

LIAISON

April 2021

Spring clean your health routine



This spring, put your health on the spring-cleaning list.

Go outside

Take advantage of the spring weather by spending more active time outdoors – in a safe, physically distanced way.

Spring cleaning tip: Check your walking shoes. Are they still providing good support and grip or do they need replacing?

Spring is only skin deep

Winter takes its toll on our skin. Check your feet for dry, cracked skin or other problems. Moisturize and wear sunscreen.

Spring cleaning tip: Replenish your sunscreen supply.

Reset your sleep schedule

Longer daylight hours signal an ideal time to improve your “sleep hygiene.”

Spring cleaning tip: Reducing any bedroom clutter can help create a calm, relaxing sleep environment.

Load up on healthy food choices

Winter may be a time of comfort eating, so spring heralds the option of more local, healthy eating options.

Spring cleaning tip: Check your pantry and replace old herbs and spices, so you have ample flavourful salt alternatives.

Home health check

Spruce up your home's health quotient during your spring cleaning.

- Consider enviro-friendly cleaning products.
- Remove expired prescriptions and medications from your medicine cabinet.
- Discard old cosmetics (check <http://checkcosmetic.net>), and be sure to wash or replace makeup brushes.
- Replace your toothbrush if it's been a while.



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5 ways to celebrate Earth Day



Taking care of the air, land and water is our responsibility. RTOERO members are passionate about the environment and do their part to help protect and cherish our most valuable gift. April 22 is Earth Day.

How are you going to celebrate this year? If you are stumped, don't worry. Here are five suggestions to help get you started:

Exercise by plogging – pick up litter while you jog around your neighbourhood

Acknowledge the indigenous land by taking a moment to reflect on its traditional stewards

Reduce your carbon footprint by decreasing water waste, composting and shopping locally

Talk to the plants and trees as you walk through the forest to help connect with nature

Host a seedling or plant swap with your friends to help promote biodiversity

Bonus idea: RTOERO members can also register to attend the Vibrant Voices webinar, [Our Earth, Our Responsibility: Take Action](#), on April 29 from 1:00 - 2:15 pm ET. The panelists will discuss ways to embrace environmental stewardship, take a stand and create lasting change. [Register now](#).

This webinar is open to RTOERO members and the public. A recording will be available on our website approximately two weeks following the live event.

RTOERO advocates for environmental stewardship. To learn more about this advocacy issue, visit vibrantvoices.ca to read our [position paper](#) and [white paper](#) on this topic.

Foundation and Lumino Health partner to enhance quality of life for older adults in Canada

The RTOERO Foundation invests in research, ideas and actions to build a better and healthier future for all of us as we age. The same is true for [Lumino Health](#), an innovation from Sun Life.

With a shared commitment to the health and wellness of all Canadians, Lumino Health provided strong support for the RTOERO Foundation's Social Isolation Awareness Month campaign in 2020.

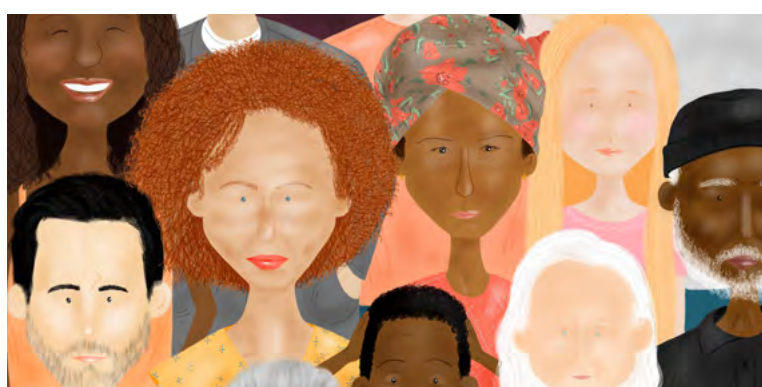


Lumino Health was featured in the Foundation's winter newsletter, offering valuable information and resources to manage stress and anxiety. Lumino Health was created based on one goal: to connect Canadians with the right health-care provider or resource at the right time. They achieve this mission through the creation of a free, accessible and easy-to-use online tool that helps people find, connect and make appointments with a range of healthcare providers and resources across the country. It also provides extensive health and wellness resources; areas of focus include fitness and lifestyle, mental health, diet and nutrition, diabetes, and aging and caregiving. Visit luminohhealth.ca.

Survey will give all members opportunity to share their views

Your feedback is vital to everything we do at RTOERO. We regularly invite you to share your views through surveys on various topics.

In April, RTOERO will seek your feedback through a comprehensive online survey. The survey will ask for your input on key areas such as:



- Satisfaction with member programs, services and perks
- Health benefits
- Communications
- RTOERO Foundation
- Your engagement with RTOERO
- Future considerations

All members for whom RTOERO has a valid email address will receive an invitation to participate in the survey, which will be available from April 13 to 27. Members for whom RTOERO does not have an email address will be randomly selected for telephone interviews.

To update your email address, please contact membership@rtoero.ca or call 1-800-361-9888.

Participation is completely voluntary. Members are encouraged to respond to the survey, as your feedback will inform future strategic directions and help improve how RTOERO serves you.

Survey results will be shared with all members in the August issue of *Liaison*.

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Members eager to get back to gardening and into nature this spring



As Canadians, we have a true appreciation for the arrival of spring. Longer sunny days and temperatures above 5 degrees Celsius lift our spirits after the grey winter months. We asked RTOERO members on Facebook which outdoor activities they were excited for with the arrival of spring. Here are the most popular responses: gardening, walking through parks and hiking through woods, golfing, kayaking and canoeing, riding bicycles and motorcycles, and finally, spending time on the deck (or dock) with a book.

Joan Trotman, District 13 Hamilton-Wentworth and Haldimand, offered her personal perspective on gardening: “Love gardening! Helped my parents in the garden growing up and made it one of my hobbies when I retired. My husband and I are team gardeners. He indulges my garden creations: helped build our dry riverbed. Cannot wait to start in the spring. Great exercise, soothing experience, sense of accomplishment and it enhances my artistic bent.”

Dave Dykeman, District 41 Elgin, offered this tip for beginners: “Plan your garden! Plant compatible plants together and increase your yield and get the most out of your space.” Share your active spring photos with us on [Facebook](#) or [Twitter](#).

RTOERO adds three new webinars to Vibrant Voices advocacy series

In the spring of 2021, RTOERO introduced a series of Vibrant Voices webinars to help increase understanding of our [key advocacy issues](#)—seniors strategy, geriatric healthcare and environmental stewardship.



Over 700 members and guests attended our first two sessions on February 10 ([Rights of Older Persons: Support, Ratify, Demand Now](#)) and March 17 (The Aging Continuum: Secure the Support Necessary for The Journey).

Attendees were satisfied with the events and 90% said they had a better understanding of RTOERO’s advocacy issues on seniors strategy and geriatric health care. The third session of the spring webinar series—[Our Earth, Our Responsibility: Take Action](#)—will take place on **April 29** from **1:00 – 2:15 pm ET**.

Fall 2021 Vibrant Voices webinars – Register today!

RTOERO added three additional webinars to the advocacy series for the fall. To register, click on the title of the session(s) you would like to attend and complete the registration form in the link.

[Building an elder care system that actually cares](#)

September 15, 2021

1:00 – 2:15 pm ET

Panelist: André Picard, Globe and Mail health reporter and columnist

[Saving the Forest ... Saving Us](#)

October 13, 2021

1:00 – 2:15 pm ET

Panelist: Dr. Diana Beresford-Kroeger, World-recognized author, medical biochemist and botanist

[Paths to Wellness for Older Persons: Body, Mind, Spirit](#)

November 3, 2021

1:00 – 2:15 pm ET

Panelist: TBA

For more information on the webinar series, email dnorris@rtoero.ca or visit vibrantvoices.ca

Update on RTOERO 2020 community grants

RTOERO's Community Grants program (formerly PSTO) encourages districts to support and partner with local organizations to promote community initiatives. In 2020 RTOERO awarded grants to 22 districts.

Projects ranged from a Combat Climate Crisis poster contest and tree planting initiative, to the launching of a Dryden chapter of Cycling Without Age, a Danish cycling movement for seniors with limited mobility. Among the projects that received funding, two focused on bringing much-needed resources to local long-term care facilities.

District 3 Algoma revitalized the libraries in the Ontario Finnish Rest Home, purchasing a large collection of large-print books and audio books for the home's 375 residents. The infusion of new literature was greatly appreciated by residents.

District 5 Cochrane, Temiskaming purchased an interactive projection system, called [omiVista Mobii Magic Table](#), for Villa Minto Long Term Care. This programable and touch-free device encourages physical activity and socializing while promoting cognitive abilities and independence, particularly in residents with Alzheimer's disease or cognitive impairments. The project has been so well received that several senior care homes in the area have purchased the machine for their communities.

The deadline to apply for 2021 Community Grants is June 1, 2021. [Click here to apply.](#)

Try these healthy hearing tips while you're at home

In this COVID-19 pandemic, many parts of the world are experiencing what some researchers call a "global quieting." In fact, since the first Canadian lockdown in March 2020, researchers found that Canada's lockdown measures reduced noise levels in major cities by as much as 40%!



This seems like great news for your hearing health, but there are many in-home noise sources that could put your hearing at risk if you aren't careful. Here are some healthy hearing tips to use while at home:

- Keep devices at a safe noise level. Anything 85 decibels or higher can put your hearing at risk.
- Consider purchasing quieter products to reduce noise pollution.
- Reduce the number of noisy appliances running at the same time; the sound of your dishwasher, television, and laundry machine can all add up!

A smaller space could also amplify what you are hearing, so be mindful of the environment that you are in. If you are unable to lower the volume, or reduce noisy activity, move away from harmful noise levels when possible and keep some earplugs handy to keep your hearing safe.

[Article courtesy of HearingLife](#)

You have worked hard to make a difference during your life. Making a difference doesn't have to stop there.

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RTOERO STAFF PROFILE



Name: Ruel Navia

Title: CRM Digital Marketing Specialist

How long have you been at RTOERO? 1 year

How do you help RTOERO Members?

I send out digital communications and provide support for RTOERO, the RTOERO Foundation and our districts; including support for newsletters, eblasts and announcements. I am also responsible for digital marketing projects which promote RTOERO to potential new members.

What do you enjoy most about working at RTOERO? What I enjoy most about working at RTOERO is engaging with our amazing staff and members. I enjoy participating in and hearing about all of the great events (virtual and previously live) that we host. I definitely feel a sense of family and closeness when engaging with the RTOERO community.

