

LIAISON

October 2023

Health benefits of autumn harvests



Autumn brings in the ingredients of many favourites such as cranberry sauce, roasted brussels sprouts, baked sweet potatoes and finally sweet pumpkin pie. These fruits and vegetables don't just make mouthwatering dishes but are packed with nutrition.

While many are familiar with cranberry juice's ability to prevent urinary tract infections, one study shows consuming a small cup of cranberry juice every day can improve a type of long-term memory in older adults. Brussels sprouts may not be everyone's favourite, but the bitter taste produces a compound that may have an anti-cancer effect, according to a Harvard School of Public Health [article](#). The [orange](#) sweet potatoes are beneficial as well; rich in beta-carotene which helps with vision health and boosts the immune system. Beta-carotene also gives pumpkins their bright, orange fall colour. The carbohydrates in pumpkins are much lower than sweet potatoes and every part, including the rind, is edible. You can find a summary of the nutritional value of each part of a pumpkin in this ScienceDirect [article](#).



New wellness cookbook made possible by RTOERO Foundation

In response to the isolation that many older adults experienced during the COVID-19 pandemic, Dr. Gail Low, associate professor of nursing at the University of Alberta, worked with her Living Well Research Team to conceive an innovative and groundbreaking project:

Living After Social Distancing—A Study of Older Canadians. This project studied the effects of the pandemic on the mental health of older adults, and resulted in a practical resource to help seniors manage their own mental health.

Recognizing how valuable this project would be to RTOERO members and all Canadian seniors, the RTOERO Foundation approved a proposal to fund Dr. Low's project in its entirety.

During the pandemic 1,327 Canadians 60 years of age and older were surveyed about their mentally healthy living strategies. The learnings are captured in a new electronic booklet called [Cooking up calm](#). Included in the booklet are actionable tips based on the six most effective mentally healthy living strategies to emerge from the study, information on the benefits of cooking beyond nutrition and easy-to-make recipes for mentally healthy living, plus other sage advice.

Cooking up calm [is free to download here.](#)



New RTOERO Focus webinar: Dementia starts in the body



RTOERO's Focus webinar series presents [Dementia starts in the body - Approaching dementia prevention using a systemic lens](#) on Wednesday, December 13, from 1:00pm to 2:15pm ET.

In this webinar, Dr. Romi Fung, Naturopathic Doctor, will present on the topic of understanding the systemic landscape of cognitive health.

You will learn: what is dementia, risk factors of dementia, how cardiovascular (heart) health reflects the health of the brain, and steps to approach your cardiovascular health to optimize your brain health. Presentation to be followed by Q&A.

Dr. Fung completed his undergraduate Bachelor of Science in Health Sciences from Simon Fraser University, followed by graduating from the Canadian College of Naturopathic Medicine with a Doctor in Naturopathy. While building his practice, Dr. Fung went on to complete a Master of Science in Aging and Health from Queen's University and is now pursuing a Doctor of Philosophy in Aging and Health, also from Queen's University.

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

Five Hallowe'en safety tips



It's that time of year again! Halloween decorations and candy are now on display at your local stores.

Whether you are handing out candy from the comfort of your home, or trick or treating with the grandkids, here are some safety tips to consider:

1. Have a well-lit path in front of your home for trick or treaters, as it can get very dark for the little ones. This also helps avoid potential trips and falls on your property.
2. Consider giving out peanut free treats to make them accessible to kids who may have common peanut allergies. Many packaged candies are now branded as peanut-free.
3. Ensure any lit candles and jack-o-lanterns are at a safe distance away from flammable objects (whether they're placed inside or outside). You can also consider using battery operated candles, instead of a real flame.
4. If you are taking the grandkids trick or treating, give glowsticks to the kids! It's fun for them and makes them more easily visible to other people and drivers.
5. If you're heading out, wear sensible footwear and clothing as you may be walking longer distances than normal. As we know, the weather can get cold quite quickly in the evening.

The final tip is to have fun, and save a piece of candy for yourself!



Advocacy resources for RTOERO members and volunteers



Advocacy is one of the key pillars at RTOERO. We support members and older adults across Canada by speaking up on our three key advocacy issues—geriatric health care, seniors strategy and environmental stewardship.

According to results from RTOERO's 2023 membership survey, expanding our political advocacy efforts is top-of-mind for members; it was listed as one of the top three areas to be considered for future focus of RTOERO. If you are passionate about advocacy and want to make a difference, check out these RTOERO resources:

- [White papers and position papers](#)
RTOERO's one-page position papers will provide a general overview of the three advocacy issues. Check out the white papers for research, case studies and for a more in-depth view on the topics.
- [Blogs, articles and webinars](#)
Stay informed and engaged with our curated selection of advocacy-related blogs, articles, and webinars. These resources provide updates, highlight relevant events and additional insight to increase awareness on these topics.
- [eRenaissance](#) (digital magazine)
Immerse yourself in the advocacy section of our *eRenaissance* online magazine for engaging articles. Explore thought-provoking content that features various aspects of advocacy in our everyday lives.
- [Tips and advice from an advocate](#)
If you missed Dave Meslin's webinar on *How to be a changemaker*, fear not. We've compiled valuable tips and advice from his presentation to help you become a more effective and impactful advocate.

Together, we can all advocate for critical policy improvements to address urgent needs now and create a more secure and compassionate future for everyone.



RTOERO's land acknowledgement



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 following is the land acknowledgement RTOERO currently uses. Districts are welcome to use this at their in-person and virtual events:

We would like to acknowledge that this [webinar/event] is being [delivered/hosted] on lands situated on the traditional territories of the Original Peoples of Turtle Island. We pay respect to the land and to Elders past, present and future.

We also recognize that our ancestors came to this land through government-sponsored colonization of unceded territory. As such, we rarely learned the traditional names of these lands and their importance to the Original Peoples.

Although we cannot change the past, we can aspire towards a better future. RTOERO encourages each of you to learn more about the ancestral lands and history of the First Nations Peoples where you live.

Does the way you use your vehicle affect the cost of your car insurance?



Yes! How you use your vehicle as well as how much driving you do are factors in the pricing of your car insurance.

Do you drive for business purposes? Business use is different than commuting. It represents driving to get from one workplace to another or to a client meeting during business hours. For example, many accounting professionals travel from one business client to another during tax season.

Do you drive only for personal/pleasure use? The pandemic changed the landscape of our commute. Those who stopped driving to and from work/school likely saw a reduction in their car insurance cost as they started driving only for personal/pleasure use. Lately, more and more people are returning to physical workspaces. Remember to update your insurance policy to ensure you're properly covered if you start commuting again.

Do you put a lot of kilometers on your vehicle every year? The number of kilometers you "clock-in" annually also makes a difference. The more time on the road usually increases the cost of the insurance as it increases the risk of being involved in an accident, but on the other hand, discounts often come into play when you drive very little.

The above are a few of the many factors that are taken into consideration to determine the cost of auto insurance. Always remember to call your insurance representative when there is a change.

[Article courtesy of Johnson Inc.](#)

RTOERO STAFF PROFILE



Name: Stephen Wong

Title: Director of Benefits

How long have you been at RTOERO? Six years

How do you help RTOERO Members?

As the leader of the Benefits team at RTOERO, my team and I play a pivotal role in supporting RTOERO's Entente Group Health Insurance Program.

Working closely with my dedicated team of three, we provide support to the Board of Directors and Benefits Committee, equipping them with the tools necessary to manage the insurance plans effectively and ensuring our members receive top-notch service.

We maintain a close partnership with our administrator at Johnson Inc to ensure the swift and accurate handling of RTOERO's plans. Moreover, our oversight also extends to our Travel Assistance Provider, Global Excel Management. Members can always reach out to us, whether to share feedback about the plan design or service.

Additionally, the benefits team plays a central role in facilitating Retirement Planning Workshops. By conducting workshops across Canada, in-person and virtually, we guide educators in planning for a secure and fulfilling retirement, ensuring a smooth transition into this next chapter of their lives.

What do you enjoy most about working at RTOERO?

My favourite aspect of working at RTOERO is the opportunity to connect with a diverse range of individuals. Whether it's answering questions, addressing issues or conducting presentations and workshops, making a positive difference in people's lives is what truly inspires me. I have the honour and privilege of working with an amazing group of elected RTOERO volunteer members, and I genuinely cherish the relationships I've built over the years.

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