

LIAISON

June 2022

Supporting healthy aging for LGBTQIA2S+ identities



Today's LGBTQIA2S+ older adults are some of the first to live openly with diverse sexual and/or gender identities. In June 2021, the RTOERO Foundation invited Dr. Ashley Flanagan, PhD Research Fellow, to present a webinar that highlighted some of the triumphs and challenges presented by the interconnections of healthy aging and LGBTQIA2S+ identities. By working to increase understandings of the diversity that exists within experiences of aging and support, opportunities will open up to better support LGBTQIA2S+ older adults, and enhance the lives of all Canadians as they age. [Click here to watch the webinar recording:](#) Supporting 2SLGBTQIA+ older adults in aging and old age.

Sinai Health's Healthy Aging 101 webinar series has also invited Dr. Ashley Flanagan to present on this topic. Their upcoming webinar, Aging with PRIDE – Understanding the unique needs and ways to support LGBTQIA2S+ seniors, will be hosted on June 21 from 12:00pm to 1:00pm ET. [Click here to register for the free Sinai Health webinar.](#)

Native Canadian Centre of Toronto is recipient of 2022 charitable donation

The Native Canadian Centre of Toronto is the recipient of the 2022 RTOERO charitable donation. NCCT is Toronto’s oldest Indigenous community organization and one of Canada’s original Friendship Centres.



NCCT offers a wide range of programs and services based on Indigenous cultural traditions and teachings.

“This donation will help NCCT continue programs such as the community kitchen for our elders and our youth drop-in programs,” says Kevin Wassegijig, executive director.

The [RTOERO charitable donation](#) was established in 2008, during our 40th anniversary. Each year, the board selects a recipient for the \$10,000 donation from charities nominated by our districts.

Over the years, recipient organizations have included [Stop Gap Foundation](#), [Alzheimer Society of Ontario](#), [Parkinson Society South West Ontario](#) and [Nipissing Serenity Hospice](#).



Engage with the RTOERO Foundation

The RTOERO Foundation strives to create valuable and impactful content for RTOERO members.

Beyond the [quarterly newsletter Embrace Aging](#) and The Loop newsletter, the Foundation offers free webinars on a range of important topics for RTOERO members. [Watch recordings of previous webinars](#) on the RTOERO Foundation website and stay tuned for upcoming webinars in September, October and November!



Those on social media can find the RTOERO Foundation on Facebook, in the [End Isolation](#) group and on Twitter [@RTO_Foundation](#).

Be sure to visit the [RTOERO Foundation blog](#) for articles on a range of topics, including:

- [Dr. Rochon leads the future of geriatric medicine: A four-part series](#)
- [New project examines mentally healthy living after social distancing](#)
- [What is ageism?](#)

Any questions or comments for the RTOERO Foundation can be shared via email foundation@rtoero.ca or by phone 1-800-361-9888 x 271.



Creating a pollinator's paradise



June 20 – 26 is National Pollinators Week; a time to celebrate, support and protect pollinators while helping the environment.

[The David Suzuki Foundation](#) and other Canadian environmental non-profit organizations provide resources to help us create eco-friendly yards that will keep our local pollinators happy.

Here are a few simple tips to help you transform your lawn into a paradise for pollinators:

1. **Let it grow**—Long grass (8 cm or more) and wild weeds (like dandelions) help retain the moisture in your lawn entice pollinators to stick around. To some people this may look like an eye-sore; but to birds, bees, butterflies and other pollinators, it's a beautiful oasis.
2. **Spice up your garden with herbs**—Bees are attracted to scents from herbs in the mint family. Include peppermint, lavender, basil, oregano, rosemary, sage and other herbs to lead them to your garden.
3. **Create a cozy space**—Add a bird bath near a shaded area on your lawn. Pollinators will be grateful for a sip of water in the shade on a sunny day.

If you have a pollinator-friendly lawn, we'd love to see it. Share your photos with us on [Facebook!](#)

RTOERO 2022 scholarships invest in health of seniors, communities



Across Canada, post-secondary students are preparing to make a difference in their areas of study and communities. The [RTOERO scholarship program](#) is helping 20 of them to get there.

This year, RTOERO has awarded scholarships valued at \$3,000 each to 20 college and university students who are enrolled in programs that lead to a career in education, environmental stewardship or seniors' health and well-being.

RTOERO members are encouraged to recommend students for the annual scholarships. Since the inception of the program, RTOERO has awarded scholarships totaling more than \$550,000.

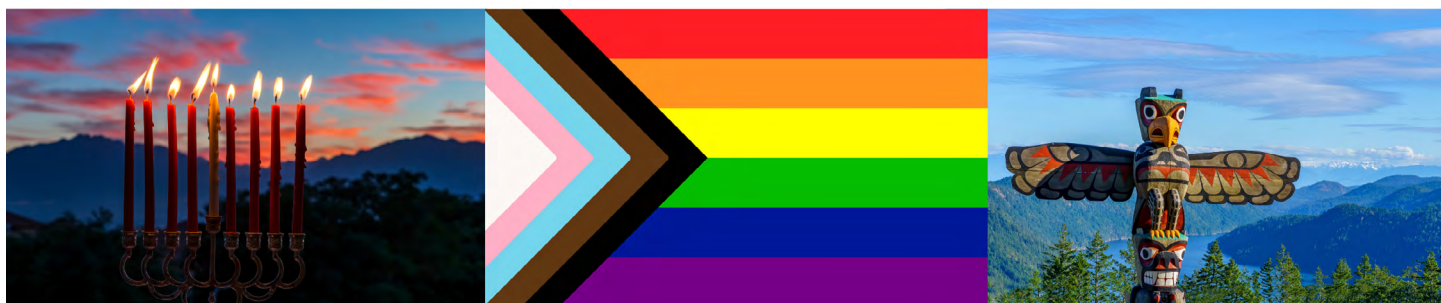
To apply for the scholarships, students had to describe how their studies and goals relate to RTOERO's purpose, what influenced them to pursue their intended career and how their contributions (to family, school, work, community) have aligned with RTOERO's goal and values.

This year's recipients are studying in programs including nursing, medicine, speech-language pathology, social work, health sciences, biomedical engineering, physiotherapy, pharmacy and education.

"We look forward to seeing the impact they will make in their chosen fields, and on our collective welfare," says Patricia Rogers, chair of the Community Grants and Scholarship Committee.

[See the full list of 2022 scholarship recipients.](#)

Spring: A time to reflect on history and diversity



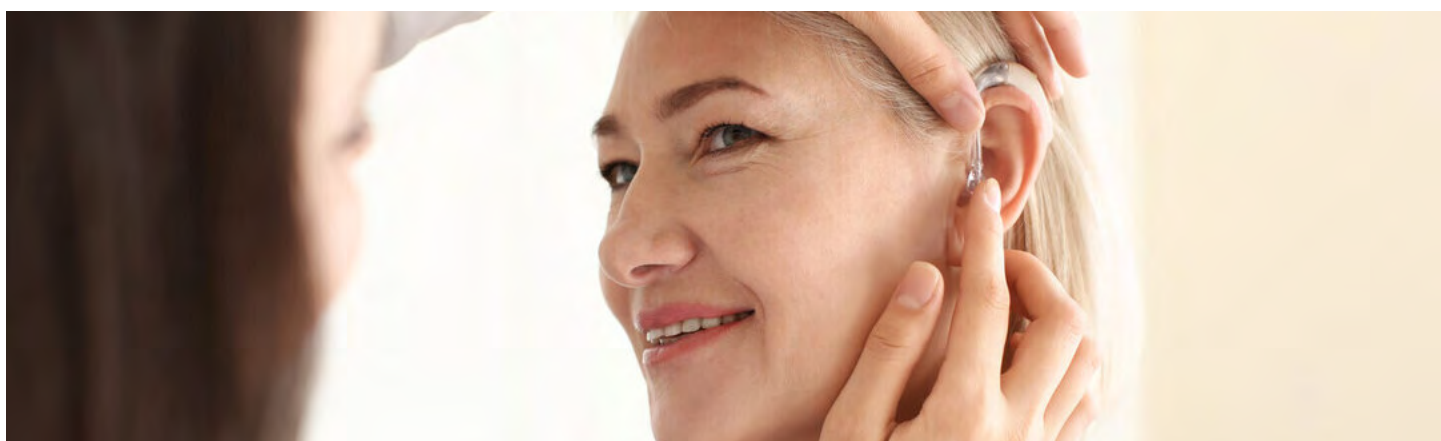
As we move from May into June, we recognize that May is Canadian Jewish Heritage month. First introduced in 2017, it's designated as a time to recognize and celebrate the important contributions that Jewish Canadians have made to our social, economic, political and cultural landscape.

In June, we recognize Indigenous History Month as well as Pride Month. It's a time to celebrate the contributions of Indigenous Canadians and the LGBTQIA2S+ community.

National Indigenous History Month was established to recognize the First Nation, Inuit and Métis people who have helped shape Canadian history, as well as celebrate their culture and heritage. [Click here to learn more](#) about the rich history, heritage, resilience and diversity of First Nations, Inuit and Métis Peoples across Canada.

Pride Month dates back to 1970 in New York, where LGBTQIA2S+ activists organized a march on the anniversary of the Stonewall Uprising, a spontaneous demonstration in response to a police raid on the Stonewall Inn. Canada also has a rich history of LGBTQIA2S+ activism, with the gay rights protests taking place as early as 1971. These demonstrations have evolved into a month of celebrations. [Click here for a resource](#) outlining the milestones in the history of pride across Canada.

Advancements in hearing aid technology



Hearing aid technology is evolving at an impressive pace. The newest hearing aids can be personalized, creating amplifications based on your unique hearing loss prescription. For example, if you have only [high-frequency hearing loss](#), a better-made hearing aid can amplify only those sounds within that band, whereas a lower-end model might amplify mid and high-frequency sounds. This creates a customized hearing experience with better results.

Another interesting inclusion is Bluetooth technology in hearing aids. This essentially turns your hearing device into a wireless headset, allowing you to do many things like:

- Connect to your phone and hear conversations clearly
- Listen to TV programs at a desired volume setting
- Listen to music and podcasts
- And much more

With the rise of in-ear, wireless headphones, the stigma of hearing aids has decreased. It's becoming more and more popular to have something in your ear at all times, always listening to something while on-the-go. This is beneficially changing the perception of hearing aids, turning them into a futuristic tech piece, rather than something to hide or be ashamed of.

Article courtesy of [HearingLife](#)

Five ways to stay safe this summer



As the weather gets warmer, we all have the increased desire to spend time outside and socialize. Here are a few tips to keep in mind to ensure an enjoyable and safe summer for yourself and others:

- 1. Follow local masking mandates** – We're not out of the woods with COVID-19, so be sure to follow your local mandates on masking. If you are feeling ill, stay home and rest for your own benefit, and for others.
- 1. Practice home safety if travelling abroad** – If you decide to travel, have a loved one or neighbour check on your home while away. Additional tips include light timers or motion lights to deter any unwanted guests. If you are on social media, hold off on posting those vacation photos until you return home.

2. **Connect with others** – Be sure to keep your mental health up by connecting and socializing with friends and family. Take the time you need to re-engage with those you may have lost touch with the past two years, but be conscious of personal preferences. Some friends may be up for visiting in-person, while others may prefer a phone call or video chat.
 3. **Protect yourself from the heat and limit sun exposure** – When active under the sun, heat stroke can sneak up on you. Be sure to wear sunscreen, stay hydrated and stay in cool, shaded areas whenever possible.
 4. **Embrace what you enjoy** – Make time for the things you love to do! Gardening, cooking, BBQ, walks in the park, reading outdoors, sports, biking or other activities that bring you joy; take advantage of the weather and boost your happiness!
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RTOERO STAFF PROFILE



Name: Lori Hunter

Title: E-Learning Specialist

How long have you been at RTOERO? It will be one year this July

How do you help RTOERO Members?

I help RTOERO district volunteers with training and support for Outlook, Zoom and district microsites. I also create content for our Learning Management System and play a supportive role on the Marketing & Communications Committee and Website Management Committee. All of these efforts work to make for a more enjoyable experience when members engage with their local district and RTOERO.

What do you enjoy most about working at RTOERO? Working at RTOERO has reinforced the need to advocate for our members. I've learned that RTOERO consists of great people doing important work, and I'm pleased to be a part of a team that consistently strives to help and support others. In my own work, I get to regularly help others and this makes me happy! Working at RTOERO has provided me the opportunity to meet new people, be creative and assist others with their technical needs.

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