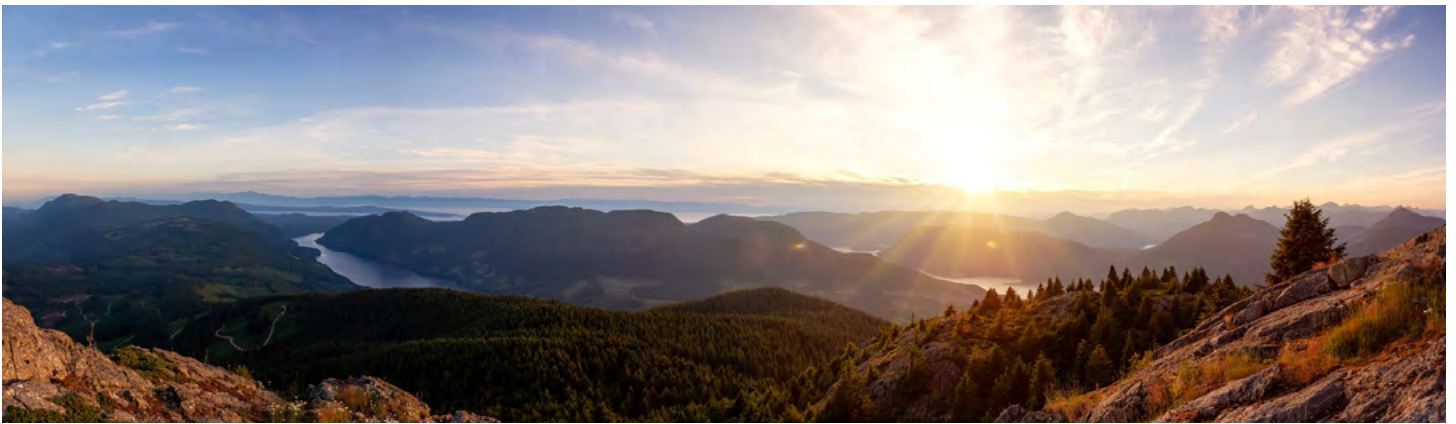


# LIAISON

June 2023

## The importance of land acknowledgements



RTOERO has given land acknowledgements at the beginning of all large gatherings since 2018. Acknowledging the traditional territories and ancestral lands on which our gatherings take place is one way we can demonstrate our respect for, and support of, Indigenous communities.

The history of land acknowledgements in Canada can be traced back to the Indigenous traditions of acknowledging the territories they inhabited and visited. However, the formal practice of land acknowledgements gained momentum following its inclusion in the recommended calls to actions of the Truth and Reconciliation Commission of Canada in 2015.

Land acknowledgments can help raise awareness, promote understanding and foster empathy. They remind us to listen, learn, and support Indigenous voices and rights. By giving land acknowledgements, we are recognizing that we are settlers on land that once belonged to Indigenous peoples, and taking a step towards reconciliation.

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# Maintaining healthy stomach acid levels as we age

Is heartburn a problem? Older adults suffering from symptoms of acid reflux may assume the culprit is high stomach acid (HCL) levels. But while that may be the case for some, it definitely isn't the case for all, or even the majority. In fact, HCL levels begin decreasing at age 40 and beyond; leaving most 70-year-olds with only 10% stomach acid left.



In cases where HCL levels are low, the digestive process begins to slow down and cause indigestion which is where that symptom of reflux comes from.

To encourage proper levels of stomach acid as we grow older, try incorporating more bitter foods into your diet. Foods like fennel, arugula, watercress and radishes can be incorporated along with spices like ginger will help your body's natural production of stomach acid. Also, be sure to pay attention to minerals. If our diet is low in minerals, we don't have what we need to make stomach acid. Choose dark green leafy vegetables to keep your reserves high. Soups can be an excellent mineral dense choice since they allow you to pack a lot of veggies in without losing the minerals you would if you had simply boiled or blanched the vegetables.

# Foundation announces funding for six new projects

The RTOERO Foundation is thrilled to announce they are awarding grants to six new projects, for a total funding amount of \$213,000. These projects, which were reviewed and scored by a peer review panel, cover a range of priority issues including geriatrics research, social engagement and seniors' health and wellbeing.



Funding of these projects is made possible through the generosity of the Foundation's donors, most of whom are RTOERO members. Thank you for your continued support.

Here are the projects made possible through RTOERO Foundation funding in 2023:

### **Ageism, intergenerational learning, and age-conscious student development**

- Organization: Trent University
- Funding amount: \$50,000

### **Community connectors: Seniors helping seniors**

- Organization: Compassionate Communities Kingston Canada
- Funding amount: \$43,000

### **Stronger together: Making Canada dementia inclusive**

- Organization: The Dementia Society of Ottawa and Renfrew County
- Funding amount: \$50,000

### **Using visual arts to address social isolation in older adults**

- Organization: Sheridan College
- Funding amount: \$50,000

### **Planting the roots of wellness**

- Organization: Canadian Organic Growers-Senior Organic Gardeners
- Funding amount: \$15,000

### **Friendship circle**

- Organization: Société Alzheimer Society Sudbury-Manitoulin North Bay
- Funding amount: \$5,000

[Click here for more information](#) about our donor-funded grants.



## **2023 Focus webinar series kicks off in June**



RTOERO is pleased to once again offer four webinars in our Focus webinar series.

The first webinar is on June 28 at 1:00pm ET and features Certified Retirement Transition Coach Brian Lambier, presenting the **7 Pillars for Living Your Best Retirement**.

This webinar focuses on the key retirement areas of: life-identity, social connectedness, health and wellness, personal growth, leisure, purpose, and career. The presentation will help you assess your retirement lifestyle, as well as provide strategies to consider for making retirement a positive and fulfilling reality. Brian Lambier is the Founder and President of Career Vitality Services, a Canadian career development organization based in Calgary, Alberta. He is a career counsellor and coach with over 30 years of experience in the human resources, career and retirement coaching fields.

[Click here to register for the free June 28 webinar.](#)

The remaining three webinars of the 2023 Focus series will be held in the fall, stay tuned for more details!

The survey is developed, administered and analysed by an external research company, Cathexis Consulting. This ensures that the survey findings are statistically reliable and analyzed independently.

All members for whom RTOERO has an email have received invitation to complete the online survey. Those for whom we don't have email addresses are randomly selected for telephone interviews. Both the survey and phone interviews are conducted in English and French.

Survey results will be shared with all members, as well as the board, committees, districts and staff. The results will be used to measure progress on the RTOERO strategic plan, identify areas for improvement and plan new programs and services for members.

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## RTOERO eStore updates



Did you know that RTOERO has an online store where districts and members can order branded items for events or the purpose of their choice? To place orders, members may choose to create an account with the RTOERO eStore; or browse and check out as a guest.

Districts can also have any item made and custom designed with their district logo by contacting [ryan@scorepromotions.com](mailto:ryan@scorepromotions.com)

In the RTOERO eStore you can:

- Order a gift card or branded items for your district events, gifts, or personal use.
- Place orders to be delivered to any address.
- Browse items – including new items: mug set, pen bundle, free notecards.

[Visit rtostore.ca](http://rtostore.ca) to browse or make an order.



# RTOERO advocacy in Ottawa



On April 24 and 25 the RTOERO board of directors and political advocacy committee members met with federal MPs and government officials in Ottawa for a second time. During this Advocacy On The Hill event, RTOERO hosted a reception and 20 meetings; meeting with a total of 47 MPs, senators and government staff.

Each team spoke about the need for a comprehensive [seniors' strategy](#), a greater focus on [health care training](#) and services for older adults and to take actions to improve [environmental stewardship](#).

Policy makers are well aware that the population of seniors is growing and that their needs have to be addressed. They showed a strong interest and asked for more information about for example the [UN Convention on the Rights of Older Persons](#), the work [RTOERO Foundation does with Dr. Paula Rochon](#) – RTOERO Chair in Geriatric Medicine at the University of Toronto, aging at home, financial security and prescriptions drugs coverage.

RTOERO left a positive impression, while representing our 83,000+ members across Canada. We continue to build awareness and create connections one step at a time by sharing our concerns, and offering our expertise, to help improve the wellbeing of Canadian seniors.

## 5 ways to build connections in your districts and communities



With the weather getting warmer, more districts are planning local community events. Here are 5 ideas to get you started:

1. Join (or start!) the monthly coffee outing. Some districts like to meet at local coffee shops to connect and catch up. This is a great way to not only connect but support local business.
2. Attend the local community/charity event or guest speaker engagement. An extension of what RTOERO does with webinars, a few districts are running events that have guest speakers. Let's not forget the amazing local events that are take place throughout the summer.
3. Join a book club. Some districts have groups that share in this wonderful activity. Choosing a book to read together and discuss is a fun way to take conversations beyond the pages.
4. Plan or join a group day-trip. Planning a trip to a local hotspot or attraction provides an opportunity to share in fun memories and explore more locally.
5. Consider submitting articles or stories for your district newsletters. Districts can always use participation from their members. This is a way to help your district and build connections with your district volunteers.



## RTOERO STAFF PROFILE



**Name:** Victor Yu

**Title:** General Accountant

**How long have you been at RTOERO?** 6 months

**How do you help RTOERO Members?**

I work closely with district treasurers to make sure district finances are accurate and up-to-date. I also help them with their bookkeeping and answer any questions they might have regarding their finances

**What do you enjoy most about working at RTOERO?**

RTOERO has been a great place for me to work, and what I enjoy the most is the people I work with. I am very fortunate to have such a fun, kind and supportive team. They make each day fun and enjoyable.

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