

LIAISON

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Putting an end to food waste: for your wallet and our planet



About one third of the food produced in the world is wasted each year. That's 1.3 billion tons of food thrown away or not consumed! Food waste also wastes the water, land and energy needed to produce that food and it contributes to 8% of global greenhouse gas emissions. Despite this waste, more than 4 million Canadians are experiencing food insecurity and a growing number of people must rely on food banks, including many seniors. Four factors influence food consumption and management:

Psychological factors, such as positive emotions, attitudes and habits, as well as environmental and civic awareness.

Social norms, for example, if you have always seen your parents being careful not to throw away food, you will tend to avoid food waste.

Geographic factors, people who live in urban areas tend to waste more food than people living in rural areas.

Demographic and socioeconomic factors, scientific literature confirms that younger people tend to waste more than older people. Also, the higher the education level of an individual, the more food they waste.

There are some simple things you can do to reduce it:

- **Plan** your menus and make a grocery list. [Click here](#) for tips.
- **Don't routinely throw away foods that are close to their expiration date.** The "best before" date is only an indication of the freshness. [Click here](#) to help interpret shelf life.
- **Use your fridge wisely.** Some parts of your fridge are warmer than others. Knowing the different sections of the fridge will help you to store your food better

[Click here](#) for a guide to know your fridge better.

- **Cook with a group.** It's hard to cook for one person because the quantities you buy are often too large. Find out about group cooking initiatives in your community.

[Click here](#) to read the full article from the McMaster Optimal Aging Portal.

Stay active with local recreational activities

Many local community centers send out activity guides outlining recreational opportunities and courses. Have you ever registered for one of their activities?

If not, you could be missing out on some local social opportunities. Throughout the year, seasonal programs are provided to groups of all ages, including drop-in games, exercise groups, clubs and events.



Games can include card games like Bridge or Euchre. While programs could include cooking and artistic courses. Many also offer a variety of exercise and sports programs based on skill level or age range. These programs generally run at local community centers, libraries, or senior centers and is a great way to stay active and make new friends.

If this is of interest to you, visit your local community center and ask if they have a print guide, or go online to your local municipality website to check out available recreation programs. Some municipalities offer discounted or subsidized pricing on programs. As these programs are often run by your local government, support is available if you require assistance registering for any of the programs. So why not stay local and get active!



Foundation recognizes Johnson Inc. for their Platinum Partnership and support

Johnson Insurance has been an outstanding supporter the RTOERO Foundation since inception. In fact, the highest donor category for those with cumulative giving of over \$1 million - Platinum Partnership - is occupied by just one organization; Johnson Inc. In 2019, Johnson made a 5-year pledge of \$375,000 to the Foundation, with the final installment being formally presented at RTOERO's annual meeting in May 2023.



The Foundation and Johnson Inc. share the common goal of improving the lives of aging Canadians so they can live with dignity and respect. Through its corporate activity and philanthropy, Johnson Inc. has demonstrated its commitment to helping solve some of the key issues that we all face as we age.

Johnson's focus on the health and wellness of older adults has been instrumental in helping the Foundation launch its social isolation grant program. It has provided the core operational support required for the Foundation to stay focused on its mission and have a greater impact every year.

Our most sincere thanks go out to everyone at Johnson Inc. for their exceptional dedication to geriatrics research and innovative programs that are enhancing the lives of older adults for generations to come.



Focus webinar series continues this fall



Mark your calendars!

The next webinar in RTOERO's Focus series is [Travel Insurance 101](#) on Thursday, September 21 from 1:00pm to 2:15pm ET. This webinar focuses on the golden rules for travel, important insurance considerations before travelling, what your policy can do and some things it cannot. The presentation will be followed by time for Q&A.

Presenting on the topic of travel insurance is Shane Thom. Shane is a member of Intact's Direct Distribution Travel division, providing oversight and leadership to a team primarily accountable for financial institution relationships and large external partnerships. An insurance industry veteran with 20 years of experience, Shane started his career working at Johnson Inc, specifically with a focus on the RTOERO program. He has since held a variety of progressively senior roles working across multiple Travel and Group Benefits divisions.

[Register for the free webinar now!](#)

Login to the [RTOERO Learning site](#) to watch the recording of the June 28 Focus webinar: *7 pillars for living your best retirement.*

Member satisfaction is up, says 2023 survey

In March and April, more than 6,400 members participated in a survey to share feedback on various aspects of their membership experience. Phone interviews were also conducted with 60 members who do not have their email address on file with RTOERO.

RTOERO conducts a comprehensive member survey every two years to gather input on the following topics:

Overall satisfaction with RTOERO

- Satisfaction with group health insurance program
- RTOERO communications, including French language communications
- District/volunteer engagement
- RTOERO Foundation
- Future considerations for RTOERO

Satisfaction with the group plans has increased, as has satisfaction with communications. Eighty-six per cent of members are likely to recommend RTOERO to friends and colleagues.

The top three advocacy issues on which members want RTOERO to speak out are:
Retirement income security (92%)
Ensuring all levels of government have a comprehensive seniors strategy (90%)
Transforming long-term care (89%)

View the [infographic](#) for more survey highlights.

Over the coming months, RTOERO staff, committees and the board of directors will analyze the survey results to identify areas for improvement. Thank you to everyone who completed the survey. Your voice helps make RTOERO stronger.



5 days of recognition in the fall



While autumn in Canada may bring to mind thoughts of changing leaves, pumpkins and feasts with family and friends, it is also a time of many different cultural celebrations:

Rosh Hashanah - Sept. 15 - Sept. 17

This is the Jewish New Year, and it begins a ten-day period of penitence that culminates in Yom Kippur.

Yom Kippur - Sept. 24 - Sept. 25

Also known as the Day of Atonement, this is the holiest day in the Jewish religious calendar. It is a time of prayer, repentance and reflection.

Franco-Ontarian Day - Sept. 25

Marking the anniversary of the raising of the Franco-Ontarian flag, this day gives an opportunity to celebrate the rich history of the Franco-Ontarian community.

Diwali - Nov. 12

This five-day festival, also known as the festival of lights, is important for most South-Asian cultures. It symbolizes the triumph of light over darkness, knowledge over ignorance and good over evil.

Birth of Guru Nanak - Nov. 27

One of the most sacred festivals in Sikhism, this holiday celebrates the birth of the first Sikh guru and founder of Sikhism, Guru Nanak.

Tag us on Facebook and share other important days of recognition coming up this fall!



Our map towards truth and reconciliation



Written by Shaneeka Forrester for RTOERO, Cree artist, mother and advocate from Brunswick House First Nation, planting roots in Simcoe County, Ontario

During his 2019 Ted Talk at the University of Winnipeg, award-winning scholar Kevin Lamoureux discussed two key questions individuals must ask themselves about truth and reconciliation. The first, “Why is this being asked of us?” Lamoureux explains this question will act as the “Truth” portion of truth and reconciliation while giving individuals an opportunity to be exposed to new narratives. The second question (paraphrased), “Would our society, community and Canada be better or worse if the 94 calls to action were fulfilled?”

Many Indigenous individuals across Turtle Island echo the sentiment that a beginning step towards truth and reconciliation is reading, in entirety, the 94 calls to action put forth by the Truth and Reconciliation Commission of Canada. These findings are the result of the courage of residential school survivors. Lamoureux refers to these calls to actions as “gifts” and a “road map” towards reconciliation. If we can collectively implement these changes in our nation as a whole, we can help our country become more inclusive.

In preparation for Orange Shirt Day and The National Day for Truth and Reconciliation on September 30:

- Watch Kevin Lamoureux's [TedTalk](#)
- [Read an article](#) by Kevin Lamoureux about reconciliation
- Access the [Truth and Reconciliation Commission](#) reports

Webinar recording now available: *How to be a change maker*



Many of us want to create change in our communities and beyond, but we get stuck on the how. The issues seem big, systems are confusing, and cynicism feels rampant.

But there's a path forward. Dave Meslin, best-selling author of *Teardown: Rebuilding Democracy from the Ground Up*, offered guidance to RTOERO members and guests as part of the [Vibrant Voices Advocacy](#) webinar series. The recording is now available for members in the [learning community](#).

Using stories from his career in activism, Meslin walked participants through how ordinary citizens can turn ideas into action. He provided practical considerations, including:

- The value of starting local because it's easier to affect change at the municipal level
- Why we need to narrow our focus and make sure we're passionate about what we're advocating for
- How to create a core team and build a community of supporters
- The benefit of starting small and building an inventory of victories
- Making sure whatever you do is fun because change-making is a marathon, not a sprint

Access the full recording now on the [RTOERO Learning site](#).

RTOERO STAFF PROFILE



Name: Ashley Violo-Pato

Title: Membership Services Specialist

How long have you been at RTOERO? Four months

How do you help RTOERO Members?

I provide friendly, polite and accommodating service to district volunteers, members, and prospective members via telephone and email. I also help with processing applications to ensure that becoming a member is seamless, straightforward and enjoyable process. We would like our members to be worry-free throughout the retirement planning process and I strive to do that in my role.

What do you enjoy most about working at RTOERO?

Being new to the membership team, I feel great gratitude to work alongside RTOERO's very supportive and devoted staff, they genuinely care about the organization and helping individuals in their retirement journey. I look forward to working with such an incredible team and making sure everyone is retirement-ready when the time comes.

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