

LIAISON

August 2020

Spark love of learning with online options for all ages



In August, thoughts turn to back-to-school; and that trend is not exclusive to school-aged children. Online learning is an incredible opportunity for people of all ages to delve deeper into personal interests that may have been put on the back burner.

Online learning paths can be as informal as exploring a hobby like photography through [Coursera](#) or horticulture via the [University of Guelph OpenEd](#) or as specific and formal as a class on [The Medieval Icelandic Sagas](#). Many Canadian universities offer continuing education or adult learner courses, while [YouTube](#) is a great introductory learning resource for just about any topic you can think of.

To make the most of your online learning experience, be realistic about the time you can commit to the program. Decide whether you'd like to start with a short webinar or dive in, and work towards a degree you've always coveted. If you're looking for a more social experience, consider inviting friends or family to enroll in the same course as you.

Plutarch said "the mind is not a vessel to be filled, but a fire to be kindled." Online learning is a great way to stoke that fire!



IRIS ADVANTAGE

RTOERO MEMBERS RECEIVE EXCLUSIVE BENEFITS

Registration is easy. Visit any IRIS location or go online iris.ca/advantage and use Access Code: RTOERO

Questions or need additional assistance?
Email advantage@iris.ca

Celebrating southpaws on August 13



Are you aware that August 13 is Left Handers' Day? In celebration of southpaws, here are some left-handed facts:

- About 12% of Canadians are left-handed
- Queen Elizabeth and Prince William are both left-handed
- Nearly 50% of dogs favour their left paw
- Twins are more likely to be left-handed
- Scissors, baseball gloves and bowling balls are some items that are made specifically for left-handed people
- Nearly a quarter of the Apollo astronauts were left-handed
- The right side of the brain controls left-handedness, and also controls emotional expression, spatial awareness, music, art, creativity and imagination; making left-handers more likely than right-handers to be creative and visual thinkers

Let's all raise a glass (in our left hand) to toast to southpaws on Aug. 13!



RTOERO Foundation donors make dementia research possible

Students interacting with dementia patients received training on interpersonal communication strategies through an education program called the Gentle Persuasive Approach.

The education program, made possible through RTOERO Foundation donor contributions, taught 78 students to assess and understand the impact of Gentle Persuasive Approach.



Immediately after the program, students showed a significant increase in scores for dementia knowledge, confidence, competencies and caring measures.

Program leads describe an example of the approach in action: “One resident was unable to find the shoes she wanted and was becoming increasingly anxious. I asked why she needed the shoes, hoping to provide her with an alternative. The resident felt the shoes she was wearing were too slippery, was afraid she was going to fall, and thought no one was going to listen to her. I gave her a different pair of shoes that addressed her concern and she was no longer upset and angry.”

Overall, findings suggest that this program is an effective way to teach dementia care skills to postsecondary healthcare students and improve their future clinical practice. Learn more about the [Gentle Persuasive Approach](#).

RTOERO members share their experiences during pandemic



In May, we invited members to respond to a survey created jointly by RTOERO and Dr. Paula Rochon, RTOERO Chair in Geriatric Medicine, and her team at Women's College Hospital. The survey asked about your experiences with physical distancing during the COVID-19 pandemic. Almost 5,000 members completed the survey. [View the infographic](#) for highlights of the survey results.

Thank you to all members who participated in the survey. Dr. Rochon and her team will be sharing the results with their networks, to help health care professionals and others better understand how to serve seniors during the ongoing pandemic. the activity or region you have chosen.

RTOERO will use the results, especially the comments and suggestions, to continue to serve and support our members during this time of physical distancing.



Watch out for toxic plants while exploring outdoors

Many of us enjoy summertime exploration of local parks and hiking trails. To truly enjoy your time in nature, be sure to watch out for these toxic plants.

Poison Ivy

(Every province except Newfoundland)

The infamous “leaves of three, let it be” – poison ivy is identified by its three leaves with jagged and round edges. Contact with poison ivy results in a painful or itchy rash, developing 24 to 48 hours after contact. [Learn more](#)



Stinging Nettle

(Throughout Canada)

Watch for its serrated leaves and small clusters of white fuzzy flowers. The plant has tiny sharp hairs that release toxins when they come into contact with your skin, resulting in swelling, itching and numbness. [Learn more](#)



Giant Hogweed

(British Columbia, Ontario, Quebec, Atlantic Canada)

An invasive species, not native to Canada, its sap can cause burning and blisters. Typically 2-5 metres in height, the plant has large leaves and small white flowers in umbrella-like clusters. [Learn more](#)



Dive safely into summer with these water safety reminders



Summer invites the pleasures of boating, fishing, and swimming, but it's important to enjoy these activities safely.

Wear the appropriate gear for watersports including wetsuits, reflecting gear, or goggles. Non-swimmers and children should always wear lifejackets in water and on boats. Remember to wear waterproof sunscreen for water activities.

Create a water safety plan for all water excursions. This will be your plan if someone is injured, unable to swim, gear is damaged, weather changes, or location is unknown. It may feel unnecessary, but it's important all participants are prepared in case of emergency.

Always inform someone of your estimated destination, departure and return times if you're going boating or swimming alone. Equip yourself with location and communication devices designed for watersports. This can be handy if you get tired, run into bad weather or need help.

Show us how you're enjoying the water safely this summer by sharing with us on the [RTOERO Facebook page](#).

Visit new RTOERO website today



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RTOERO's digital home base – rtoero.ca – has a fresh look and new content designed especially with current and future members in mind.

“Our new website is designed to be an inviting and interactive place for our members,” says Dan Carlyle, senior web developer. “The site has important new security features. It meets and exceeds accessibility standards. And it’s a one-stop resource for your member experience.”

Visit the site today to check out some of these new features:

- Find great [resources](#) to help you make the most of retirement
- Read current and previous issues of [Renaissance](#), [Liaison](#), [annual report](#) and [Tax Tips](#)
- Get answers to common member questions in our [comprehensive FAQ section](#)
- Find the [contact information for your district](#)
- Get information about our [health benefit plans](#), including the [Insurance Plans Booklet](#)
- Learn more about RTOERO's 52-year history through the dynamic [timeline](#)
- Discover more about the [RTOERO Foundation](#) – including how to [donate](#) online
- Delve into the many ways RTOERO [gives back](#) and supports members and the community, including our [Goodwill services](#) and [political advocacy](#) program
- Read [news and updates](#), and browse articles on a variety of topics
- Watch our latest [videos](#)
- View the calendar of [events](#)

What to do when you are involved in a minor car accident

Minor car accidents do happen no matter how much we try to avoid them.

If you find yourself in that situation, there are important questions to ask and important information to record.



No matter how minor the accident, be a responsible driver and stop. Each province has set a minimum dollar value in terms of estimated damages, which determines if you need to involve the police. For example, in Ontario and Alberta, the threshold is \$2,000 (all vehicles combined). Chances are you'll need to report the minor accident to the police.

If you are dealing with a minor accident:

- *Only if it is safe to do so*, take pictures of the position of the vehicles on the road where the accident occurred. A camera is your unbiased witness.
- Move your vehicle to an area of safety.
- Exchange driver's licence, insurance and vehicle information with other involved drivers (required by law).

- Record the licence plate number, as well as the year, make, model and colour of the other vehicle involved.
- Record where the collision occurred.
- Obtain information from witnesses, if any.
- Report the accident to the police (if required) and to your insurance company (car insurance policies state that policyholders are required to report most collisions).

[Article courtesy of Johnson Inc.](#)

RTOERO STAFF PROFILE



Name: Charles Tabone

Title: Director, Information Technology

How long have you been at RTOERO? 6 years

How do you help RTOERO Members?
I help coordinate IT activities with all the RTOERO departments. I also work very closely with our district executives to ensure they have the right information. Expanding our membership base, getting the right information out and just keeping our members informed. Information is a key to my position.

What do you enjoy most about working at RTOERO? Working for a not-for-profit organization gives me a sense of pride. The organization itself is a very special place to work, and we have become family. I talk with our members and listen. We have a talented pool of people – every day I'm blessed with so many hard working people and volunteers. Even during this time of Covid, I connect via ZOOM with so many people, and talk about so many things. RTOERO is a really great place I call home!