

THE LOOP

The Foundation's Quarterly Update



Summer 2023



Age in place

Article courtesy of [Dr. Paula Rochon](#)

Women's Age Lab aims to support the healthy aging of women by reimagining a system and society where older women and their distinct well-being and health needs are recognized and addressed.

One of these needs is the overwhelming desire to age in place. Long-term care homes deliver an essential type of care that will always be needed by some older adults, but the reality is most older adults live in their own homes. Most are women. We need to explore innovative models of care to find the best ways to support them so they can stay in their homes and communities.

Naturally Occurring Retirement Communities (NORCs) offer one solution to support aging in place. Many older adults already live in these communities, clustered in buildings and neighbourhoods. Enhancing NORCs with onsite social supports and health services provides efficient and creative ways to prevent loneliness, improve health and well-being and support older adults to age in place. The potential of NORCs has yet to be fully realized in Canada.

Women's Age Lab, along with partners including University Health Network's OpenLab and NORC Innovation Centre, the City of Toronto, Barrie Housing and the City of Barrie, is embarking upon a federally funded six-year research study on the implementation and evaluation of three enhanced NORC models across 10 sites in Ontario.

We hope our initiative will help establish implementation processes and tools for others to follow that will improve the quality of lives of older adults as they age in place.

Please visit us on the web at <http://bit.ly/3A4yU2b> to read more about this initiative.

RTOERO Foundation Grant Program Update

Our Board of Directors has recently approved the recommendation from our Peer Review Panel for six new grants for a total of \$213,000 that we will be awarding in 2023.

The overarching goal of our annual grant program is to identify and partner with creative, results-based organizations in order to address the most critical issues faced by our aging population.

The RTOERO Foundation invests strategically in three critical activities through our grant program:

Geriatrics research: Initiatives that take a scientific approach to an examination of healthy aging, health services and the quality of life for older adults.

Seniors' health & well-being: Initiatives that improved physical, mental and social health and wellness among older adults.

Social engagement: Initiatives that have as their primary focus, improved social engagement for older adults.

All three of these focus areas are represented in the following grants we'll be awarding:

- Compassionate Communities Kingston Canada is awarded \$43,000 for a project called *Community connectors: seniors helping seniors*.
- The Dementia Society of Ottawa and Renfrew County is awarded \$50,000 for its project *Stronger together: making Canada dementia inclusive*.
- Sheridan College in Oakville will receive \$50,000 for an arts-based initiative called *Using visual arts to address social isolation in older adults*.
- The Canadian Organic Growers' project, Planting the Roots of Wellness, is awarded \$15,000.
- Société Alzheimer Society Sudbury-Manitoulin North Bay is approved for a \$5,000 project that they call *Friendship Circle*.
- Trent University in Peterborough will receive \$50,000 for its teaching initiative called *Ageism, intergenerational learning and age-conscious student development*.

Please visit us online at <https://rtoero.ca/rtoero-foundation/our-work/projects-we-fund/> for a full list of past grants we've awarded.

50/50 Raffle Winner!



RTO Foundation
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Spring **50/50 CASH RAFFLE**
in support of all aging Canadians

TIRAGE AU SORT 50/50 *du printemps*
au profit de tous les Canadiens plus âgés

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Thank you to all who participated in our Spring 50/50 cash raffle. The raffle closed on March 31, 2023. Congratulations Gemma L. who had the winning ticket, # D-2021 and took home \$33,875!

The proceeds of the raffle will be invested in programs, research and training to support healthy active aging for all Canadians. The activities aim to improve seniors' health care, end social isolation and combat ageism.

Thank you to everyone who participated in the raffle and are helping us create a society in which all seniors live with dignity and respect.

TOP 6 REASONS TO CHIME IN



rtoerofoundation.ca/chimein

1

Have great conversation. *Chime In* allows you to keep your mind active while chatting with people who share similar interest and/or hobbies.



2

Socialize from home. *Chime In* is a great way to stay connected with others when you can't get out due to inclement weather, poor health or mobility issues.



3

Maintain regular activity. Having a weekly scheduled activity helps motivate and inspire you to stay connected and engaged.



4

Try something new. *Chime In* is a new, innovative way to stay connected. Try it once and see if it's for you. Then attend as often as you'd like.



5

Build tech skills. Learn Zoom and get more comfortable with online technology. These skills can be transferred to other aspects of your life like chatting with grandkids, watching movies, or taking an online course.



6

Make a new friend. Friendships can add meaning to your life, improve your overall mental health, open you up to the possibilities of different points of view and opinions of the world around you, making your life so much richer.



The Foundation's *Better Care* campaign



The RTOERO Foundation is the heart of RTOERO. It is our most impactful philanthropic effort. What many of our members may not know is that our foundation is one of the only charitable foundations in Canada focused on the health and well-being of older adults.

The foundation's mission is to improve seniors' health care, end social isolation and combat ageism. To achieve these goals, the foundation raises funds to support academic and medical research as well as grassroots community projects.

The RTOERO Foundation does not receive any government funding nor is it supported through your membership fees. Our foundation relies primarily on the generosity of individual donors – like thousands of our RTOERO members.

Our foundation has been doing incredible work since 2011 and this year, like every year, we need your help. This spring, through our Better Care campaign, we need to raise \$50,000 to help fund a new research project from The Dementia Society of

Ottawa and Renfrew County.

The project – Stronger Together: Making Canada Dementia Inclusive – will invite those living with dementia to capture and share information based on the reality of daily life in their own communities.

It will empower them, and their caregivers to identify what makes our public spaces, businesses and facilities “dementia-friendly”. The knowledge generated from this project will provide key insights to help those living with dementia live fulfilled and dignified lives.

This project will result in several valuable outputs that will reach all older adults across the country. These outputs will shape how academic institutions, community organizations and governments understand and apply a community-based research methodology. They will also influence policymakers about the need for dementia-inclusive communities that will maximize respect and engagement for persons of all ages.

In order to fund this important project and support all its essential outputs, we need your help. Dementia-inclusive communities where older adults can be fully engaged – and the makings of a society in which all seniors live with dignity and respect - will only be made possible when we reach our goal of \$50,000.

Thank you for considering a donation to our Foundation.

For more information about the work of the RTOERO Foundation, please visit us on the [web](#).

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