create strong passwords
- Avoid posting personal information on social networks; set profiles to private

It's up to you to protect your identity by taking the proper precautions and being aware of the risks.

[Article courtesy of Johnson Inc.](#)

RTOERO STAFF PROFILE



Name: Kayla McKenzie

Title: Marketing & Communications Coordinator

How long have you been at RTOERO? Just about 2 years, officially in August!

How do you help RTOERO Members?

I have the pleasure of working with the Marketing & Communications team and Committee to promote RTOERO through outreach events and conferences, support district communications and events, and share RTOERO through publications (like Liaison!), and Retirement Planning Workshops. aim to support those in the education sector planning their retirement.

What do you enjoy most about working at RTOERO? I love how much we get to interact with our members and really get to know them. It's a rare privilege to get to work with such engaged and expressive members! From surveys, to photoshoots, to volunteering; our members are so open with us and it's really special. RTOERO's supportive and education-based environment also makes it a very enriching place to work and grow. I feel like I learn something new, from someone new every day!